



June Menu, Week 3 - PALEO: Grocery List

Serves 4

1. Meal 1: Grilled Ginger-Lime Flank Steak, Bell Pepper & Plums
2. Meal 2: BBQ Shrimp w/ Mashed Potatoes & Broccoli
3. Meal 3: Summer "Pasta" Salad
4. Meal 4: Turkey & Carrot BBQ Meatballs w/ Japanese Sweet Potatoes
5. Salad: Arugula, Watermelon & Feta Salad
6. Breakfast: Mushroom & Kale Frittata Muffins
7. Snack: Watermelon
8. Dessert: Dark Chocolate & Macadamia Nuts



Herbs

- 1 x basil (3)
- 1 bulb garlic (2,3,4)
- 1 knob ginger (1)



Fruits

- 1 watermelon (5,7)
- 4 plums (1)
- 1 lemon (3)
- 3 medium limes (1)



Dairy (optional)

- 8oz feta crumbles (3,5)
- 1T grassfed butter (2)
- 1/4c milk (2)
- (OR sub water, broth)



Pantry

- 28oz crushed tomatoes (2,4)
- 4oz dark chocolate (bar or individually wrapped) (8)
- 1/4c sliced kalamata olives (3)
- 1c almond flour (4)
- (OR 2T coconut flour)
- 12 paper muffin liners (6)
- (OR silicone muffin tin)



Veggies

- 1 large head broccoli (2)
- 2 pints cherry tomatoes (3)
- 4 bell peppers (1)
- (mixed colors)
- 3x 8oz tubs sliced mushrooms (3,6)
- 3-4 large zucchini (3)
- 1 large carrot (4)
- 4 russet potatoes (2)
- (OR sub 1-2 heads cauliflower)
- 2-3 Japanese sweet potatoes (4)
- 1 red onion (1,5)
- 8oz (half bag) chopped kale (6)
- 5oz arugula (5)



Meats

- 1# ground turkey thigh (4)
- 1-1.5# grassfed flank steak (1)



Nuts & Dried Fruit

- 1/2c sliced almonds (5)
- 1/2c pinenuts, optional (3)
- 1c macadamia nuts (8)
- 1/4c medjool dates (2,4)
- (OR sub 1/4c maple syrup)



Spices

- 3T chili powder (2,4)*
- 1T tarragon (4)
- 1 dried ancho chili (2,4)
- (OR dried chipotle)
- 1/4tsp cayenne (2,4)
- 1tsp turmeric (4)



Seafood

- 1-1.5# shrimp, peeled, deveined, tails removed (2)



Oils & Vinegars

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



Eggs

- 14 eggs, omega 3 (4,6)

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



June Menu, Week 3 - PALEO: Prep Day

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



Watermelon: Cut 1c into small ½” cubes, set aside for salad (5). Cut remaining into wedges for snacking (7). [*] (5,7)

Japanese Sweet Potatoes: Peel & chop into 1” cubes. Toss w/ 1T olive oil + 1T tarragon. [*] (4)

Carrot: Finely grate 1 large carrot, squeeze out any excess liquid, set aside. (I use a large cheese grater) (4)

Broccoli: Cut into small ½” pieces. Toss w/ 1-2 T olive oil + S&P. [*] (2)

Red Onion: thinly slice ~2T for salad, set aside (5). Cut remaining into thick circles (to grill) & brush w/olive oil [*] (1). (1,5)

Bell Peppers: Quarter 4 bell peppers (removing stems/ seeds) brush skin side lightly w/ olive oil. [*] (1)

Plums: halve 4 plums and remove seeds. Brush cut side lightly w/ olive oil. [*] (1)

Zucchini Noodles: use spiralizer or mandolin to make “spaghetti-like” zucchini noodles (can also cut by hand). [*] (3)

Potatoes: peel 4 baking potatoes (or 2 heads cauliflower) & cut into 1-2” cubes (rough cut is fine, these will be mashed!). (2)

Ginger: Grate 2-3T fresh ginger for steak marinade. (1)



Ancho: Bring 1 cup water to boil. Place 1 dried ancho in water, top with lid, remove from heat, allow pepper to re-hydrate. (2,4)

Mashed Potato (2)

Place cut potatoes in large pot & cover w/ water. Bring to a boil reduce heat to medium and cook for 30-35 min or until soft.

