



April Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Roasted Garlic & Mushroom Marinara over Zucchini Noodles
2. Meal 2: Lamb Burgers w/ Greek Salad
3. Meal 3: Lemon Baked Cod w/ Dill Roasted Carrots & Broccoli
4. Meal 4: Thai Coconut Chicken & Veggie Soup
5. Salad: Spinach, Blueberry, Pecans & White Cheddar
6. Breakfast: Bison, Sweet Potato, Spinach & Mushroom Hash
7. Snack: Blueberries & Pistachios
8. Dessert: Strawberry Soup



Herbs

1 bunch fresh cilantro (4,6)
1 bunch fresh dill (2,3)
1 bulb garlic (1,6,8)
~2" fresh ginger knob (4)



Veggies

4 large carrots (3)
1 head broccoli (3)
1 red bell pepper (4)
2-4 lg zucchini (1)
(OR sub spaghetti squash if you don't own a spiralizer)
2c shiitake mushrooms (4)
2x 8oz sliced mushrooms (1,6)
1 pint cherry tomatoes (2)
1 cucumber (2)
2 bok choy (4)
1 lg sweet potato (6)
1 yellow onion (4,6)
2x 5oz tub spinach (5,6)
butter lettuce (2)
(OR lettuce of choice for burger wraps)



Fruits

3 pints blueberries (5,7)
2 limes (4)
2 lemons (3)
1 pint strawberries (8)
1 banana (8)
1 pear (8)



Meats

1 large bone-in, skin-on chicken breast, ¾-1# (4)
1-1.5# ground lamb (2)
1# ground bison (6)
(OR sub ground meat of choice)



Fish

4 cod fillets (3)
(OR sub salmon or Chilean sea bass)



Dairy (optional)

4oz white grassfed cheddar (5)
1 sm wedge parmesan, (1)



Nuts & Dry Fruit

2c pistachios, in shells (7)
½c chopped pecans (5)
1c almonds (8)



Oils & Vinegars

~1c olive oil
¼c balsamic vinegar (5)
1T red wine vinegar (2)
1½T apple cider vinegar (8)



Eggs

4-8 eggs (omega-3) (6)



Pantry

32oz tomato sauce (1)*
4c chicken broth (4)*
1 can lite coconut milk (4)
1T Thai curry paste (4)*
14oz quartered artichoke hearts in water (2)
½c kalamata olives (2)
4 GF hamburger buns (2)
(OR sub with lettuce wraps)



Spices

1T cumin (6)
1T chili powder (6)
1tsp cayenne pepper (4)
2-3T Italian seasoning (1)*
1T dried basil (2)

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



April Menu, Week 4 - PALEO: Prep Day

Pre-heat oven to 350 F. (1,8)



Roasted Garlic (1,6,8)

Chop the top off 1 bulb garlic. Rub with ~1T olive oil, wrap in foil, roast for 35 min at 350 F. Let cool. Press on the bottom of a clove to push it out of its paper. Remove all cloves and set aside. (1,6,8)



Onion &: Finely chop 1 yellow onion and set aside ½ for soup (4) & ½ for hash (6). (4,6)

Thai Soup: Finely chop: 2 bok choy, 1 red bell pepper; slice 2c shiitake mushrooms; grate ginger to equal 1T, set aside. (4)

Thai Soup: Cut 2 limes in wedges. [*] (4)

Cilantro: finely chop 1 lg handful cilantro for soup. [*] (4) Chop remainder for hash (6). (2,6)

Dill + Carrots + Broccoli: Cut 4 carrots into bite-sized pieces. Cut broccoli into bite-sized pieces. Finely chop dill for 1-2tsp.

Toss carrots & broccoli w/ 1-2T olive oil + chopped dill + S&P. [*] (3)

Lemons: Cut 2 lemons into thin circular slices for baked fish. [*] (3)

Zucchini: Thinly slice 2 zucchini, lengthwise, into spaghetti-like strands. This works best using a spiralizer or mandolin. [*] (1)

Note: if using spaghetti squash instead of zucchini, pierce squash & bake for 1-1.25 hours

Sweet Potato: Cut 1 sweet potato into small, bite-sized cubes, set aside for hash. (6)

White Cheddar: Chop 4oz white cheddar into small cubes for salad, enough for ~1/4c. Set aside. (5)

Greek Salad: cut 1 pint cherry tomatoes in ½, dice 1 cucumber & 1 can artichoke heart (drained) in bite-sized pieces. Set aside (2).

