



# August Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Brined Pork Chops w/ Sautéed Cabbage & Apples
2. Meal 2: Cilantro-Citrus Shrimp w/ Cauliflower Rice & Cucumber Slices
3. Meal 3: Summer "Pasta" w/ Chicken Sausage
4. Meal 4: Chicken & Veggie Stir Fry w/ Cauliflower Rice
5. Salad: Arugula, Watermelon, Mint, Red Onion, Feta & Pistachio
6. Breakfast: Ponana Breakfast Cookies
7. Snack: Figgy Energy Bites
8. Dessert: Watermelon



## Herbs

- 1 bunch cilantro (2)
- 1 bulb garlic (1,2,3,4)
- 3" ginger knob (4)
- 1 bunch fresh mint (5)
- 1 bunch basil (3)



## Fruits

- ~1# red apples (1)
- 2 lemons (2,3)
- 2 limes (2)
- 1 orange (2)
- 1 watermelon (5,8)
- 1 medium banana (6)



## Dairy (optional)

- 8oz feta crumbles (3,5)
- 1 tsp butter (1)



## Pantry

- ¼c coconut aminos (4)\*
- ¼c sliced kalamata olives (3)
- ½c almond butter (7)\*
- 2T dark chocolate chips, optional (6)



## Veggies

- 1 head purple cabbage (1) (pre-chopped if avail)
- 1 cucumber (2)
- 1 head broccoli (4)
- 2 cauliflower heads (2,4) (OR sub 2 bags cauli rice)
- 2 pints cherry tomatoes (3)
- 2-4 lg zucchini (3)
- 16oz sliced mushrooms (3)
- 4 portobello mushrooms (4)
- 1 medium sweet potato (6)
- 1 red onion (4,5)
- 1 yellow onion (2,4)
- 5oz tub arugula (5)



## Meats

- 4-8 pork chops (1) (thin-cut, bone-in)
- 1# raw chicken sausage (3)\* (Italian style or similar)
- 1# boneless, skinless chicken breasts (4)



## Nuts & Dried Fruit

- ½c chopped pistachios (5)
- ½c pinenuts, optional (3)
- 1c dried figs (7)\*
- 1c medjool dates (7)
- ½c dried cranberries (7)\*
- 1T chia seeds (6)



## Spices

- 1T juniper berries, optional (1)
- 2 bay leaves (1)
- 1T whole peppercorns (1)
- 1tsp red chili flakes, optional (4)
- ½tsp cinnamon (6)
- 1T sea salt (1)



## Oils & Vinegars

- ~1½c olive oil
- ~5T coconut oil (1,2,4)
- 1T toasted sesame oil (4)
- ~1tsp apple cider vinegar, optional (1)
- ¼c rice vinegar (4)
- ¼c balsamic vinegar (5)



## Eggs

- 2 eggs, omega-3 (6)
- (OR sub ¼c almond butter)\*

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



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

Pre-heat oven to 350 F. (3,6)



**Baked Sweet Potatoes:** Wrap 1 medium sweet potato in foil and bake for 1-1/2 hours or until knife inserts easily. Cool. Peel and mash (for ~3/4c). (6)



**Apples:** Roughly chop ~#1 apples (1).

**Cabbage:** Finely chop 1 purple cabbage (option to use a food processor). (1)

**Cucumber:** Cut 1 cucumber into slices. [\*] (2)

**Watermelon:** Cut 1c into small 1/2" cubes, set aside for salad (5). Cut remaining into wedges for dessert (8). [\*] (5,8)

**Red Onion:** Thinly slice 1 red onion. Set aside ~2T for salad (5), save remaining onion for stirfly (4). (4,5)

**Yellow Onion:** Finely chop 1 yellow onion for cauliflower rice [\*] (2,4)

**Cauliflower:** Remove core, leaves, & dark spots from 2 cauliflower. Make sure cauli is completely dry, course chop & set aside (2,4)

**Stirfry:** Cut 1 broccoli into 2-3" pieces, thinly slice 4 portobello mushrooms. (4)

**Stirfry:** Peel & grate ginger to =1-1.5T & chop 1T garlic. Place broccoli, mushrooms, onion, ginger & 1T garlic into a container. [\*] (4)

**Zucchini Noodles:** From 2-4 zucchini, use spiralizer or mandolin to make "spaghetti-like" zoodles (can also cut by hand). [\*] (3)

**Chicken:** Thinly slice 1# boneless, skinless chicken breast into strips for stir fry. [\*] (4)



**Brine:** Bring 4-6c water to a boil, whisk in: 1T sea salt + 1T each juniper berries & whole black peppercorns + 1 "smashed" garlic clove + 2 bay leaves. Cool in fridge for ~30 min. Place pork chops in brine for 12-48 hours. [\*] (1)

**Sautéed Cabbage & Apples:** Heat 1tsp butter (or coconut oil) over med heat & place ~1# chopped apples and 1 chopped cabbage in pan. Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.

