



May Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Roasted Sea Bass w/ Mango Salsa, Cauliflower Rice & Cucumber
2. Meal 2: Cajun Turkey Burgers w/ Roasted Carrots & Parsnips
3. Meal 3: Pan Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Orange Slices
4. Meal 4: Slow Cooker Curried Chicken & Veggies Over Mashed Sweet Potatoes
5. Salad: Mango, Avocado & Macadamia Nut Salad
6. Breakfast: Moroccan Hash
7. Snack: Carrot Sticks
8. Dessert: Almond Butter Brownies



Herbs

1 bunch green onion (2,5)
2-3 garlic cloves (2)



Fruits

4 oranges (3)
1 lemon (5)
3 limes (1,4)
2 large mangoes (1,5)



Eggs

6-10 eggs (omega-3) (6,8)



Pantry

1 can full-fat coconut milk (4)
1/4c red curry paste (4)
1tsp honey (5)
~18oz jar almond butter (8)*
1/2c chocolate chips, optional (8)
1/2c cocoa powder (8)
1tsp vanilla (8)*
1tsp baking soda (8)
1c maple syrup (8)



Veggies

1 bunch carrots (2,7)
3 large parsnips (2)
4 large zucchini (3,4)
1 head cauliflower (1)
1 bunch swiss chard (6)
(OR sub 5oz spinach)
2 red bell peppers (4)
1 large cucumber (1)
2 avocados (2,5)
1 jalapeño (1,2)
1 pint cherry tomatoes (3)
8oz tub sliced mushrooms (3)
2 large yellow onions (4,6)
1 red onion (1,2,5)
4 large sweet potatoes (4,6)
5oz tub arugula (5)
(OR other mixed greens)
lettuce for burger wraps (2)



Meats

1# ground turkey thigh (2)
4-8 thin-cut, boneless
pork chops (3)
2# boneless, skinless chicken
breasts (4)
1# ground lamb (6)



Nuts & Dry Fruit

1/2c macadamia nuts (5)



Spices

1/4c Cajun seasoning (2)*
1T thyme (2)
~3T cinnamon (3,6,8)
2T turmeric (3,6)
2T cumin (3,6)
2T ginger (3,6)
2T coriander (3,6)
2T paprika (3,6)
1T chili powder (3,6)*
~1tsp ground pepper (3,6)
~1/4tsp fresh ground nutmeg,
optional (3,6)



Fish

4 Chilean Sea Bass fillets (1)
(5-7oz each) OR sub tilapia,
salmon, etc.



Oils & Vinegars

~3/4c olive oil

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



May Menu, Week 2: Prep Day

Pre-heat oven to 325 F. (4,8)



Sweet Potatoes: Bake 2 sweet potatoes in the oven for ~1-1.5 hrs or until knife inserts easily. Remove from oven & cool. (4)



Mangos: Peel and finely chop 2 mangos, set aside. (1,5)

Oranges: Cut 4 oranges into 4 wedges per orange. [*] (3)

Limes: Cut 2 limes into quarters. [*] (4)

Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop, making sure cauliflower is dry, and set aside. (1)

Cucumber: Slice 1 cucumber into preferred shape to serve as a side with Sea Bass. [*] (1)

Carrot & Parsnip: Slice 2-4 carrots & 3 parsnips into ~1" slices. Toss with 1T olive oil, 1T thyme, S&P. [*] (2) Slice remaining carrots into sticks for snacking. [*] (7)

Moroccan Veggies: Slice 2 zucchini in half lengthwise & then cut into ¼" thick "half coins or moons". Combine with 1 pint cherry tomatoes and 8oz sliced mushrooms. Toss all veggies with 3T olive oil and S&P to taste. [*] (3)

Curried Veggies: Slice 2 zucchini in half lengthwise & then cut halves into ½" thick "half coins or moons". Dice 2 red bell peppers and 1 large yellow onion into ½" pieces. [*] (4)

Hash: Finely dice 1 yellow onion, set aside. Peel & finely chop 2 sweet potatoes. Remove stems from 1 bunch swiss chard and discard, then finely chop remaining leaves. Set chopped veggies aside. (6)

Red Onion: Finely dice 1 red onion. Set aside 2T for salad (5), 2T for salsa (1) & ¼c burgers (2). Store any remaining onion for cauliflower rice. [*] (1) (1,2,5)

Garlic: Finely chop 2-3 cloves garlic, or enough to yield ~1T, set aside. (2)

Green Onion: Finely chop green onion whites only for burgers (2) and green onion tops (green part) for salsa (1). Set aside. (1,2)

Jalapeño: Finely chop 1 jalapeño, set aside ½ for burgers (2) & ½ for salsa (1). Caution using seeds & ribs - they contain heat! (1,2)



Cauliflower Rice (1)

Place 1 cauliflower head, chopped, in food processor. (May have to do in multiple batches.) Pulse until it is a small rice-like texture. Careful not to go too far or it will become mushy. [*] (1)



Brownies (8)

Combine wet ingredients: 1 jar (~18oz) of almond butter + 1c maple syrup + 2eggs + 1tsp vanilla

In separate bowl, combine: ½c cocoa powder + 1tsp baking soda + 1tsp cinnamon

Stir together wet & dry ingredients until combined. Option to mix in ½c chocolate chips.

