



# June Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Nicoise Salad
2. Meal 2: Pork, Pineapple & Veggie Kabobs
3. Meal 3: Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw
4. Meal 4: Walnut Crusted Chicken w/ Sautéed Spinach & Honey-Glazed Carrots
5. Salad: Mixed Greens w/ Grapes, Walnuts & Avocado
6. Breakfast: Hard Boiled Eggs w/ Oranges
7. Snack: Curried Cashews & Raisins
8. Dessert: Chocolate Dipped Bananas



## Herbs

1 bulb garlic (4)



## Fruits

4 oranges (6)  
 2 granny smith apples (3)  
 1 small bunch seedless grapes (5)  
 1 pineapple (2)  
 (OR 2c fresh, pre-cut pineapple chunks)  
 4 bananas (8)



## Nuts & Dried Fruit

2½c walnuts (4,5)  
 3c raw, unsalted cashews (7)  
 1c raisins (7)\*



## Pantry

¼c sliced kalamata olives (1)  
 ~2T honey (3,4)  
 1T coconut aminos (2)  
 ¼c cocoa powder (8)  
 ⅛tsp vanilla extract (8)\*  
 8 popsicle sticks, optional (8)



## Veggies

½# carrots (4)  
 4 bell peppers, mixed colors (2)  
 1 pint cherry tomatoes (1)  
 2 avocados (5)  
 1c green beans, optional (1)  
 1 large red potato (1)  
 2 large sweet potatoes (3)  
 8oz bag shredded cabbage (for coleslaw) (3)  
 2x 5oz tub mixed greens (1,5)  
 16oz tub spinach (4)  
 romaine or butter lettuce for burger wraps (3)



## Meats

4 boneless, skinless chicken breast, 4-6oz ea (4)  
 1# ground bison (3)  
 1-1.5# butterflied pork loin chop (2)  
 (OR boneless pork chops)



## Oils & Vinegars

~2c olive oil  
 ½c balsamic vinegar (1,5)  
 2T apple cider vinegar (3)  
 1T toasted sesame oil (2)  
 ¼c coconut oil (8)



## Spices

1T chili powder (3)\*  
 1T cumin (3)  
 1tsp dried dill (4)  
 1tsp turmeric (2)  
 ½tsp chipotle powder (2)  
 ⅛tsp cinnamon (8)  
 1T yellow curry powder (7)\*



## Eggs

12 eggs (1,4,6)



## Shellfish

4 tuna steaks, 4-6oz ea (1)  
 (OR sub salmon)

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



## June Menu, Week 4 - PALEO: Prep Day



**Eggs:** Place 10 eggs in a pot, fill with water to cover, bring to a boil. Boil 3-5 minutes shut off heat and cover pot, cool. [\*] (1,6)  
**Potato/ Beans & Carrots:** Fill 2 pots w/ water & bring to a boil (this will be used for potatoes / green beans (if using) and carrots). (1,4)



**Potato & Green Beans:** Chop potato into 1/4" cubes. Chop green beans, if using, into 1/2" pieces. Set aside to boil. (1)  
**Carrots:** Thinly slice 1/2# carrots into bite-sized pieces, set aside. (4)  
**Sweet Potatoes:** Cut potatoes into thin wedges. Toss w/ 1-2T olive oil + 1T chili powder + 1T cumin + S&P. [\*] (3)  
**Oranges:** Option to cut oranges into 4 wedges (for breakfast). [\*] (6)  
**Grapes:** Cut in half, for a total of 1 1/2c, set aside. (5)  
**Apples:** Thinly slice green apples (should be ~size of a match- works well on a mandolin). Set aside. (3)  
**Garlic:** Finely chop 2-4 cloves garlic for sautéed spinach, (option to store in spinach tub). [\*] (4)  
**Kabobs:** Cut 4 bell peppers + pineapple into ~1" cubes [\*]. Cut pork into ~1" cubes, set aside. (2)



### Carrots (4)

Boil (or steam) 1/2# sliced carrots for ~20 min or a knife inserts easily.  
Whisk together 1T olive oil + 1T honey. Toss carrots w/ oil & honey. Season w/ 1tsp dried dill + S&P. [\*] (4)

### Potato & Green Beans (1)

Boil chopped potatoes for ~15-20 minutes or until a knife is easily inserted. Drain and allow to cool. (1)  
Steam/ boil chopped green beans (if using) for 2-4 mins (option: place green beans in steamer basket in same pot as potatoes). (1)



