



May Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Peppered Salmon w/ Garlic Asparagus & Fresh Cantaloupe
2. Meal 2: Slow Cooker BBQ Pulled Pork w/ Almond Flour Biscuits & Coleslaw
3. Meal 3: Bacon-Avocado Grass-fed Burgers w/ Roasted Zucchini & Sweet Potatoes
4. Meal 4: BBQ Pork Stuffed Baked Sweet Potatoes w/ Steamed Broccoli
5. Salad: Mixed Greens w/ Raspberries, Mint & Cucumber
6. Breakfast: Caramelized Onion, Chicken Sausage, Spinach & Goat Cheese Frittata
7. Snack: Cranberry Almond Energy Bites
8. Dessert: Minted Strawberry & Orange Fruit Salad



Herbs

1 lg bunch mint (5,8)
2-3 cloves garlic (1)



Fruits

1-2 limes (8)
1 pint raspberries (5)
1 pint strawberries (8)
5 oranges (8)
1 cantaloupe (1)



Dairy (optional)

4oz goat cheese crumbles (6)



Pantry

~15oz strained tomatoes (2,4)
(**Note: can use pureed)
1/4c unsweetened coconut flakes (7)*
1/2c almond butter (7)*
~3/4c honey (2,4,8)
1tsp baking soda (2)
2 1/2c almond flour (2)



Veggies

1 cucumber (5)
1 bag chopped cabbage (2)
(OR sub coleslaw mix)
1 bunch asparagus (1)
1 head broccoli (4)
2 medium zucchini (3)
2 avocados (3)
2 red onions (2,4,6)
7 large sweet potatoes (3,4)
5oz bag baby spinach (6)
5oz tub mixed greens (5)
Lettuce for burger wraps (3)



Meats

1 package thin-cut bacon (3)*
(sugar-free, no nitrate preferred)
1# grass-fed ground beef (3)
4# pork roast (2,4)
(OR sub beef roast)
2 links or ~1/2# raw chicken sausage (6)*



Nuts & Dry Fruit

1/4c medjool dates, pitted (7)
1/4c dried cranberries (7)*
1/4c almonds (7)



Eggs

10 eggs (omega-3) (2,6)



Fish

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



Oils & Vinegars

~2c olive oil
1/4c balsamic vinegar (5)
~1/3c apple cider vinegar (2,4)
1/4c coconut oil (2)



Spices

2T dried basil (3)
2-3T chili powder (2,4)*
1/2tsp cinnamon (7)



May Menu, Week 4 - PALEO: Prep Day

Pre-heat oven to 375 F. (2,3,4,6)



Baked Potatoes: Wrap 4 sweet potatoes in foil. Bake at 375F for 50-60min or until soft/ cooked through. Cool. [*] (4)

Bacon:

Place 1 package thin-cut bacon in single layer on a baking sheet and bake for 20-25 min or until cooked. [*] (3)



Sweet Potato & Zucchini: Cut 3 sweet potatoes & 2 zucchini into bite-sized cubes. Toss w/ 2T olive oil + 2T dried basil + S&P. [*] (3)

Cucumber: Dice 1 cucumber for salad. Set aside. (5)

Broccoli: Chop 1 bunch broccoli into 1" pieces. [*] (4)

Cantaloupe: Slice cantaloupe into 8 slices, removing outer skin. [*] (1)

Mint: Finely chop 1 large bunch mint for ~4T. Set aside 2T for side salad (5) and 2T for dessert (8). (5,8)

**Note: if you have extra mint, use it to flavor a glass of water or iced tea. It's delish!

Fruit Salad: Peel and slice 3 oranges into segments (option to chop if segments are large), removing white piths first.

Slice 1 pint of strawberries. Store together. [*] (8)

Onion: Thinly slice 2 red onions. Set aside 1 onion for the frittata (6) and store 1 onion for the BBQ Pulled Pork [*] (2,4). (2,4,6)

Garlic Asparagus: Finely chop 2-3 cloves garlic. Remove bottom 2-3" off asparagus & discard. Toss spears w/ 1-2T olive oil, chopped garlic and S&P to taste. [*] (1)



Frittata (6)

Heat 1T oil over in a lg sauté pan over medium, add 1 sliced red onion and a pinch of salt. Sauté for ~20 min, stirring occasionally. Remove sausage from casing and add to onions. Cook 10 min, breaking sausage apart. Add 5oz bag baby spinach, cooking ~5min or wilted. Set aside to cool. (6)



Frittata (6)

In a large bowl, whisk together 8 eggs

Stir in:

- cooked onions, sausage & spinach
- 4oz goat cheese crumbles, optional
- S&P, to taste

Put into well-oiled pie pan or 8x8" pan, bake at 375 F for 30-40 min or until no longer jiggly (will vary depending on depth of dish). Allow frittata to cool. [*] (6)

Almond Flour Biscuits (2)

In a large bowl, whisk 2 room temp eggs. Stir in: 2½c almond flour + 1tsp baking soda + ½tsp salt.

