



August Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Cajun Turkey Burgers w/ White Sweet Potato Fries
2. Meal 2: Balsamic Roasted Pork Tenderloin w/ Zucchini Tian
3. Meal 3: Bison Steaks w/ Baked Potatoes & Broccoli
4. Meal 4: Farmer's Market Tart
5. Salad: Mixed Greens, Grapes, Celery, Pecans & Cheddar
6. Breakfast: Purple Haze Smoothie
7. Snack: Celery w/ Almond Butter
8. Dessert: Chocolate Brownie Brittle



Herbs

1 bulb garlic (1,2)



Veggies

1 bunch celery (5,7)
 1 bunch green onions (1,3)
 1 yellow summer squash (2)
 1 zucchini (2)
 (squash ~1/2-3/4# ea)
 1 large head broccoli (3)
 1 bunch swiss chard (4)
 1 bunch asparagus (4)
 1 large avocado (1)
 1 jalapeño (1)
 16oz sliced mushrooms (4)
 2 red onions (1,2,4)
 2 large sweet potatoes (1)
 (Hannah or Japanese)
 4 baking potatoes (3)
 (OR sub sweet potatoes)
 1 head butter lettuce (1)
 5oz mixed greens (5)



Fruits

1 small bunch grapes (5)
 4 bananas (6)
 1 lemon (2)



Meats

1# ground turkey thigh (1)
 ~1-1.5# pork tenderloin (2)
 4 bison ribeye steaks, (3)
 (OR sub beef steaks)



Frozen

32oz blueberries (6)
 32oz cauliflower (6)



Dairy (optional)

2oz parmesan (2)
 4oz cheddar (5)
 5T butter (4)
 4oz goat cheese (4)



Nuts & Seeds

1/2c chopped pecans (5)
 1/2c chia seeds (6)



Oils & Vinegars

~1 1/2c olive oil
 ~1/2c coconut oil (1,8)
 1/2c balsamic vinegar (2,5)



Pantry

1c almond butter (7)*
 1 can full fat coconut milk (6)*
 3T cocoa powder (8)
 1/2c honey (8)
 1tsp vanilla extract (8)*
 1/2c chocolate chips (8)*
 3 1/2c almond flour (4,8)
 1/2tsp baking powder (8)



Spices

1/4c Cajun seasoning (1)*
 1T paprika (1)
 4T steak seasoning (3)*



Eggs

3 eggs, omega-3 (4,8)

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



August Menu, Week 2 - PALEO: Prep Day

Pre-heat oven to 375 F. (3,8)



Baking Potatoes: Pierce 4 baking potatoes with a fork. Bake at 375 F for 1-1.25hr or until soft/ cooked through. Cool. [*] (3)



Sweet Potato: Cut 2 large sweet potatoes into thin "fries". Toss w/ 1-2T coconut oil, 1T paprika, S&P. [*] (1)

Red Onion: Finely dice 1 red onion, reserve ¼c for burgers (1), set aside remaining for tian (2). (1,2)

Garlic: Finely chop ~6 garlic cloves, set aside 1T for burgers (1) and 1T for tian (2). (1,2)

Zucchini & Summer Squash: Thinly slice 1 of each into ¼" thick rounds, set aside. (2)

Broccoli: Cut 1 large head into small, bite-sized pieces. Toss w/ 1T olive oil + S&P. [*] (3)

Green Onion: Chop white part of ½ bunch of green onions for burgers. Set aside. (1) Slice green tops. Store for potatoes [*] (3). (1,3)

Salad: Finely chop celery for salad (enough for ¾c), set aside (5). Cut remainder of celery into sticks for snacking (7). (5,7)

Salad: Cut 4oz cheddar into small cubes for salad. Cut grapes in half (enough for 1c, store extra for snacking), set both aside. (5)

Lettuce: Separate leaves from 1 head butter lettuce for wraps. Store wrapped in a damp paper towel. [*] (1,4)

Tart: Separate swiss chard stems from chard leaves. Chop 1 red onion and the chard stems. Store together. [*] (4)

Tart: Finely chop 1 bunch asparagus. Store separate. Finely chop swiss chard leaves. Store separate. [*] (4)

Jalapeño: Finely chop 1 jalapeño (remove seeds & white membrane), set aside. (1)



Cajun Burgers: Heat 1T olive oil in a large sauté pan, over med-high heat, add chopped veggies: 1T jalapeño, 1T garlic, ¼c red onion, ½ bunch green onion (whites only), & ¼c Cajun seasoning (gradually add to control heat). Sauté 5-7 minutes, stirring occasionally. Set aside to cool. (1)

Tian: Heat 1tsp olive oil in lg sauté pan & cook remaining ¾ chopped red onion + 1T garlic for 5-7 min or until translucent. Cool. (2)



Chocolate Brownie Brittle (8)

Line a sheet tray with parchment paper.

