



July Menu, Week 3 - PALEO: Grocery List

Serves 4

1. Meal 1: Superfood Salad w/ Chicken
2. Meal 2: Lemon-Parsley Salmon w/ Tomato, Cucumber & Red Onion Salad
3. Meal 3: Chicken Stirfry w/ Portobello Mushrooms & Bok Choy & Cauliflower Rice
4. Meal 4: Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper
5. Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella
6. Breakfast: Hard Boiled Eggs + Peaches
7. Snack: Prosciutto w/ Melon
8. Dessert: Fresh Cherries



Herbs

1 bulb garlic (2,3)
 2" ginger knob (3)
 1 bunch basil (5)
 1 bunch parsley (1,2)



Fruits

3 lemons (1,2)
 4 peaches (6)
 4c fresh cherries (8)
 1 cantaloupe (7)



Dairy (optional)

8oz mini mozzarella balls (5)



Pantry

¼c coconut aminos (3)*



Veggies

1 head cauliflower (3)
 1 cucumber (2)
 4 roma tomatoes (2)
 2 beefsteak tomatoes (5)
 1 avocado (1)
 1 bunch bok choy (3)
 1 bunch radishes (1)
 1-2 large zucchini (4)
 3 bell peppers (4)
 (mixed colors)
 4 portobello mushrooms (3)
 2 red onions (2,4)
 1 bunch green kale (1)
 1 head romaine lettuce (1)
 5oz tub mixed greens (5)



Meats

4 bison strip steaks,
 5-7oz ea (4)
 (OR sub grassfed beef steak)
 ~2# boneless, skinless chicken
 breast (1,3)
 8 slices prosciutto (7)*



Nuts

¼c sliced almonds (1)
 ½c raw cashews (1)
 ¼c dried cranberries (1)*



Spices

2T steak seasoning (4)*
 1T oregano (4)



Fish

4 salmon fillets, 4-6oz ea (2)



Eggs

8 eggs, omega 3 (6)



Oils & Vinegars

~1½c olive oil
 1tsp coconut oil (3)
 2T toasted sesame oil (3)
 ¼c balsamic vinegar (5)
 ~½c rice vinegar (2,3)
 1tsp apple cider vinegar (1)

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



July Menu, Week 3 - PALEO: Prep Day

Pre-heat oven to 400 F (1)



Chicken: Season 1# chicken breasts w/ S&P. Bake for 20-30 minutes (or grill) until cooked, 165 F. Cool & slice for salad. [*] (1)

Almonds: Toast $\frac{1}{4}$ c sliced almonds on sheet pan for ~2-4 min or until golden brown. Cool & store. [*] (1)



Cashews: Place $\frac{1}{2}$ c cashews in a med bowl. Bring $\frac{1}{2}$ c water to a boil and pour over cashews. Add $\frac{1}{2}$ tsp salt and soak for ~1 hr. (1)

Eggs: Place 8 eggs in a pot, cover w/ water. Bring to a boil for ~5min. Cover w/ lid & remove from heat for 20 min. [*] (6)



Stir Fry: Thinly slice 4 portobello mushrooms & chop one bunch bok choy into ~1" pieces. [*] (3)

Stir Fry: Finely chop garlic & grate ginger for ~1T each. Store together. [*] (3)

Tomato & Cuke: Thinly slice 4 roma tomatoes, 1 cucumber & $\frac{1}{4}$ of a red onion (save remaining for grilled veg, below).

Toss tomato, cucumber & red onion w/ 3T olive oil + 1T rice vinegar. Option to add ~1T fresh chopped parsley. [*] (2)

Grilled Veg: Thinly slice 1-2 zucchini ($\frac{1}{4}$ " thick), cut 3 bell pepper into ~8 slices each, slice $1\frac{3}{4}$ red onion into thick "rings". [*] (4)

Superfood Salad: Cut 1 bunch kale and 1 head romaine lettuce into bite-sized pieces. Store in bag w/ damp paper towel. [*] (1)

Radishes: Thinly slice ~1c radishes. If you have remaining radishes, store for snacking. [*] (1)

Cantaloupe: Slice cantaloupe into 8 pieces, removing rind and seeds. Wrap each piece of melon with a slice of prosciutto. [*] (7)

Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop make sure it is completely dry and set aside (3)

Chicken: Slice 1# boneless, skinless chicken breasts into thin strips (~2" ea). [*] (3)



Cauliflower Rice (3)

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice like texture.

