



# June Menu, Week 1 - PALEO: Grocery List

Serves 4

1. Meal 1: Baked Halibut w/ Cauliflower Steaks
2. Meal 2: Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini
3. Meal 3: Gingered Beef & Veggie Stir Fry
4. Meal 4: Frittata w/ Arugula, Tomato, Mushrooms, Olives & Feta w/ Dilled Cucumbers
5. Salad: Blueberry, Walnut & Goat Cheese Salad
6. Breakfast: Tropical Breakfast Smoothie
7. Snack: Carrots Dipped in Dilled Yogurt
8. Dessert: Pineapple & Raspberry Popsicles



## Herbs

- 1 bunch cilantro (2)
- 1 bunch fresh dill (4,7)
- 1 bunch Italian parsley (1,4)
- 1 bulb garlic (2,3,4)
- 2-3" knob ginger (3)



## Fruits

- 1c fresh blueberries (5)
- 1c fresh raspberries (8)
- 1 lemon (2)
- 3 limes (2)
- 1 orange (2)
- 1 fresh pineapple (2,8)



## Dairy (optional)

- 8oz plain Greek yogurt (7)  
(or alternative plain yogurt)
- 5oz goat cheese crumbles (5)
- 4oz feta cheese (4)
- 2T butter (1)  
(OR sub olive oil)



## Pantry

- 1 can lite coconut milk (6,8)
- ~1/4 c coconut aminos (3)
- 1/4c sliced kalamata olives (4)
- 1T honey (4)



## Veggies

- 4-6 large carrots (7)
- 2 zucchini (2)
- 2 heads cauliflower (1)
- 4 bell pepper (3)
- 1 cucumber (4)  
(English preferred)
- 1 jalapeño (2)
- 1 pint cherry tomatoes (4)
- 8oz sliced mushroom (4)
- 1 red onion (2,3,4)
- 5oz tub mixed greens (5)
- 5oz bag spinach (6)
- 5oz arugula (4)



## Meats

- 4 boneless, skinless chicken breasts, 4-6 oz ea (2)
- 1.5# grassfed beef flapmeat (3)  
(Option: ask butcher to slice very thin "against the grain" or buy stir fry meat)



## Nuts & Seeds

- 1/2c chopped walnuts (5)
- 1/4c pine nuts (1)
- 1/2c golden raisins (1)



## Spices

- 1T red chili flakes (3)  
(optional)
- 1/2tsp garlic powder (7)



## Fish

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



## Oils & Vinegars

- ~3/4c olive oil
- 1T toasted sesame oil (3)
- ~1/4c rice wine vinegar (4)  
(OR white wine vinegar)
- 1/4c balsamic vinegar (5)



## Frozen

- 8oz bag tropical fruit (6)  
(OR mixed fruit of choice)



## Eggs

- 10 eggs, omega-3 (4)

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



## June Menu, Week 1 - PALEO: Prep Day

### Pre-heat oven to 375 F. (4)



**Pineapple:** Finely dice pineapple to equal ~1c for salsa. (2) Cut the remaining pineapple into large chunks. (8) (2,8)

**Bell Pepper:** Slice 4 bell peppers into long, thin strips. (3)

**Carrots:** Cut 4-6 carrots into 3" sticks for snacking. [\*] (7)

**Cucumber:** Thinly slice 1 cucumber in rounds (this works well using a food processor or mandolin). Set aside. (4)

**Zucchini:** Thinly slice, lengthwise, this works best using a mandolin, ~1/2" thick (2). Save leftover ends for smoothies. [\*] (6)

**Cauliflower:** Cut both cauliflower heads, vertically, into 1/2" thick steaks (~4-6 slices per head) [\*] (1)

**Cilantro:** Finely chop 1-2T of cilantro for salsa, set aside. Save remaining cilantro for marinade. (2)

**Dill:** Finely chop, setting aside 1T for cucumbers (4) and 1T for snack (7). (4,7)

**Parsley:** Finely chop 1 bunch of parsley. Set aside 1/2c for cauliflower (1) and remaining for frittata (4). (1,4)

**Red Onion:** Finely chop 1T red onion for salsa (2); thinly slice remaining, set aside 1/2 for frittata (4) & store 1/2 for stirfry [\*] (3). (2,3,4)

**Jalapeño:** Remove seeds & finely chop for salsa. (2)

**Garlic & Ginger:** Finely chop 2 cloves garlic for stir fry (3), 1 clove of garlic for frittata (4) & 2 cloves garlic for marinade (2).

Peel & grate 2T fresh ginger (3). (2,3,4)

**Beef:** Thinly slice beef, cutting against the direction of the meat "grain". You should have super-thin, 2-3" strips. [\*] (3)



### Frittata (4)

Sauté the following in lg sauté pan in 1/2T olive oil over med-high heat:

1/2 sliced red onion + 1 clove garlic, chopped + 8oz sliced mushrooms + 1 pint cherry tomatoes + lg handful chopped parsley + S&P, for 8-10 min. Add 5oz arugula & cook covered for 1-2 minutes (may need to do in 2 batches).