Stir in ¼c coconut oil until well combined. (oil should be liquid, if it's not liquid, melt and cool as it shouldn't be "hot").

Drop by 1T onto baking sheet sprayed with oil. Bake at 375 F for 13-15 minutes. Yields ~20 biscuits. (2)



Energy Bites (7)

Blend $\frac{1}{4}$ c medjool dates, pitted + $\frac{1}{4}$ c almonds in a blender or food processor until well chopped.

In a large bowl, stir the following together until well combined:

$\frac{1}{4}$ c dried cranberries

$\frac{1}{2}$ c almond butter

$\frac{1}{4}$ c unsweetened coconut flakes

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{8}$ tsp salt

Add in blended dates & almonds. Form into 1T balls and store in air-tight container in fridge or freezer. Yields ~15. [*] (7)



Coleslaw (2)

Whisk together:

$\frac{1}{2}$ c olive oil

2T apple cider vinegar

1tsp honey

salt to taste

Toss together with 1 bag of chopped cabbage or coleslaw mix. [*] (2)

Honey BBQ Sauce (2,4)

Whisk together (can also use a blender):

~15oz can strained (or pureed) tomatoes

2-3T chili powder

$\frac{1}{4}$ c apple cider vinegar

$\frac{1}{2}$ c honey

S&P (~ $\frac{1}{4}$ tsp salt). [*] (2,4)

Burgers (3)

Form 1# ground beef into 4 patties. Season lightly w/ S&P. [*] (3)

Side Salad (5)

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

2.5oz mixed greens

$\frac{1}{2}$ of raspberries

$\frac{1}{2}$ of chopped cucumber

1T chopped mint

Repeat layers. [*] (5)



Fruit Salad Dressing (8)

Whisk together:

2T olive oil + Juice of 1-2 limes, for ~1T + Juice of 2 oranges (or use $\frac{1}{4}$ c OJ) + 1T honey + 2T chopped mint [*] (8)

Balsamic Vinaigrette (5)

Whisk together:

$\frac{1}{2}$ c olive oil + $\frac{1}{4}$ c balsamic vinegar + pepper to taste [*] (5)

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



May Menu, Week 4 - PALEO: Dish Day

Day 1

Peppered Salmon w/ Garlic Asparagus & Fresh Cantaloupe (1)

1. Pre-heat oven to 425. Season salmon fillets w/ salt and generous amount of pepper (note: pepper can get spicy).
2. Place salmon in baking pan. Bake for 15-18 minutes, or until just cooked/ flaky.
2. Place garlic asparagus spears in single layer on baking pan. Roast for 12-15 minutes, tossing halfway through cook time.

Day 2

Slow Cooker BBQ Pulled Pork w/ Almond Flour Biscuits & Coleslaw (2) ****note cooks all day in slow cooker**

1. In a slow cooker, place 1 sliced onion. Top with 4# pork roast and BBQ sauce (reserve 1/2-1c for dipping on D2 & D4).
2. Cook on low for 6-8 hours or high for 4-5 hours. Shred or "pull" pork with 2 forks. Serve w/ extra BBQ sauce.

*Note: leftover pork and BBQ sauce will be used on Day 4.

3. Option to heat biscuits in an oven (or toaster oven) pre-heated to 350 F. Heat for 5-10 minutes.

Day 3

Bacon-Avocado Grass-fed Burgers w/ Roasted Zucchini & Sweet Potato (3)

1. Pre-heat oven to 375 F. Roast sweet potatoes & zucchini for 30-35 minutes, removing and tossing halfway through cooking.
2. Grill burgers 3-4 min/ side or desired doneness (or in sauté pan over med-high). Serve in lettuce wraps w/ bacon & avocado.

Day 4

BBQ Pork Stuffed Sweet Potatoes w/ Steamed Broccoli (4)

1. Pre-heat oven to 400 F. Place baked sweet potatoes in oven for ~20 minutes or heated through.
2. Re-heat pulled pork in skillet over med-high heat until heated through, ~5-7 minutes.
3. Steam or boil broccoli on stove top for 5-6 minutes. Season to taste w/ S&P.
4. Cut open potatoes and stuff with re-heated pulled pork and steamed broccoli. Option to top w/ additional BBQ sauce.

Salad

Mixed Greens w/ Raspberries, Mint & Cucumber (5)

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

Breakfast

Caramelized Onion, Chicken Sausage, Spinach & Goat Cheese Frittata (6)

1. Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through, or heat individual slice in toaster oven (~5min) or microwave (1-2min).

Snack

Cranberry Almond Energy Bites (7)

Dessert

Minted Strawberry & Orange Fruit Salad (8)

1. Bring fruit salad dressing to room temperature. Top each portion of salad w/ ~1-2T of dressing.