



# July Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli
2. Meal 2: Mahi Mahi w/ Pineapple Salsa & Asparagus
3. Meal 3: Crockpot BBQ Ribs w/ Smoky Lime Carrots
4. Meal 4: Mediterranean Stuffed Bell Peppers
5. Salad: Broccoli & Apple Slaw
6. Breakfast: Poached Eggs over Sweet Potatoes & Sliced Avocado
7. Snack: Apricots & Almonds
8. Dessert: Pineapple Nice Cream



## Herbs

1 head garlic (1,4)  
 ~2" knob ginger, optional (8)  
 1 bunch basil (1)  
 1 bunch parsley (4)



## Fruits

1 fresh pineapple (2,8)  
 3 limes (2,3)  
 1 lemon (5)  
 2 honeycrisp apples (5)  
 (OR sub any tart apple)  
 8 apricots (7)



## Dairy (optional)

2oz parmesan (1)  
 2T grassfed butter (3)  
 8oz crumbled feta cheese (4)



## Pantry

~10oz sundried tomatoes in olive oil (1,4)  
 2c strained or pureed tomatoes (3)\*  
 ~8oz artichokes, in water (4)  
 1/3c mayo (5)\*  
 1tsp horseradish, optional (5)\*  
 1 can full fat coconut milk (8)\*  
 ~3/4c honey (3,5)  
 snack baggies, optional (7)



## Veggies

2 avocados (6)  
 1 jalapeño (2)  
 9 bell peppers (2,4)  
 (red or orange work best)  
 1 bunch asparagus (2)  
 1 head broccoli (1)  
 1# carrots (3)  
 8oz whole mushrooms (1)  
 4 small sweet potatoes (6)  
 1 bunch green onions (2,5)  
 1 shallot (4)  
 (OR 1/2 small onion)  
 ~10oz bag broccoli slaw (5)  
 (OR sub cabbage slaw)



## Meats

4 boneless, skinless chicken breasts, 4-6oz each (1)  
 ~3# baby back ribs (3)  
 1# ground turkey thigh (4)



## Nuts & Dried Fruit

1c almonds (7)  
 1c walnuts (1)  
 1/4c dried cherries (5)\*  
 1/4c sunflower seeds (5)



## Fish

4 mahi mahi fillets (2)  
 (OR sub salmon or halibut)



## Eggs

4 eggs, omega 3 (6)



## Spices

red chili flakes, optional (1)  
 3T chili powder (3)\*  
 1/2tsp cumin (3)  
 1/2tsp coriander (3)  
 1/2tsp smoked paprika (3)



## Oils & Vinegars

~1c olive oil  
 6T apple cider vinegar (3,5,6)

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



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

### Pre-heat oven 375 F (6)



**Sweet Potatoes:** Wrap 4 sweet potatoes in foil. Bake at 375F for 50-60min or until soft/ cooked through. Cool. [\*] (6)



**Pineapple:** Peel, core and cut 1 pineapple into quarters. Finely dice ¼ of the pineapple for salsa (~2-3c) and set aside (2). Cut remaining ¾ pineapple into ~1" pieces (~6-7c) and freeze in single layer on sheet tray for 1 hour, then put in container. [\*](8) Go to <http://prepdish.com/easily-cut-pineapple/> for a video on how to cut a pineapple. (2,8)

**Asparagus:** Remove & discard lower 2-3" of asparagus. Toss spears w/ 1T olive oil + S&P. [\*] (2)

**Mushrooms & Broccoli:** Quarter mushrooms & chop broccoli in 1" bite-sized pieces. Toss w/ 1-2T olive oil & season w/ S&P. Option: add a pinch of red chili flakes. [\*] (1)

**Carrots:** Cut 1# carrots into 1" pieces, peeling optional. Set aside. (3)

**Stuffed Peppers:** Chop 2 garlic cloves + 1 shallot (or ½ sm onion). Set aside. (4)

**Stuffed Peppers:** Chop artichokes (reserving 2T liquid from can), sundried tomatoes and parsley to equal ~1c each. Set aside. (4)

**Stuffed Peppers:** Cut tops off 8 peppers and carefully scoop seeds out. May need to trim bottoms so they can "stand". (4)

**Salsa:** Finely dice: 1 jalapeño (discard seeds) + 1 red bell pepper + green onions to equal ~1T. Set aside. (2)

**Slaw:** Thinly slice remaining green onions to yield ~¼c. Zest and juice 1 lemon. Set both aside. (5)

**Ginger, optional:** Finely grate ginger for 2-3tsp. [\*] (8)



### Stuffed Bell Peppers (4)

Heat skillet with 1tsp olive oil over medium. Add 1# ground turkey + 1 shallot/onion, chopped + 2 garlic cloves, chopped. Cook 10-12 minutes, breaking meat apart, until turkey browns and is cooked through. Cool slightly.

