



# April Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Mustard-Dill Salmon, Asparagus & Purple Potatoes
2. Meal 2: Bison Strip Steaks, Broccoli & Mashed Cauliflower
3. Meal 3: Chicken & Bell Pepper Lettuce Wrap "Tacos" w/ Jicama & Guacamole
4. Meal 4: Ratatouille w/ Grilled Pork Chops
5. Salad: Arugula w/ Roasted Beets & Pumpkin Seeds
6. Breakfast: Veggie Breakfast Scramble
7. Snack: Kiwis w/ Brazil Nuts
8. Dessert: Coconut Macaroons



## Herbs

1 x dill (1)  
1 x basil (4)  
1 bulb garlic (1,3,4,6)



## Fruits

1 lime (3,6)  
8 kiwi (7)



## Nuts & Dry Fruit

½c pumpkin seeds (5)  
1c Brazil nuts (7)



## Pantry

2c finely shreedeed coconut (8)  
(no added sugar)  
¼tsp almond extract,  
optional (8)  
¼c honey (8)  
1c grainy mustard (1)  
½c mini dark chocolate chips,  
optional (8)



## Veggies

1 head broccoli (2)  
1 head cauliflower (2)  
1 bunch asparagus (1)  
4 x lg beets (5)  
(2 red, 2 golden if available)  
1 eggplant (4)  
1 zucchini (4)  
2 x 8oz tubs sliced  
mushrooms (4,6)  
5 bell peppers (3,4,6)  
3 tomatoes (3,4,6)  
2 avocados (3,6)  
1 med jicama bulb (3)  
1 yellow onion (3,4)  
1-2# purple potatoes (1)  
(OR sub red potatoes)  
Iceburg or Bibb Lettuce (3)  
(for wraps)  
5oz arugula (5)  
5oz spinach (6)



## Meats

4 x bison strip steaks (2)  
(5-7oz each, grass-fed)  
1-2# boneless, skinless  
chicken breast (3)  
4x thin cut pork chops (4)



## Fish

4 salmon fillets, 4-6oz ea (1)



## Oils & Vinegars

~1¾c olive oil  
½c balsamic vinegar (4,5)



## Eggs

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



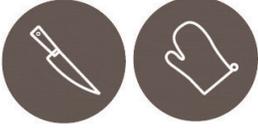
## Spices

1tsp ancho chili powder,  
optional (3)\*  
¼c taco seasoning (3)\*  
(can sub chili powder)  
¼c steak seasoning (2)\*



## April Menu, Week 2 - PALEO: Prep Day

Pre-heat oven to 400 F. (5,8)



### Beets (5)

Peel beets and dice into 1/2" cubes. Toss + 1-2T olive oil + S&P. Roast for 35-40min at 400 F, removing 1/2 way through to toss. When cooked through (a knife slides through the beets) remove from oven and toss w/ 1T balsamic vinegar. Allow to cool. (5)



**Cauliflower:** Roughly chop 1 head of cauliflower. (2)

**Onion:** Chop 1 yellow onion, set aside 1/2 for chicken wraps (3) & 1/2 for ratatouille (4).

**Peppers:** Dice 5 bell peppers (~1/2" dice). Set aside ~2 diced peppers for wraps (3), ~2 for ratatouille (4), ~1 for scramble (6).

**Ratatouille:** Chop 1 eggplant into 1" cubes, 1 zucchini into 1/2" cubes & finely chop fresh basil leaves (~3-4T), set all 3 aside. (4)

**Tomatoes:** Finely chop 3 tomatoes. Set aside 1 chopped tomato for ratatouille (4), 1 for scramble (6), 1 for guacamole (3). (3,4,6)

**Garlic:** Finely chop 6-8 cloves of garlic, set aside. (1,3,4,6)

**Chicken:** Slice chicken breasts into 1-2" thin strips. (3)



**Cauliflower:** Bring 4c water to a boil, add chopped cauliflower, lower to med, simmer 15 min, turn off heat, cover & set aside. (2)



### Coconut Macaroons (8)

In a small bowl, whisk until well combined: 2 egg whites (save 2 yolks for breakfast tacos, 6) + 1/4c honey + 1/4tsp almond extract, optional + 1/8tsp salt. Stir in 2c shredded coconut. Optional: stir in 1/2c mini dark chocolate chips.

Place in refrigerator (for 30 minutes up to 1 hour). (8)



### Ratatouille (4)

Heat 1tsp olive oil in a large sauté pan, over med-high heat. Add 1-2tsp finely chopped garlic, 1/2 onion, chopped & 1 diced eggplant. Lower heat to med & cook 10 mins. Add 8oz sliced mushrooms, 1 chpd tomato & 2 diced bell peppers. Cook for 15 mins, stir often. Add 1 chopped zucchini, cook 10 more min. Season to taste w/ 1/2tsp salt & pepper. Top w/ ~3-4T chopped basil and cool. [\*] (4)

### Breakfast Scramble (6)

Heat 1/2tsp olive oil in a medium sauté pan, over med-high heat.

Add 1tsp finely chopped garlic, 1 tub sliced mushrooms & 1 chopped bell pepper, cook for 10 minutes, stirring occasionally.

