



# March Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, Olives & Feta
2. Meal 2: Salmon, Cucumber, Almond & Strawberry Salad w/ Lemon-Basil Vinaigrette
3. Meal 3: Grassfed Bison & Mushroom Marinara over Zoodles
4. Meal 4: Pizza Soup
5. Salad: Romaine w/ Carrot, Tomato, Avocado & Sunflower Seeds
6. Breakfast: Eggs over Zoodles with Sausage
7. Snack: Mango, Banana & Spinach Smoothies
8. Dessert: Coconut Milk Ice Cream with Balsamic Marinated Strawberries



## Herbs

1 sm bunch basil (1,2)  
1-2 coves garlic (4)



## Veggies

2 lg carrots (5)  
1 pint cherry tomatoes (5)  
2 avocados (5)  
3-4 large zucchini (3,6)  
1 cucumber (2)  
2x 8oz sliced mushrooms (3,4)  
1 red onion (4)  
2 green bell peppers (4)  
1 bunch collard greens (1)  
5oz mixed greens (2)  
5oz bag spinach (7)  
5oz bag chopped romaine (5)



## Fruits

16oz strawberries (2,8)  
1 lemon (1,2)  
2 bananas (7)



## Meats

1# chicken tenders (1)  
1# ground bison (3)  
(OR sub ground beef)  
4 sausage links (6)\*  
4oz pepperoni (4)\*



## Fish

4 x 4-6oz salmon fillets (2)



## Eggs

6-8 omega-3 eggs (1,6)



## Dairy (optional)

8oz feta cheese (1,2)  
4-6oz parmesan (3,4)



## Nuts

1/2c sliced almonds (2)  
1 1/2c pecans (1)  
1/2c sunflower seeds (5)



## Freezer

1 10oz bag mango chunks (7)  
1-2 pints vanilla coconut milk ice cream (8)\*  
(OR sub with yogurt of choice)



## Pantry

32oz tomato sauce (3)\*  
28oz can diced tomatoes (4)\*  
2.25oz sliced black olives (4)  
1/4c sundried tomatoes (1)  
(in oil)  
1/8c sliced kalamata olives (1)  
4c beef broth (4)\*  
1tsp vanilla (8)\*  
1tsp maple syrup, optional (8)  
1 can coconut milk (1)  
1tsp honey (1,2)



## Spices

1T cumin (1)  
1T chili powder (1)\*  
1T smoked paprika (1)  
4-5T Italian seasoning (3,4)\*



## Oil & Vinegars

~2 cup olive oil  
1T apple cider vinegar (1)  
(or vinegar of choice)  
1/2c balsamic vinegar (5,8)

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.



## March Menu, Week 4 - PALEO: Prep Day



**Chicken:** Whisk coconut milk with 1T apple cider vinegar (or vinegar of choice). Add chicken tenders, marinate 1-2 hr in fridge. (1)



**Zucchini:** Thinly slice 3-4 zucchini into long spaghetti-like strips (best on a mandolin). [\*] (3,6)

**Pizza Soup:** Finely chop 1 red onion + 2 green bell peppers + 1-2 garlic cloves. Set aside. Chop 4oz pepperoni. Set aside. (4)

**Cucumber:** Cut 1 cucumber into 1" pieces, set aside. (2)

**Strawberries:** Thinly slice 16oz of strawberries. Set aside. (2,8)

**Collards:** Remove leaves from collards (discarding stems). Roughly chop leaves. Place in a large bowl and set aside. (1)

**Sundried Tomatoes:** Roughly chop ¼c sundried tomatoes. (1)

**Carrots:** Grate (use food processor or lg cheese grater) 2 carrots for side salad. (5)

**Tomatoes:** Cut 1 pint of cherry tomatoes in half. Set aside. (5)



### Pizza Soup (4)

In a large soup pot heat 1tsp olive oil over med-high heat.

Add chopped veg (1-2 garlic cloves + 1 red onion + 2 green bell pepper + 8oz sliced mushrooms).

Add 1T-2T Italian Seasoning. Saute for 8-10 minutes.

Add 4c beef broth + 2c water + 4oz chopped pepperonis + 28oz diced tomatoes + 2.25oz sliced black olives, drained.

Bring to a low boil, then lower to a simmer. Cook ~30 min. Add liquid as needed. Season to taste w/ S&P. Allow to cool. [\*] 4)



### Marinara Sauce (3)

In lg sauté pan, add 1# ground bison, breaking apart meat. Add 8oz sliced mushrooms & sauté 15 min, stirring occasionally.

Add 32oz jar tomato sauce, season w/ 2-3T Italian seasoning, S&P to taste. Stir to combine, shut off heat, allow to cool. [\*] (3)



### Pecan Crust (1)

In a food processor or blender, add:

1½c pecans + 1T chili powder + 1T smoked paprika + 1T cumin powder

Blend until pecans reach bread crumb like consistency. Set aside. (1)

### Lemon Basil Vinaigrette (1,2)

Place in a blender:

½c olive oil + ½c basil leaves + zest 1 lemon + juice 1 lemon (~2T) + 1tsp honey & ⅛tsp salt (or to taste).