Bake in an oiled 9x13" pan at 325 F for ~25-30 mins or until cooked through/ top bounces back when pressed gently. Cool. [*] (8)



Moroccan Spice Blend: Combine: 2T cumin + 2T ginger + 2T coriander + 2T cinnamon + 2T paprika + 2T turmeric + 1T chili powder + ~1tsp fresh ground pepper + ¼tsp salt + ¼tsp fresh ground nutmeg, optional. [*](3,6)



Cajun Burgers: Heat 1T olive oil in a large sauté pan, over med-high heat, add chopped veggies (1T jalapeño, 1T garlic, ¼c red onion, green onion white part only), & ¼c Cajun seasoning. Sauté 3-5 minutes, stirring occasionally. Set aside to cool. (2)

Moroccan Hash (6)

In a saute pan over mid-high heat, add 1# ground lamb and 1 finely diced yellow onion, breaking apart lamb. Season w/ 1-2T Moroccan spice blend. Add 2 chopped sweet potatoes and chopped swiss chard leaves. Turn heat to medium and cover with a lid. Cook ~10-15 minutes or until sweet potatoes are cooked through. Remove lid and season to taste as needed. Cool. [*] (6)



Curry Sauce (4)

Whisk together:

1 can full fat coconut milk
¼c red curry paste [*] (4)

Sweet Potatoes: Peel cooked & cooled sweet potatoes and use a fork to mash potatoes until smooth. [*] (3)

Salsa (1)

Combine:

½c chopped mango (save remaining for salad, 5)
½ of a jalapeño, chopped (use seeds/ribs for heat, otherwise discard)
2T diced red onion
chopped green onion tops
juice of 1 lime
salt to taste. [*] (1)

Moroccan Pork Chops (3)

Rub ½tsp Moroccan seasoning mix on each pork chop. [*](3)

Burgers (2)

In a bowl, mix sautéed Cajun veggies into 1# ground turkey (recommend using hands). Form into 4 patties. [*] (2)

Salad (5)

Layer in salad tub, as follows:

2.5oz tub arugula
½ of remaining chopped mango
¼c macadamia nuts (option to chop before adding to salad)
1T chopped red onion
Repeat layers. [*] (5)



Dressing (5)

Whisk together:

¼c olive oil
juice 1 lemon (~1T)
1tsp honey
S&P to taste[*] (5)

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



May Menu, Week 2: Dish Day

Day 1

Roasted Sea Bass w/ Mango Salsa & Cauliflower Rice & Cucumber (1)

1. Preheat oven to 425.
2. Place sea bass on a baking sheet and bake for ~20min or until fish is flaking and cooked through. Season w/ S&P.
3. Heat 1T coconut oil in large sauté pan, add any remaining red onion & sauté ~10 min until translucent. Add the cauliflower rice.
4. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
5. Serve w/ mango salsa & sliced cucumber.

Day 2

Cajun Turkey Burgers w/ Roasted Carrots & Parsnips (2)

1. Pre-heat oven to 400 F. Place carrots & parsnips in oven and roast for 25-30 minutes, tossing halfway through cook time.
2. Cook burgers on a grill (outdoor or indoor) for ~4-5min/ side. Or bake in 425 F oven ~20-25min.
3. Slice 1 avocado. Serve burgers in lettuce wraps topped w/ avocado slices.

Day 3

Pan Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Orange Slices (3)

1. Pre-heat oven to 400. Place veggies in a single layer on a sheet pan, roast for 30-35 minutes. Toss halfway through cook time.
 2. Heat 1-2tsp olive oil a saute pan over med-high heat. Sear each pork chop for 2-3 minutes per side for thin-cut, boneless chops.
- **Note: Adjust cooking time as needed for larger chops.
3. Serve with orange wedges.

Day 4

Slow Cooker Curried Chicken & Veggies Over Mashed Sweet Potatoes (4)

1. In slow cooker, place: 2# whole chicken breasts + chopped veggies + curry sauce. Cook 7-8 hrs on low or 4-5 hrs on high.
2. Warm mashed sweet potatoes on stove top over med-low heat for ~20 minutes or heated through, stirring often. Loosen with coconut milk or water, if needed.
3. Serve chicken curry over mashed sweet potatoes with lime wedges on the side.

Salad

Mango, Avocado & Macadamia Nut Salad (5)

1. Let salad dressing come to room temp (~30min) and shake well. Drizzle 1-2T/ 1 serving of salad.
2. Cut 1 avocado and add to salad.

Breakfast

Moroccan 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.
- To Poach 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

Carrot Sticks (7)

Dessert

Almond Butter Brownies (8)