In one bowl combine: ½c almond flour + ½tsp baking powder + ¼tsp salt.

In 2nd bowl: whisk 2 egg whites until frothy (~1 min). Add 3T cocoa powder + ½c honey + ¼c melted coconut oil + 1tsp vanilla. Add almond flour mixture to liquid mixture and whisk until smooth. Add ½c chocolate chips and stir to combine.

Pour onto sheet pan and spread out in pan.

Bake 15 minutes then cut into squares and bake another 5-8 minutes. Remove from oven and let cool.

Take parchment off tray and spread squares apart from each other.

Let completely cool and place pieces into an airtight container and store at room temperature. [*] (8)

Note: Add the leftover yolks to your next scramble or omelette.



Turkey Burgers (1)

Mix 1# ground turkey thigh with sautéed, cooled veggies/ spices. Form into 4 patties. [*] (1)

Bison Steak: Coat each steak w/ ~1T steak seasoning. [*] (3)

Salad (5)

Layer in container as follows:

½ of mixed greens

½c grapes

2oz chopped cheddar (if using)

¼c chopped pecans

~⅓-½c chopped celery

Repeat layers. [*] (5)

Tian (2)

Place zucchini & summer squash coins in a large bowl and toss with the following:

- 1T olive oil
- zest & juice of 1 lemon
- ½tsp salt & fresh ground pepper

In a pie pan or small dish, layer in the following order:

- cooked red onion/ garlic
- zucchini & summer squash coins
- ~2T fresh grated parmesan, optional

Cover with foil and refrigerate. [*] (2)



Balsamic Dressing/ Marinade:

Whisk together: 1c olive oil + ½c balsamic vinegar.

Marinate the pork tenderloin in half of the dressing/marinade (if eating within 24-48 hours) (2).

Save the other half of dressing/marinade for the salad (5). [*] (2,5)

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



August Menu, Week 2 - PALEO: Dish Day

Day 1

Cajun Turkey Burgers w/ White Sweet Potato Fries (1)

1. Pre-heat oven to 425 F. Place sweet potato fries in oven and roast for 45-55 minutes, tossing halfway through cook time.
2. Cook burgers on a grill (outdoor or indoor) for ~4-5min/ side. Or bake in 425 F oven ~20-25min.
3. Slice 1 avocado for topping. Serve in lettuce wraps.

Day 2

Balsamic Roasted Pork Loin w/ Zucchini Tian (2) **Marinate pork in fridge for a minimum of 1 hr up to 48 hr**

1. Pre-heat oven to 400 F.
2. Remove foil from tian and bake, uncovered, 30-35 min.
3. Remove pork from marinade and bake for 20-30 min or reaches internal temp of 145 F.

Day 3

Bison Steaks w/ Baked Potatoes & Broccoli (3)

1. Pre-heat oven to 400 F. Place baked potatoes in oven for ~20 minutes or heated through.
2. Heat 1-2t olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
3. Meanwhile, roast broccoli in oven for 15-20 minutes, tossing halfway through cook time.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).
5. Top baked potatoes with sliced green onion tops.

Day 4

Farmer's Market Tart (4)

1. Preheat oven to 350 F.
2. Combine 3c almond flour + 4T butter or olive oil + ½tsp salt + 1 egg in a food processor and pulse until dough comes together (or use a fork to combine in a bowl).
3. Press onto bottom of 9x13" pan and bake for 10-15 min.
4. Melt 1T butter or olive oil over med-low heat. Add 1 chopped red onion + chopped chard stems. Season w/ salt and cook 15 min.
5. Add 16 oz sliced mushrooms and cook 10 min (add 2-3T water as needed to prevent burning). Season w/ salt.
6. Add 1 bunch finely chopped asparagus, cook 5 min. Add 1 bunch finely chopped swiss chard leaves, cook 5 min more.
7. Season with S&P to taste.
8. Top crust with cooked veggies & 4oz goat cheese crumbles (optional). Return to oven and cook ~10 min until goat cheese melts.

Salad

Mixed Greens, Grapes, Celery, Pecans & Cheddar (5)

1. Bring dressing to room temp and shake well. Drizzle ~1-2T over each serving of salad.

Breakfast

Purple Haze Smoothie (6)

1. Add 1c water + ¼c chia seeds to blender and allow to "hydrate" for ~1 min (while you add other ingredients to the blender).
2. Add ½c full fat coconut milk + 2 bananas + 2c frozen blueberries + 2c frozen cauliflower.
3. Blend on high until smooth, adding additional water as needed. Yields 2 servings. Repeat for additional 2 servings.

Snack

Celery w/ Almond Butter (7)

Dessert

Chocolate Brownie Brittle (8)