Blend on high until basil is finely chopped. [\*] (1,2)



### **Collard Green Salad (1)**

To the large bowl of chopped collards add:  $\frac{1}{4}$ c olive oil &  $\frac{1}{2}$ tsp sea salt (coarse sea salt preferred).  
Use your hands to "massage" the salt and oil into the leaves for 2-3 minutes, add up to  $\frac{1}{4}$ c additional oil if needed.

To collards, add:

$\frac{1}{4}$ c chopped sundried tomatoes

1T of lemon-basil vinaigrette \*\*Note: store remaining lemon-basil dressing for salmon salad. [\*] (2)

4oz crumbled feta (optional)

$\frac{1}{8}$ c sliced kalamata olives

Toss all together. [\*] (1)

### **Salmon Salad (2)**

Layer in container as follows:

2.5oz mixed greens

$\frac{1}{4}$ c sliced almonds

$\frac{1}{2}$ c sliced strawberries

$\frac{1}{2}$  chopped cucumbers

2oz crumbled feta (optional)

Repeat layers. [\*] (2)

### **Side Salad (5):**

Layer in container as follows:

2.5oz chopped romaine lettuce

$\frac{1}{2}$  shredded (or chopped) carrot

$\frac{1}{2}$  of tomato halves

$\frac{1}{4}$ c sunflower seeds

Repeat layers. [\*] (5)

### **Balsamic Marinated Strawberries (8)**

Whisk together:  $\frac{1}{4}$ c balsamic vinegar + 1tsp vanilla + 1tsp maple syrup, optional

Pour over remaining sliced strawberries (2-3 cups). [\*] (8)

### **Chicken Tenders (1)**

Place chopped pecans in shallow bowl. Whisk 2 eggs in a separate shallow bowl.

Dredge 1-2# chicken tenders in beaten eggs and then in pecan crust.

Place in container. Repeat steps until all tenders are covered and placed in container. [\*] (1)



**Balsamic Vinaigrette:** Whisk together:  $\frac{1}{2}$ c olive oil +  $\frac{1}{4}$ c balsamic vinegar + S&P to taste. [\*] (5)

**KEY** - [\*]: store in container, label & refrigerate for use later in week



## March Menu, Week 4 - PALEO: Dish Day

### Day 1

#### **Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, Olives & Feta (1)**

1. Pre-heat oven to 425 F.
2. Place pecan chicken on a sheet tray. Bake 12-15 minutes or cooked through (165 F). Serve w/ salad.

### Day 2

#### **Salmon, Cucumber, Almond & Strawberry Salad w/ Lemon-Basil Vinaigrette (2)**

1. Place lemon-basil vinaigrette at room temp and shake well before serving.
2. Pre-heat oven to 425 F. Season salmon w/ S&P and bake for 18-20 minutes (or option to grill).
3. Divide salad into 4 servings and top each w/ 1 baked salmon fillet & drizzle w/ 1-2 T vinaigrette.

### Day 3

#### **Grassfed Beef & Mushroom Marinara over Spaghetti Squash (3)**

1. Re-heat tomato sauce on stove top over medium until heated through. Stir occasionally.
1. Heat 1tsp olive oil in a large sauté pan over med-high heat. Add ½ zucchini "spaghetti" & cook 2-3 min. (reserve ½ for breakfast (6))
2. Top zoodles with marinara sauce. Sprinkle with parmesan cheese (optional).

### Day 4

#### **Pizza Soup (3)**

1. Re-heat on stovetop, on low, until bubbly/ heated through, stirring occasionally. Option to top w/ grated parmesan.

### Salad:

#### **Romaine w/ Carrot, Tomato, Avocado & Sunflower Seeds (5)**

1. Allow balsamic vinaigrette to come to room temp. Chop 1-2 avocados and add to salad. Shake vinaigrette well & drizzle over salad.

### Breakfast

#### **Eggs over Zoodles with Sausage (6)**

1. Heat sausage links per package in a sauté pan. (note: option to cook all/ most of this in 1 very large saute pan at the same time)
2. Heat 1tsp olive oil in a large sauté pan over med-high heat. Add ½ zucchini "spaghetti" and cook 2-3 min. (reserve ½ for meal D3)
3. Fry eggs in 1tsp oil for 4-5 min or white is cooked and yolk is cooked as desired (this also works well with poached eggs).

### Snack

#### **Mango, Banana & Spinach Smoothies (7)**

1. In a blender add: 3-4c water, 10oz bag frozen mangos (~3c), 2 bananas, & 5oz baby spinach. Blend on high until smooth. This yields 4 smoothies. Depending on blender size it may be best to do in 2 batches.

### Dessert

#### **Ice Cream w/ Balsamic Marinated Strawberries (8)**

1. Top each scoop of ice cream with ~¼c of marinated strawberries.