



March Menu, Week 5 - PALEO: Grocery List

Serves 4

1. Meal 1: Mahi Mahi w/ Pineapple Salsa & Roasted Asparagus
2. Meal 2: Chopped Salad
3. Meal 3: Marinated Flank Steak w/ Baked Potatoes & Sauteed Spinach
4. Meal 4: Italian Soup with Ground Bison
5. Salad: Arugula w/ Tomatoes, Basil & Mozzarella
6. Breakfast: Asparagus & Bacon Frittata w/ Feta
7. Snack: Cauliflower w/ "Ranch" Dressing
8. Dessert: Tropical Fruit Salad



Herbs

1 bulb garlic (2,3,4,6,7)
1 bunch parsley (2,7)
1 bunch fresh basil (5)
1 bunch cilantro (3)
1 bunch chives (1)
(OR green onion or cilantro)



Fruits

1 fresh pineapple (1,8)
2 limes (1)
1 pint raspberries (8)



Dairy (optional)

4oz feta crumbles (6)
8oz mini mozzarella balls (5)



Pantry

¼c sliced kalamata olives, optional (2)
14oz diced tomatoes (4)*
4c vegetable broth (4)*
1T coconut aminos (3)*
1T honey, optional (3)
1 can full fat coconut milk (2,7)
1 bag coconut chips (8)*



Veggies

1x carrot (4)
1x zucchini (4)
2x asparagus (1,6)
1x jalapeño (1)
1x red bell pepper (1)
1 head broccoli (2)
8oz sliced mushrooms (2)
1 head cauliflower (7)
1 pint cherry tomatoes (5)
1 yellow onion (4)
4 baking potatoes (3)
(OR sub sweet potatoes)
5oz arugula tub (5)
5oz bag chopped romaine (2)
10oz tub baby spinach (3)



Meats

1 pkg (~1#) thin, peppered bacon (2,6)*
1-1.5# grassfed flank steak (3)
½# ground bison (4)



Nuts

½c pine nuts (5)
(OR sub sliced almonds)



Fish

4 mahi mahi fillets (1)
(OR sub with salmon)



Oil & Vinegar

~2½c olive oil
¼c balsamic vinegar (5)
4T apple cider vinegar (2,3,7)



Spices

1T oregano (4)
1T basil (4)
1T thyme (4)



Eggs

8 eggs (omega-3) (6)

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



March Menu, Week 5 - PALEO: Prep Day

Pre-heat oven to 350 F (2,3,6)



Baked Potatoes: Use knife to poke holes in 4 potatoes (or sweet potatoes). Wrap in foil. Bake 45-60 mins or until soft. Cool. [*](3)
Bacon: Set aside 4 slices bacon for frittata (6). Place remaining bacon in single layer on baking sheet, bake 20-25 min or until cooked. [*] (2)



Pineapple: Finely dice 1c pineapple for salsa, set aside (1). Dice remaining pineapple into bite-sized pieces for dessert. (8)
Salsa: Finely dice: 1 jalapeño (discard seeds) + 1 red bell pepper + chives (for ~1T). Set aside. (1)
Tomatoes: Cut cherry tomatoes in half. (5)
Italian Soup: Finely chop: 1 carrot, 1 zucchini & 1 yellow onion. Set aside. (4)
Broccoli: Chop 1 head broccoli into bite sized pieces, ~1in. (2)
Garlic: Finely chop 4-6 cloves garlic, set aside 1/2 for soup (4), 1/2 for frittata (6). (4,6)
Frittata: Finely chop 4 slices bacon. Remove & discard lower 2" of 1 asparagus bunch, cut spears in 1/2" pieces. Set aside. (6)
Asparagus: Remove & discard lower 2-3" of 2nd asparagus bunch. Toss remaining spears w/ 1T olive oil, S&P. [*] (1)
Cauliflower: Cut 1 head cauliflower into bite-sized pieces for snacking. [*] (7)
Lime: Cut 1 lime in half, set aside for salsa (1). Cut 1 lime into wedges and store for serving with fish. [*] (1).



Italian Soup (4)

Heat 1tsp oil in a large soup pot over medium high, add 1/2# ground bison, chopped garlic (~1T) + 1 chopped onion & carrot, sauté for 10 min. Season w/ 1T each: thyme, basil, oregano. Add 1 chopped zucchini, 14oz diced tomatoes, 4c veg broth & 4-8c water. Bring to boil, lower heat & simmer ~30-45mins. Set aside and allow to cool. Season w/ S&P to taste. [*] (4)



Frittata (6)

Place 4 chopped bacon slices in sauté pan, cook 3-4 min, add chopped asparagus & garlic, cook 3-4 min or til bacon is crispy.

