



June Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Grilled Balsamic Pork Chops w/ Asparagus & Honeydew Slices
2. Meal 2: BLTA Salad w/ "Ranch" Dressing
3. Meal 3: Cod Picatta w/ Mashed Cauliflower
4. Meal 4: Grilled Chicken w/ Thai Roasted Eggplant & Cauliflower w/ Dipping Sauce
5. Salad: Arugula, Raspberries, Sliced Almonds & Goat Cheese
6. Breakfast: Chocolate Cherry Decadence Smoothie Bowl
7. Snack: Broccoli w/ "Ranch" Dressing
8. Dessert: Paleo Cookie Dough Bites



Herbs

~1" ginger knob (4)
 1 garlic clove (2,7)
 1 bunch parsley (2,3,7)



Fruits

1 pint raspberries (5)
 1 lime (4)
 1 honeydew melon (1)
 2-3 lemons (3)



Dairy (optional)

4oz goat cheese crumbles (5)



Pantry

½c almond butter (4,6)
 ~½tsp honey (4)
 1 can lite coconut milk (4,6)
 1 can full fat coconut milk (2,7)
 ~2T red curry paste (4)*
 ½tsp coconut aminos (4)
 4T capers (3)*
 3T cocoa powder (6)
 ¼c maple syrup (8)
 2c almond flour (8)
 ½c mini chocolate chips (6,8)*
 (¼c optional for smoothie)
 1tsp vanilla (8)*
 ½c unsweetened coconut flakes, optional (6)



Veggies

2 avocados (2)
 1 pint cherry tomatoes (2)
 1 head romaine lettuce (2)
 1 bunch asparagus (1)
 2 heads cauliflower (3,4)
 1 head broccoli (7)
 1 large eggplant (4)
 5oz tub arugula (5)



Meats

4 boneless, skinless chicken breasts, 4-6oz each (4)
 4 thin-cut pork chops (1)
 4 slices thin-cut bacon (2)*



Nuts & Dried Fruit

½c sliced almonds (5)
 ½c chopped hazelnuts, optional (6)
 (OR chopped nut of choice)
 1T chia seeds, optional (6)



Spices

½tsp cinnamon (6)



Seafood

4 cod fillets, 4-6oz each (3)



Oils & Vinegars

~2½c olive oil
 ½c balsamic vinegar (1,5)
 2T apple cider vinegar (2,7)
 ¼c coconut oil, melted (8)



Eggs

4 eggs, omega 3 (2)



Frozen

20oz dark sweet cherries (6)
 ~3-5oz collard greens (6)
 (OR sub greens of choice)
 ½c pomegranate arils, optional (6)

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



June Menu, Week 2 - PALEO: Prep Day



Mashed Cauliflower: Roughly chop 1 cauliflower and place in a large steamer or soup pot. Boil or steam cauliflower in 3-4" of water for ~15-20 minutes or a knife inserts easily. Drain and set aside to cool. (3)



Eggs: Place 4 eggs in a pot & cover w/ water. Bring to a boil for ~5min. Cover w/ lid & remove from heat for 20 min. [*] (2)



Honeydew: Cut 1 honeydew into wedges (removing seeds first). [*] (1)

Parsley: Finely chop 2T leaves and set aside for mashed cauli (3). Keep remainder whole & set aside for "Ranch" dressing (2,7). (2,3,7)

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

Thai Veggies: Cut 1 cauliflower & 1 eggplant into small, bite-sized pieces, ~1/2", set aside. (4)

Broccoli: Cut 1 head broccoli into bite-sized pieces for snacking. [*] (7)

BLTA Salad: Finely chop romaine lettuce. Cut cherry tomatoes in half (or quarter for larger tomatoes). [*] (2)



Bacon (2)

Cook 4 bacon slices in a large saute pan over med-high heat, cook slices 2-3min or cooked on both sides, cool. [*] (2)



"Ranch" Dressing (2,7)

Blend the following in a blender until smooth:

1c olive oil + 1 peeled garlic clove + 1 can full fat coconut milk + 2T apple cider vinegar + 1/2tsp salt + 1/4tsp pepper

Add 1 handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped. [*] (2,7)

*Note: Don't over-blend the parsley or it may become bitter. Dressing is split between salad and snack.

Almond Butter Dipping Sauce (4)

In a blender combine:

1/3c lite coconut milk (note: reserve remaining coconut milk for smoothie bowl breakfast, 6.)