Careful not to go too far or it can become mushy. [*] (3)

Lemon Parsley Sauce (2)

Place in a blender:

- $\frac{1}{2}$ c olive oil
- large handful fresh parsley (reserve 1T parsley for Cashew Dressing, 1)
- 1 clove garlic
- juice of 2 lemons
- 1tsp salt

Blend until smooth [*] (2)



Cashew Dressing (1)

In blender, combine:

Soaked cashews (drained, but keeping extra soaking water)

- 1T fresh parsley
- 1T lemon juice
- 1tsp apple cider vinegar
- 1T olive oil
- S&P, to taste

Blend until smooth adding extra soaking water to thin out consistency, if needed. [*] (1)



Salad (5)

Layer in container as follows:

1/2 of 5oz tub mixed greens

1/2 of mozzarella balls (drained)

1/4c loosely packed basil leaves

(note: I use whole leaves for this salad. If they are large, I will store and chop at mealtime. Save remaining basil for quinoa pilaf).

Repeat layers (5). [*]

Bison Steak (4)

Season each fillet well w/ steak seasoning (1-2tsp per fillet). [*] (4)



Balsamic Dressing (5)

Whisk together:

- 1/2c olive oil
- 1/4c balsamic vinegar
- pepper to taste [*] (1,5)

Stir Fry Sauce (3)

Combine the following:

- 1/4c coconut aminos
- 1/4c rice vinegar
- 1T toasted sesame oil [*] (3)

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



July Menu, Week 3 - PALEO: Dish Day

Day 1

Superfood Salad w/ Chicken (1)

1. Dice 1 avocado.
2. Toss together chopped kale & romaine, 1/4c dried cranberries, 1/4c toasted almonds, 1c sliced radishes, and chopped chicken.
3. Top with diced avocado and cashew dressing.

Day 2

Lemon-Parsley Salmon w/ Cucumber Tomato Salad (2)

1. Pre-heat oven to 425 F. Marinate 4 salmon fillets in lemon-parsley sauce while oven pre-heats (or up to 1 hour).
2. Remove salmon from marinade & bake ~18-20 minutes or cooked through (135 F). Serve with cucumber tomato salad.

Day 3

Chicken Stirfry w/ Portobello Mushrooms & Bok Choy & Cauliflower Rice (3)

1. Add 1tsp coconut oil to lg sauté pan over high heat, add ginger, garlic & chicken, cook 1 minute.
2. Add mushrooms to chicken, cook ~8-10min, add bok choy & stirfry sauce, stir to coat all ingredients w/ sauce, cook 1-2 min.
3. Heat 1T toasted sesame oil (or coconut oil) in large sauté pan and add the cauliflower "rice".
4. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.

Day 4

Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper (4)

1. Pre-heat grill to med-high or 375 F. Toss zucchini, onion & bell pepper w/ 2T olive oil, S&P & 1T dried oregano.
2. Grill steaks for ~4-6min/ side depending on size/ desired doneness.
3. Grill veg for 2-3 min & flip cooking another 2-3 min (onions may take longer).

Salad

Mixed Greens w/ Tomatoes, Basil & Mozzarella (5)

1. Let salad dressing come to room temp (~30min), shake well.
2. Slice beefsteak tomatoes and chop basil leaves (if not already added whole). Add to salad.
3. Drizzle ~1T dressing over 1 serving of salad.

Breakfast

Hard Boiled Eggs + Peaches (6)

Snack

Prosciutto w/ Melon (7)

Dessert

Fresh Cherries (8)