Optional: chop any remaining dill to include in Greek salad. Set aside. (2)

Strawberries + Pear: Remove stems from ½ pint strawberries; rough chop 1 pear, set aside. (8) Finely dice ½ pint strawberries. [*] (8)



Thai Soup (4):

Heat large soup pot over med-high. Add 1 chicken breast, skin side down.

Add: chopped ½ onion, 2 bok choy, 2c shiitake mushroom (sliced), 2 bell pepper, 1T grated ginger) + 1T Thai curry paste.

Sauté for ~5 min, stirring. Add 4c chicken broth + 1 can lite coconut milk + 2c water (add more water if needed), bring to a low boil & cook for 15 min. Remove chicken & cool. Cut meat from bone and chop. Return meat to soup and cook 10-15 min.

Optional: Season w/ up to 1t cayenne pepper (add gradually as this adds heat!). [*] (4)



Marinara (1)

Chop 3-4 cloves roasted garlic. In lg sauté pan add 1 tub sliced mushrooms + roasted garlic. Sauté 15 min. Stir 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. [*] (1)

Hash (6)

Chop 2 cloves roasted garlic. In lg sauté pan, add ground bison (breaking apart), 1 diced sweet potato, ½ chopped onion, roasted garlic, 1 tub sliced mushroom & 5oz spinach. Season: 1T chili powder + 1T cumin + S&P. Sauté 15 min. Stir occasionally.

Stir in chopped cilantro, optional. Shut off heat. Allow to cool. [*] (6)



Strawberry Soup (8)

In a blender, combine 1c almonds + 1c water. Blend on high for 60 seconds or until smooth.

Add in:

½tsp salt

2 cloves roasted garlic

½ pint strawberries, stems removed

1 medium banana

1 pear, rough chopped

1c water

1½T apple cider vinegar

Blend until smooth. [*] (8)



Lamb Burgers:

Season w/ S&P & form into 4 patties. [*] (2)

Greek Salad (2):

Toss together the following:

1 pint cherry tomatoes, halved

1 cucumber, diced

14oz artichoke hearts, drained & diced

½c sliced kalamata olives

1T olive oil

1T red wine vinegar

1T dried basil

1-2T fresh chopped dill, optional

S&P to taste [*] (2)

Side Salad (5):

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

2.5oz spinach

¼c chopped pecans

½ pint blueberries

2oz white cheddar cubes (~¼c)

Repeat layers. [*] (5)



Balsamic Vinaigrette (5)

Whisk together:

½c olive oil

¼c balsamic vinegar

pepper to taste [*] (5)

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



April Menu, Week 4 - PALEO: Dish Day

Day 1

Roasted Garlic and Mushroom Marinara over Zucchini Noodles (1)

1. Re-heat marinara sauce in large sauté pan over medium heat, stirring occasionally, 5-6 min or heated through.
2. Heat 1-2tsp oil on med-high heat. Add zucchini "pasta" to pan, sauté 2-3min, top w/ sauce. Option: top with fresh grated parm.

Day 2

Meal 2: Lamb Burgers w/ Greek Salad (2)

1. Heat grill or large saute pan to medium-high for burgers. Cook 3-4 min on each side or until desired doneness.
2. Serve in buns or lettuce wraps with salad on side.

Day 3

Lemon Baked Cod w/ Dill Roasted Carrots & Broccoli (3)

1. Pre-heat oven to 400 F. Place carrots & broccoli in single layer on baking sheet & roast ~35 minutes.
2. Place cod on a baking sheet, drizzle with olive oil (~1tsp / fillet), season w/ S&P and spread lemon slices on top. Bake 18-20 min.

Day 4

Thai Coconut Chicken & Veggie Soup (4)

1. Re-heat on stovetop, on low, until bubbly/ heated through, stirring occasionally.
2. Serve w/ chopped cilantro & lime wedges.

Salad

Spinach, Blueberry, Pecans & White Cheddar (5)

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

Breakfast

Bison, Sweet Potato, Spinach & Mushroom Hash (6)

1. Re-heat in large sauté pan over med-high heat, 6-8 min or heated through. Top with 1-2 poached/fried eggs per person.
Poached Egg: Bring a pot of water + 1T vinegar to just boiling, lower heat and add eggs. Cook for ~5min or desired doneness.
OR Pan Fried Egg: heat 1-2tsp oil or butter in a sauté pan over med, add eggs, cover with a lid & cook until desired doneness.

Snack

Blueberries & Pistachios (7)

- 1 serving = ~ $\frac{1}{2}$ c blueberries + ~ $\frac{1}{4}$ - $\frac{1}{2}$ c pistachios (in shell)

Dessert

Strawberry Soup (8)

1. Serve 1c of chilled soup in bowl (or coffee mug so you can drink the extra "bits!") topped with diced strawberries.