Remove from heat and stir in 4oz feta, optional + 1/4c sliced kalamata olives. Allow to cool. (4)



### Frittata (4)

In a large bowl, whisk together 10 eggs, season w/ S&P. Stir in cooked/ cooled veggies.

Put into well-oiled casserole dish and bake at 375F for 25-40 min or until no longer jiggly (will vary depending on depth of dish).

Allow frittata to cool. [\*] (4)



### Dilled Cucumbers (4)

In a large bowl, whisk:

1tsp salt + 1T honey + 1/4c rice or white wine vinegar + 1T chopped dill (loosely packed)

Toss together w/ sliced cucumbers. [\*] (4)



### **Popsicles (8)**

Blend ~2 cups pineapple chunks+ 1/2 can coconut milk until smooth, pour into popsicle molds, filling 3/4 full. Gently add 4 raspberries to each popsicle pushing into popsicle. Place sticks into popsicles and freeze. [\*] (8)  
Save remaining coconut milk for smoothies. [\*] (6)

### **Chicken Marinade (2)**

Blend the following until smooth:

Zest and juice of 2 limes

Zest and juice of 1 lemon

Zest of 1 orange

Handful of cilantro (remaining)

1/4c olive oil

1/4c water

1T salt

2 cloves garlic. [\*] (2)



**Cauliflower Topping:** In small bowl combine 1/4c pine nuts + 1/2c golden raisins + 1/2c chopped parsley. [\*] (1)

**Salsa:** Toss together 1c diced pineapple, chpd jalapeño + 1T cilantro + 1T red onion + lime juice to taste (1-2tsp) + 1/8tsp salt. [\*] (2)

### **Stir Fry Sauce (3)**

Whisk together:

1/4c coconut aminos

1T sesame oil

2T fresh grated ginger

2 cloves chopped garlic. [\*] (3)

### **Salad (5)**

Layer in container as follows:

1/2 mixed greens

1/2c blueberries

1/4c walnuts

1/2 goat cheese crumbles, optional

Repeat layers. [\*] (5)

### **Dilled Yogurt (7)**

8oz full fat plain Greek yogurt + 1/2 tsp garlic powder + 1T chopped dill

Stir until smooth. Season to taste w/ fresh ground pepper & salt. [\*] (7)



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

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



# June Menu, Week 1 - PALEO: Dish Day

## Day 1

### Baked Halibut w/ Cauliflower Steaks (1)

1. Pre-heat oven to 400 F.
2. Place the cauliflower steaks on a baking sheet. Drizzle with olive oil and sprinkle with S&P on both sides.
3. Bake until golden brown, 20 to 25 minutes, flipping after the first 10 minutes.
4. Grill or bake halibut (season with S&P) for 12-15 min until cooked/ flaky.
5. In sm saute pan over med-high add 2T butter or olive oil. Add cauliflower topping & saute 3-5 mins or pinenuts begin to toast.
6. Top cauliflower steaks with pinenut/raisin mixture and serve with halibut.

## Day 2 **\*\*Note: requires 2-12hr marinating time, this is best done in the morning**

### Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini (2)

1. Add chicken to marinade for 2-12 hours prior to grilling. Marinate in fridge.
  2. Pre-heat grill to med-high & grill chicken for ~5 min/ side or cooked through to 165F.  
(Note: cook longer if bone-in. Can also bake chicken in oven at 450 for 20 minutes or reaches 165F)
  3. Spray (or brush) zucchini lightly w/ oil and season w/ S&P. Grill for 4-6 minutes, flipping halfway through.
  4. Serve chicken w/ pineapple salsa & grilled zucchini.
- \*\*Option to marinate beef tonight for D3.\*\***

## Day 3 **Note: requires 30min-12hr marinating time, this is best done in the morning**

### Gingered Beef & Veggie Stir Fry (3)

1. Place sliced beef into stir fry sauce, marinate in refrigerator for at least 30 minutes (or up to 12 hours).
2. Heat 2 tsp coconut or olive oil in large sauté pan or wok over medium-high heat.
3. Cook onion & bell pepper 10min. Scoot to side, add beef + marinade to pan & cook 3-5 min, or pink is just disappearing.
4. Option to top stir fry w/ red chili flakes as desired.

## Day 4

### Frittata w/ Arugula, Tomato, Mushrooms, Olives & Feta w/ Dilled Cucumbers (4)

1. Cover with foil and re-heat in 350 F oven for 20-30 minutes or until heated through. Serve w/ cucumbers.

## Salad

### Blueberry, Walnut & Goat Cheese Salad (5)

1. Let salad dressing come to room temp (~30min) and shake well. Drizzle ~1T over 1 serving of salad.

## Breakfast

### Tropical Breakfast Smoothie (6)

1. Blend: ½ can coconut milk with 8oz bag frozen tropical fruit. When smooth, add 5oz spinach and blend well.  
Option: blend with leftover zucchini scraps. Add water if needed for desired consistency. Yields: 4 servings.

## Snack

### Carrots Dipped in Dilled Yogurt (7)

## Dessert

### Pineapple & Raspberry Popsicles (8)