Add S&P + ¼ c water (use milk or broth if desired) + 1T butter (optional). Mash until smooth (if using cauliflower, blend). Cool. [*] (2)



Frittata Muffins (6)

In a large pot, place 8oz (1/2 bag) chopped kale + 8oz sliced mushrooms + 1.5c water.

Cover & cook over medium heat for 20 min, adding water if needed. Season w/ S&P and set aside to cool. (6)



“Pasta” Veggies: Toss 2 pints cherry tomatoes, 16oz sliced mushrooms + 1-2T olive oil + S&P.

Roast at 375 F in single layer on 1-2 sheet pans for 25-30 minutes. Cool, set aside.

Frittata Muffins: Whisk 12 eggs and season w/ S&P. Stir in cooked & drained (if needed) kale & mushrooms.

Pour into lined muffin pan. Yields ~12.

Bake at 375 F for ~15-17 min or eggs are set. Cool and store in fridge or freezer. [*] (6)



Lemon Basil Sauce: In blender blend: ¼c olive oil + 1 clove garlic + large handful fresh basil + juice of 1 lemon (~2T) + S&P.

Toss roasted veggies w/ Lemon Basil Sauce + ¼c sliced olives + 4oz feta cheese + ½c pine nuts. [*] (3)



BBQ Sauce (2,4)

3T apple cider vinegar (or red wine, rice, etc.)

28oz can crushed tomatoes

¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)

1 clove garlic

1 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)

¼ tsp cayenne + 2 T chili powder + S&P to taste

Puree all in blender or food processor until smooth. Set aside 1¼c for meatballs (4). Store remaining (~1c) for shrimp. [*] (2)

Meatballs (4)

In a large bowl combine:

1c almond flour (or 2T coconut flour)

2 eggs

1# ground turkey

1 grated carrot

1T chili powder

1tsp turmeric

1 tsp pepper

¼c BBQ sauce

Mix together all of the above (works best using hands). Form into 12 balls and top with 1c BBQ sauce. [*] (4)



Steak Marinade (1):

Whisk together:

½c olive oil

2-3 T fresh grated ginger

2-3 T lime juice (~3 limes)

½T salt

fresh ground pepper

Add flank steak to marinate for 4-48 hours. [*] (1)

Salad (5)

Layer in container as follows:

½ arugula tub

1T sliced red onion

½c chopped watermelon

¼c sliced almonds

2oz feta crumbles

Repeat layers. [*] (5)



Balsamic Dressing (5)

Combine ½ cup olive oil + ¼c balsamic vinegar + pepper to taste. [*] (5)

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



June Menu, Week 3 - PALEO: Dish Day

Day 1

Grilled Ginger-Lime Flank Steak, Bell Pepper & Plums (1)

1. Remove steak from marinade and grill for 4-6 minutes per side for med rare.
2. Grill bell peppers, skin side down, & red onion 4-8 minutes or until beginning to blister/ soften.
3. Grill plums cut side down for ~5 minutes.
4. Allow steak to rest 5-10min before cutting. Cut meat very thin against the grain. Season bell pepper & onion w/ S&P.

Day 2

BBQ Shrimp w/ Mashed Potatoes & Broccoli (2)

1. Marinate shrimp in ½c reserved BBQ sauce for 30 minutes up to 1 hour. Pre-heat oven to 425 F.
2. Warm mashed potatoes in oven, covered, ~30-40 minutes.
3. Place shrimp & broccoli on sheet pans. Roast ~12-15 min or until shrimp are cooked. Serve shrimp with remaining BBQ sauce.

Day 3

Summer "Pasta" Salad (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high. Add zucchini noodles, and cook 2-3 minutes.
2. Add veggie mixture and sauté until heated through, 5-6 minutes.

Day 4

Turkey & Carrot BBQ Meatballs w/ Japanese Sweet Potatoes (4)

1. Pre-heat oven to 350 F and bake meatballs for 45 minutes or heated through.
2. Roast sweet potatoes in a single layer for ~35-45 minutes or cooked through. Remove and toss halfway through cooking

Salad

Arugula, Watermelon & Feta Salad (5)

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

Breakfast

Mushroom and Kale Frittata Muffins (6)

1. Re-heat in toaster oven for 5-7 min or heated through (or microwave).

Snack

Watermelon (7)

Dessert

Dark Chocolate & Macadamia Nuts (8)

1 serving = 1oz chocolate + ¼c macadamia nuts