1/4c almond butter

~1/2-1" knob fresh ginger, peeled, roughly chopped

1tsp red curry paste (adjust according to desired heat)

1/2tsp honey

1tsp lime juice (~juice of 1/2 lime)

1/2tsp coconut aminos [*] (4)

Cauliflower: Place cooked, drained cauliflower in a food processor/blender, add 1/4c water (or stock), blend until just smooth. Season w/ S&P and top with 2T chopped parsley. [*] (3)



Cookie Dough Bites (8)

Whisk together: $\frac{1}{4}$ c coconut oil (melted) + $\frac{1}{4}$ c maple syrup + 1tsp vanilla
Gently stir in: 2c almond flour + $\frac{1}{4}$ c mini chocolate chips
Roll into 1T sized balls. Store in fridge. Yields 16. [*] (8)
Option: Drizzle with melted chocolate.

Thai Veggies (4)

Whisk together:
 $\frac{1}{4}$ c olive oil
 $\frac{3}{4}$ c water
1-2T red curry paste
 $\frac{3}{4}$ tsp salt
Toss above with chopped eggplant & cauliflower. [*] (4)

Salad (5)

Layer in container as follows:
 $\frac{1}{2}$ arugula
 $\frac{1}{2}$ raspberries
 $\frac{1}{4}$ c sliced almonds
 $\frac{1}{2}$ goat cheese crumbles, optional
Repeat layers [*] (5)



Picatta Sauce (3)

Stir together:
Zest of 2 lemons (~1tsp)
2T lemon juice (~2-3 lemons)
4T olive oil
4T capers [*] (3)

Balsamic Dressing (5)

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

Balsamic Marinade (for pork) (1)

$\frac{1}{4}$ c olive oil
 $\frac{1}{4}$ c balsamic vinegar
pepper [*] (1)
Note: option to begin marinating pork chop now if consuming within the next 24 hours. (1)

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



June Menu, Week 2 - PALEO: Dish Day

Day 1

Grilled Balsamic Pork Chops w/ Asparagus & Honeydew Slices (1) *requires 30 min-24 hours marinating time*

1. Marinate pork chops for 30 min up to 24 hours (in fridge). Pre-heat grill to med-high or 400F.
2. Grill chops for 3-4 minutes/ side or 145 F. (option to bake at 400 F for ~30 minutes)
3. Grill asparagus directly on grill (perpendicular to grill grates), 5-7 minutes. Option: bake in 400F oven for 10-12 min.

Day 2

BLTA Salad w/ "Ranch" Dressing (2)

1. Slice 2 avocados. Peel & quarter 4 hardboiled eggs.
2. Toss chopped romaine + tomatoes w/ avocado, eggs & crumbled bacon. Drizzle w/ "ranch", keeping ½ of dressing for snack (7).

Day 3

Cod Picatta w/ Mashed Cauliflower (3)

1. Remove picatta sauce from fridge and bring to room temp.
2. Reheat cauliflower in a large pan over med heat until warmed through, stirring often. Add liquid if needed for desired consistency.
3. Heat a large sauté pan to medium-high heat and add 1T oil. Place 4 cod fillets in pan, cook 3-4 minutes.
4. Flip cod fillets and pour picatta sauce over top, cover with lid & cook another 3-4 min or cooked through.

Day 4

Grilled Chicken w/ Thai Roasted Eggplant & Cauliflower w/ Dipping Sauce (4)

1. Pre-heat oven to 400 F.
2. Place cauliflower & eggplant in a large baking pan and roast for 35-40 minutes, tossing halfway through.
3. Spray or rub chicken w/ olive oil. Pre-heat indoor grill (like George Foreman), cook chicken ~10min or cooked to 165F. OR roast chicken at 400 for 30-40 minutes until cooked to 165F. Serve w/ almond butter dipping sauce.

Salad

Arugula, Raspberries, Sliced Almonds & Goat Cheese (5)

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

Breakfast

Chocolate Cherry Decadence Smoothie Bowl (6)

1. Place ½c lite coconut milk in a blender and cherries + greens + 3T cocoa powder + ¼c almond butter + cinnamon.
 2. Blend on high until smooth. Add additional water as needed for desired consistency.
 3. Pour into bowl & add optional toppings as desired (hazelnuts, coconut flakes, chia seeds, dark chocolate chips, frozen pom airts).
- Note: remaining coconut milk is used in the AB dipping sauce for D4

Snack

Broccoli w/ "Ranch" Dressing (7)

Dessert

Paleo Cookie Dough Bites (8)