Add 1 chopped tomato and cook 5 more minutes. Add 1 bag spinach, cook 2 min or until wilting. Season w/ 1/2tsp salt.

In a bowl, whisk together: 2 egg yolks + 4 whole eggs + fresh ground pepper

Add eggs to sauté pan and cook an additional 4-5 minutes, stirring occasionally, until egg is just cooked/ firm. [\*] (6)

### Chicken Lettuce Wraps (3)

Wash lettuce store with dry paper towels [\*] (3)

Heat 1/2tsp olive oil in a medium sauté pan, over med-high heat. Add 1/2 onion, chopped & 1tsp chopped garlic. Sauté 3-4 minutes.

Add 2 diced bell peppers & ~1tsp ancho chili powder (optional) & cook an additional 3-5 minutes, stirring occasionally.

Add sliced chicken & 1/4c taco seasoning. Add 1/2c water and cook for 10-15 minutes or until chicken is cooked through. [\*] (3)



### Coconut Macaroons (8)

Spray a baking sheet w/ nonstick spray.

Fill a 1 T with batter (heaping full), firmly pack to make it level, roll into a ball and place on baking sheet.

Bake at 400 F for 12 minutes or just turning golden brown.

Yield: ~20 macaroons [\*] (8)



### Mashed Cauliflower (2)

Place cooked cauliflower in blender or food processor, reserving cooking liquid.

Add 1/4c cooking water to cauliflower and blend until smooth. May need to add additional water, add only 1-2T at a time.

Season to taste w/ S&P. [\*] (2)

### Mustard Dill (1)

Tear off top half of dill (discarding the thicker stem portion) add to blender or food processor along with 1c grainy mustard. Blend until dill is chopped (OR option to chop dill and stir into 1c mustard). Spread 1-2T mustard-dill sauce on each salmon fillet. [\*] (2)



**Jicama:** Peel & cut jicama in half. Cut into into 1-2" strips. [\*] (3)

**Broccoli:** Chop 1 head of broccoli into 1" bite-sized pieces. Toss w/ 1 T olive oil, salt & pepper. [\*] (2)

**Purple Potatoes:** Cut purple potatoes in half (or to make ~1" pieces). Toss w/ 1-2T olive oil, salt & pepper. [\*] (1)

**Asparagus:** Cut ends off of asparagus (bottom 2-3") and discard. Toss w/ 1T olive oil, remaining chopped garlic, S&P. [\*] (1)



**Bison Steak:** Coat each steak w/ ~1 T steak seasoning. [\*] (2)

### Salad (5)

Layer in container as follows:

1/2 of the arugula

1/2 of the roasted beets

1/4c pumpkin seeds

Repeat layers. [\*] (5)



**Balsamic Dressing:** 1/2c olive oil + 1/4c balsamic vinegar, pepper to taste [\*] (5)

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



## April Menu, Week 2 - PALEO: Dish Day

### Day 1

#### Mustard-Dill Salmon, Asparagus & Purple Potatoes (1)

1. Pre-heat oven to 425 F. Place potatoes on baking sheet, place in oven, roast for 30-40 minutes, tossing 1/2 way through.
2. Bake salmon for 18-22 minutes, or just cooked through, flaky. Roast asparagus for 10-12 minutes.

### Day 2

#### Steaks w/ Roasted Broccoli & Mashed Cauliflower (2)

1. Pre-heat oven to 400 F. Place cauliflower, covered, in oven for 40-50 minutes or heated through (option to microwave).
2. Place broccoli in single layer on sheet pan and roast in oven for 20-25 minutes.
3. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

### Day 3

#### Chicken & Bell Pepper Lettuce Wraps w/ Jicama & Guacamole (3)

1. Re-heat chicken & peppers in a sauté pan over med-high heat for 5-7 minutes, stirring occasionally (may need to add water).
2. Mash 2 avocados, stir in chopped tomato & lime juice & salt to taste for guacamole. Reserve 1/2 of guac for bfast scramble.[6]
3. Serve chicken in lettuce wraps. Serve jicama slices dipped in guacamole on side.

### Day 4

#### Ratatouille w/ Grilled Balsamic Pork Chops (4)

1. Marinate 4 pork chops in 1/2c balsamic dressing (reserve remaining for salad).
2. Preheat grill to 350 or a large sauté pan to med high.
3. Remove pork from marinade, season w/ S&P. Grill or sauté pork 3-4 min/ side or 145 F.
4. Place ratatouille in large sauté pan and re-heat over med heat, ~10 minutes, stirring occasionally.
5. This yields ~8 servings ratatouille. Option to freeze leftovers.

### Salad

#### Arugula w/ Roasted Beets & Pumpkin Seeds (5)

1. Let vinaigrette come to room temp (~30min) & shake well. Drizzle 1-2T/ 1 serving of salad. Reserve 1/2 vinaigrette for pork (4).

### Breakfast

#### Breakfast Scramble (6)

1. Add egg mixture to a sauté pan, heat over med-high heat for 4-5 min. Serve w/ 1/2 of guacamole, save remaining for meal 3.

### Snack

#### Kiwis & Nuts (7)

1. Cut kiwi in half and scoop out w/ spoon. 1 serving = 2 kiwi + 1/4c brazil nuts.

### Dessert

#### Coconut Macaroons (8)