In a bowl, toss cooked turkey + 1c chopped artichokes + 2T juice from artichoke jar + 1c chopped sun dried tomatoes + 1c parsley.

Option to mix in 8oz feta crumbles.

Lightly oil baking dish & stand peppers upright. Fill ea pepper w/ turkey mixture, pressing down to stuff the peppers. Cover. [\*] (4)



### Sundried Tomato Pesto (1)

Blend the following until smooth:

4T oil (from sundried tomatoes or use olive oil)

1 garlic clove

1c walnuts

1oz parm (optional); save remaining 1oz parmesan for veggies

1-2 large handfuls fresh basil

¼c sundried tomatoes

\*\*Note: can thin mixture, if needed, with additional olive oil or water. Add 1T at a time. You want consistency thick enough to spread and stick onto chicken breasts below.

Coat 4 chicken breasts in pesto (~2T/ breast). [\*] (1)



### **Honey BBQ Sauce (3)**

Whisk together (can also use a blender):

2c strained or pureed tomatoes

3T chili powder

¼c apple cider vinegar

½c honey

S&P (~¼ tsp salt). [\*] (3)

### **Pineapple Salsa (2):**

Toss together:

1c diced pineapple

1 diced red bell pepper

1 jalapeño, diced

1T chopped green onion

lime juice to taste (1-2tsp)

¼tsp salt (or to taste) [\*] (2)

### **Broccoli Apple Slaw (5)**

Whisk together:

- ½c mayo

- zest and juice of 1 lemon

- 1T apple cider vinegar

- 1tsp horseradish (optional)

- 1½tsp honey

- S&P. [\*] (5)

Toss together-

- 1 package broccoli slaw

- ¼c chopped green onion

- ¼c dried cherries

- ¼c sunflower seeds. [\*] (5)

\*\*Note: store dressing & slaw separately until ready to eat.

### **Smoky Lime Carrots (3)**

Whisk together 2T olive oil + juice and zest of 1 lime + 1tsp honey + ½tsp salt + ½tsp cumin + ½tsp coriander + ½tsp smoked paprika. Mix with 1# chopped carrots. [\*] (3)

**Snack:** Option to put ¼c almonds + 2 apricots in snack bag. Repeat for 4 servings. Can also do this on Dish Day. [\*] (7)

**Coconut Milk:** Place 1 can full fat coconut milk in fridge for DD. [\*] (8)

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



## July Menu, Week 4 - PALEO: Dish Day

### Day 1

#### Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli (1)

1. Pre-heat oven to 400 F. Bake chicken for ~30-40 min or cooked through to 165 F.
2. Roast mushroom & broccoli for ~25-35 minutes or until just browning. Option to top w/ shredded parmesan.

### Day 2

#### Mahi Mahi w/ Pineapple Salsa & Asparagus (2)

1. Pre-heat oven to 400 F.
2. Bake Mahi Mahi for 14-16 minutes or cooked/ flaky OR option to grill, 4-6 minutes/ side. Season w/ S&P.
3. Roast asparagus for 10-12 minutes, tossing halfway through cooktime.
4. Serve fish topped with salsa. Optional: serve with a lime wedge on side.

### Day 3

#### BBQ Ribs w/ Smoky Lime Carrots (3) \*Cooks All Day In Crock Pot\*

1. Place ribs & BBQ sauce in crock pot on high for 4-6 hours or low for 8-10 hours.
2. At dinner: Preheat oven to 400 F. Roast carrots for ~20-25 or until carrots are just tender.

### Day 4

#### Mediterranean Stuffed Bell Peppers (4)

1. Preheat oven to 450 F.
2. Bake stuffed peppers covered w/ foil for 15 min. Remove foil & bake another 10-15 min until peppers are tender & meat reheated.

### Salad

#### Broccoli & Apple Slaw (5)

1. Thinly slice 2 honeycrisp apples into thin matchsticks or bite-sized pieces.
2. Add apples to slaw salad and top with dressing. Mix well.

\*\*Note: Can mix 1-2 hours before serving to soak in dressing.

### Breakfast

#### Poached Eggs over Sweet Potatoes & Sliced Avocado (6)

1. Peel sweet potatoes and re-heat in large sauté pan over med heat for ~10 min or heated through.
2. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove.
3. Serve eggs over baked sweet potatoes & topped w/ avocado slices. Season w/ S&P.

### Snack

#### Apricots & Almonds (7)

1 serving = 1/4c almonds + 2 apricots

### Dessert

#### Pineapple Nice Cream (8)

1. Place 1 can chilled, full fat coconut milk in food processor or blender. \*\*Note: Food processor works best.
2. Add frozen chopped pineapple (~6-7c) and blend on high until smooth (this may take 5-10 min of blending).
3. Pulse in 2-3tsp grated ginger, if desired, until well combined.
4. Yields ~4-8 servings.