Whisk 8 eggs in a large bowl & season w/ black pepper. Stir in cooked bacon & asparagus.

Pour into a oiled pie pan. Top w/ 4oz crumbled feta.

Bake at 350 F for 20-30 minutes or until no longer jiggly. Allow to cool. [*] (6)



Steak Marinade (3):

Place the following in a blender:

1/2c olive oil + lg handful cilantro + 2 peeled garlic cloves + 1T coconut aminos + 1T honey (optional) + 1/2T salt + 2T apple cider vinegar.

Blend until combined. Pour over 1-1.5# flank steak and allow to marinate in the refrigerator for up to 3 days. [*] (3)



"Ranch" Dressing (2,7):

Blend the following in a blender until smooth:

1c olive oil + 1 peeled garlic clove + 1 can full fat coconut milk + 2T apple cider vinegar + 1/2tsp salt + 1/4tsp pepper

Add 1 handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped. [*] (2,7)

Note: Don't over-blend the parsley or it may become bitter. Dressing is split between salad and snack.



Chopped Salad (2):

Toss together:

5oz bag chopped romaine

1 head broccoli, chopped

1/4c sliced kalamata olives, optional

5-7 slices cooked bacon, chopped

8oz sliced mushrooms [*] (2)

Pineapple Salsa (1):

Toss together:

1c diced pineapple

1 diced red bell pepper

1 diced jalapeño

1T chopped chives (or green onion or cilantro)

lime juice to taste (1-2tsp)

1/4tsp salt (or to taste) [*] (1)

Side Salad (5):

In a container layer the following (option to store in the salad tub):

1/2 tub of arugula, ~2.5oz

4oz mozzarella balls

1/2 cherry tomato halves

1/4c pine nuts (or sliced almonds)

Repeat layers. [*] (5)

Fruit Salad (5):

Combine: 1/2 pineapple, diced + 1 pint raspberries + 1 bag coconut chips [*] (8)



Balsamic Vinaigrette (5)

Whisk together:

1/2c olive oil

1/4c balsamic vinegar

pepper to taste [*] (5)

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



March Menu, Week 5 - PALEO: Dish Day

Day 1

Mahi-Mahi w/ Pineapple Salsa & Roasted Asparagus (1)

1. Pre-heat oven to 400 F.
2. Bake Mahi Mahi for 14-16 minutes or cooked/ flaky OR option to grill, 4-6 minutes/ side. Season w/ S&P.
3. Roast asparagus for 10-12 minutes.
4. Serve fish topped with salsa and with a lime wedge on side.

Day 2

Chopped Salad (2)

1. Top salad with "Ranch" Dressing, reserving ½ of dressing for snack (7).

Day 3

Marinated Flank Steak w/ Baked Potatoes & Sauteed Spinach (3)

1. Re-heat potatoes in 375-400 F oven for ~20 minutes or heated through.
2. Remove steak from marinade and grill for 4-6 minutes per side for medium rare.
OR heat large sauté pan to med-high, sear 3 min on each side and transfer to pre-heated 400 F oven for ~8 min for medium rare.
3. Allow steak to rest 5-10min before cutting. Cut meat very thin against the grain like you would fajita meat.
4. Heat 1-2 tsp oil in large sauté pan & cook 10oz baby spinach for 4-5 minutes and season to taste w/ S&P.

Day 4

Italian Soup with Ground Bison (4)

1. Re-heat on stovetop, on low, until bubbly/ heated through, stirring occasionally.

Salad

Arugula w/ Tomatoes, Basil & Mozzarella (5)

1. Let vinaigrette come to room temp, shake well. Toss into salad (or add 1T/ serving). Roughly chop basil and add to salad.

Breakfast

Asparagus & Bacon Frittata w/ Feta (6)

1. Re-heat each slice in toaster oven (3-5min) or microwave (30sec-1min) OR re-heat entire frittata in 350 F oven, ~15-20 min.

Snack

Cauliflower w/ "Ranch" Dressing (7)

1. Dip chopped cauliflower into "Ranch" Dressing. Make sure to reserve ½ of dressing for Chopped Salad (2).

Dessert

Tropical Fruit Salad (8)