Cover and cook over medium heat for ~30-40 minutes, stirring occasionally. Remove lid during final 5-10 min of cooking. [\*] (1)



### Figgy Energy Bites (7)

In blender or food processor add: 1c dried figs (no stems) + 1c medjool dates (pitted) + 1/2c dried cranberries. Pulse until combined. Stir in 1/2c almond butter. Roll mixture into 1T balls. Place in single layer on baking sheet and freeze. Yields ~24.

Note: you can later transfer frozen bites into a container or baggy and freeze. [\*] (7)

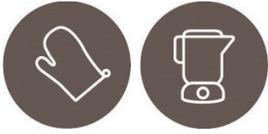


### Ponana Breakfast Cookies (6)

In a small bowl, "hydrate" 1T chia seeds in 1T water for ~1-2 minutes.

In a large bowl, mix together: 3/4c mashed banana (~1 medium) + 3/4c mashed sweet potato + 2 eggs (note: for egg free, replace w/ 1/4c almond butter) + 1/2tsp cinnamon + hydrated chia seeds (do not drain). Optional: gently fold in 2T dark chocolate chips.

Drop by 1/8c (or 2T) scoop on cookie sheet and bake at 350 F for ~10 min. Yields ~16 cookies. [\*] (6)



### Summer "Pasta" (3)

Toss 2 pints cherry tomatoes, 16oz tub sliced mushrooms + 1-2T olive oil + S&P.  
Roast in single layer on 1-2 sheet pans for 30-35 minutes or until tender. Toss halfway through cooktime. Cool, set aside.

**Chicken Sausage:** Remove sausage from casing & sauté 8-12 min, breaking apart, until cooked through. Cool, set aside.

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

Toss pasta w/ roasted veg + lemon basil sauce + ¼c sliced kalamata olives + optional 4oz feta crumbles & ½c pine nuts. [\*] (3)



### Cauliflower Rice (2,4)

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it reaches small rice like texture. Careful not to go too far or it will be mushy. [\*] (2,4)

### Shrimp Marinade (2)

Blend the following until smooth:

- Zest and juice of 2 limes
- Zest and juice of 1 orange
- Zest and juice of 1 lemon
- 1 large handful cilantro
- ½c olive oil
- ½c water
- 2tsp salt
- 2 cloves garlic, peeled. [\*] (2)



### Salad (5)

Layer in container as follows:

- ½ arugula tub
- 1T sliced red onion
- small handful mint leaves (gently tear into small pieces)
- ½c cubed watermelon
- ¼c chopped pistachios
- 2oz feta crumbles, optional
- Repeat layers (5). [\*]



**Balsamic Dressing (5):** Combine: ½c olive oil + ¼c balsamic vinegar + pepper. [\*] (5)

**Stir Fry Sauce (4):** Combine: ¼c coconut aminos + ¼c rice vinegar + 1T toasted sesame oil [\*] (4)

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



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

### Day 1 **\*Note: Place pork in brine in morning if not already in brine\***

#### **Brined Pork Chops w/ Sautéed Cabbage & Apples (1)**

1. Place pork chops in brine, ideally for ~12 hours (in fridge). (less time is ok)
2. Pre-heat oven to 400 F.
3. Heat cabbage & apples in large sauté pan over med to med-high heat, covered, ~15-20min, stirring occasionally.
4. Heat 1-2tsp oil in sauté pan over med-high. Remove chops from brine, pat dry. Cook until brown on both sides (3-4min/ side).
5. Transfer to oven and bake for ~16-18 minutes or cooked to 145 F. (Option to skip browning & bake for 30min at 400 F).

### Day 2

#### **Cilantro-Citrus Shrimp w/ Cauliflower Rice & Cucumber Slices (2)**

1. If using frozen shrimp, remove from freezer and place in the refrigerator the night before or first thing in the morning.
2. Place shrimp in marinade for at least 30 minutes (up to 2 hours) prior to cooking. Pre-heat oven to 400 F.
3. Heat ½ chopped onion & ½ cauli rice (reserve ½ for stir fry), in lg sauté pan w/ 2T coconut oil over med-high heat for 6-8 min.
4. Bake shrimp for ~10 minutes or until just pink/ cooked through.

### Day 3

#### **Summer "Pasta" w/ Chicken Sausage (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 & chicken sausage mixture and sauté until heated through, 5-6 minutes.

### Day 4

#### **Chicken & Veggie Stir Fry w/ Cauliflower Rice (4)**

1. Heat 2T coconut oil in a large sauté pan, add remaining chopped onion & cauliflower rice and cook 6-8 minutes. Season w/ S&P.
2. Add 1T coconut oil to another sauté pan over med-high heat. Add chicken, garlic, ginger & onions. Sauté 3-4 minutes.
3. Add broccoli & mushrooms, sauté for 6-8 minutes.
4. Add stir fry sauce and cook another 2-3 minutes. Option to season w/ red chili flakes. Serve over cauliflower rice.

### Salad

#### **Arugula, Watermelon, Mint, Red Onion, Feta & Pistachio (5)**

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

### Breakfast

#### **Ponana Breakfast Cookies (6)**

1. Serving size 3-4 cookies.

### Snack

#### **Figgy Energy Bites (7)**

1. Remove 3-4 bites per person from freezer, defrost, and enjoy!

### Dessert

#### **Watermelon (8)**