### Curried Cashews & Raisins (7)

In a large saute pan, heat 1T olive oil + 1T yellow curry powder over medium-high heat for ~3 min.  
Add 3c cashews and cook 3-4 min or just toasted. Remove from heat, toss w/ 1c raisins & salt to taste. Allow to fully cool.  
Store at room temperature in an airtight container. [\*] (7)



### Chocolate Dipped Bananas (8)

Heat the 1/4c coconut oil in saute pan over low (be careful, it can burn!). Once the coconut oil melts and is warm, turn off the heat and whisk in 1/4c cocoa powder + 1/8tsp vanilla + 1/8tsp cinnamon until combined.  
Peel bananas and cut in half, horizontally. Place a popsicle stick into the bottom of each half - note, this step is optional.  
Dip bananas in chocolate mixture to coat evenly. Lay bananas on a parchment or foil-lined baking sheet and put in freezer.  
Once frozen, store in a container in the freezer, separating layers with parchment or foil. [\*] (8)



### Walnut Chicken (4)

In blender or food processor, blend 2c walnuts until reaches a bread-crumb like texture. Place in a shallow bowl. Whisk 2 eggs, place in a second shallow bowl. Dredge each chicken breast in eggs & then in walnuts. Salt lightly. [\*] (4)



### Nicoise Salad (1)

Add the following to the tub of mixed greens:

1 pint cherry tomatoes

1c steamed green bean pieces (cooled) + 2 hardboiled eggs (cooled, peeled & quartered) + chopped boiled potatoes +

1/4c sliced kalamata olives [\*] (1)

### Burgers (3)

Form ground bison into 4 patties. Season lightly w/ S&P. [\*] (3)

### Coleslaw (3)

#### Whisk together:

1/2c olive oil

2T apple cider vinegar

1tsp honey

salt to taste

Toss dressing with sliced apples. Toss all together w/ 8oz bag of coleslaw (shredded cabbage). [\*] (3)

### Pork (2)

Whisk together: 1tsp turmeric + 1/2 tsp chipotle powder + 1T coconut aminos + 1T toasted sesame oil.

Toss pork cubes w/ above marinade. (Note: if not eating within 48 hours, hold off on marinating until 2-48 hr in advance)

### Side Salad (5)

Layer in container as follows:

1/2 mixed greens

1/4c walnuts

3/4c grape halves

Repeat layers [\*] (5)



### Balsamic Dressing (1,5)

Combine: 1c olive oil + 1/2c balsamic vinegar + pepper to taste. [\*] (1,5)

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



# June Menu, Week 4 - PALEO: Dish Day

## Day 1

### Nicoise Salad (1)

1. Remove salad dressing from refrigerator and allow to come to room temp.
2. Heat 1tsp oil in sauté pan over med-high to high heat. Sear tuna 2-3min/ side or desired doneness. Season w/ S&P.
3. Divide salads among 4 bowls, top each w/ a seared tuna. Shake vinaigrette well and drizzle on top of salads.

## Day 2

### Pork, Pineapple & Veggie Kabobs (2) \*\*if using wooden skewers, soak in water\*\*

1. Pre-heat grill. Skewer pork, pineapple & bell pepper on skewers.
2. Grill for ~15 minutes, flipping kabobs ~ every 5 min. (Option to broil in oven at 350 for 10 to 15 mins.)

## Day 3

### Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw (3)

1. Pre-heat oven to 375 F. Roast sweet potatoes for 35-45 minutes, removing and tossing halfway through cooking.
2. Grill burgers 3-4 minutes/ side or desired doneness (or in a sauté pan over medium-high heat).

## Day 4

### Walnut Crusted Chicken w/ Sautéed Spinach & Honey-Glazed Carrots (4)

1. Pre-heat oven to 375 F. Place carrots in oven, covered, to warm.
2. Bake chicken for 25 minutes for smaller breasts, up to 40 minutes or until cooked to 165 for larger breasts.
3. Heat 1tsp oil in large sauté pan over high heat. Add garlic & spinach to pan & cook 3-4 min or spinach just wilts. Season w/ S&P.

## Salad

### Mixed Greens w/ Grapes, Walnuts & Avocado (5)

1. Let salad dressing come to room temp (~30min), shake well.
2. Slice avocados and place on top of salad.
3. Drizzle ~1T dressing over each serving of salad.

## Breakfast

### Hard Boiled Eggs w/ Oranges (6)

## Snack

### Curried Cashews & Raisins (7)

## Dessert

### Chocolate Dipped Bananas (8)