



September Menu, Week 1 Paleo: Grocery List

Serves 4

1. Meal 1: Bacon & Chard Stuffed Chicken w/ Potatoes & Mushrooms
2. Meal 2: Cajun Shrimp w/ Mashed Cauliflower & Broccoli
3. Meal 3: Vietnamese Steak Bowl
4. Meal 4: Turkey, Eggplant & Zucchini Lasagna
5. Salad: Spinach w/ Blackberries, Avocado & Hemp Seeds
6. Breakfast: Gingered Mango Smoothie
7. Snack: Fruit Salad
8. Dessert: Almond Butter Brownies



Herbs

- 1 garlic bulb (1,3)
- 1 bunch fresh mint (3)
- 1 bunch fresh cilantro (3)
- 2-3" knob ginger (6)



Fruits

- 2 pints blackberries (5,7)
- 4 oranges (7)
- 4 kiwi (7)
- 3 limes (3)



Dairy (optional)

- 4oz soft goat cheese log (1)
- 1½c shredded parmesan (4)
- 32oz low-fat Greek yogurt (4)
- 1T grassfed butter (2)



Pantry

- ~24oz jar spaghetti sauce (4)*
- 2c chicken broth, optional (2)
- ½c fish sauce (3)
- 1T sriracha, optional (3)
- 2T coconut aminos (3)*
- 1 can full-fat coconut milk (6)
- 16oz jar almond butter (8)*
- ½c cocoa powder (8)
- 1tsp baking soda (8)
- 1⅛c honey (3,8)
- (OR sub maple syrup or agave)
- 1tsp vanilla (8)*



Veggies

- 2 avocados (5)
- 1 bunch green onion (3)
- 1 seedless cucumber (3)
- 1 bunch Swiss chard (1)
- 1 head broccoli (2)
- 1 head cauliflower (2)
- 2 zucchini (4)
- 1 eggplant (4)
- 10oz shredded carrots (3)
- 8oz whole mushrooms (1)
- 8oz sliced mushrooms (4)
- 2 large red potatoes (1)
- (OR sub sweet potatoes)
- 5oz tub spinach (5)
- 5oz pre-chopped romaine (3)



Meats

- 1# lean ground turkey (4)
- 4 chicken breasts, pounded thin/ scallopini (1)
- 4 slices of thin-cut bacon (1)*
- 1½# flank steak (3)



Nuts & Seeds

- ¼c hemp seeds (5)
- ¼c sliced almonds, optional (3)
- 1T sesame seeds, optional (3)



Oils & Vinegars

- ~1¼c olive oil
- ¼c balsamic vinegar (5)
- 2T apple cider vinegar (2)
- 2T rice vinegar (3)*



Spices

- 1T Creole seasoning (2)*
- 2T Italian seasoning (4)*
- 1T oregano (1)
- 1tsp cinnamon (8)



Frozen

- 20oz mango chunks (6)
- 12oz broccoli (6)



Eggs

- 2 eggs (8) (omega-3)

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



September Menu, Week 1 Paleo: Prep Day

Pre-heat oven to 350 F. (4,8)



Eggplant & Zucchini: Thinly slice eggplant & zucchini into 1/4" strips - best done on a mandolin. Spray/ rub eggplant & zucchini lightly w/ olive oil, season w/ S&P, place on sheet pans.

Place slices in 350 F oven & roast eggplant for 15-20min/ zucchini for ~10min or lightly browned (remove, carefully flip halfway). (4)

Broccoli: Chop 1 head broccoli into ~1" pieces. Toss w/ 1-2T olive oil, S&P. [*] (2)

Cauliflower: Rough chop 1 cauliflower head into ~3" pieces (will be pureed). (2)

Mushroom & Potato: Cut 8oz whole mushrooms in half & chop 2 red potatoes into 1/2" cubes. Toss w/ 1T oil, 1T oregano, S&P. [*] (1) (if not eating within 24 hours, hold off on cutting potatoes until Dish Day to prevent browning).

Chard: Remove leaves from chard, finely chop leaves, discarding stems. Set aside for chicken. (2)

Bowl: Chop 1 bunch cilantro & 1 bunch mint. Thinly slice 1 seedless cucumber & 1 bunch green onions. Store all separately. [*] (3)

Fruit Salad: Peel, segment and chop 4 oranges. Peel and slice 4 kiwi into rounds. Toss w/ 1 pint blackberries. [*] (7)

Garlic: Finely mince 3 garlic cloves. Set aside 1/3 for chicken (1) and 2/3 for vietnamese bowl (3). (1,3)

Bacon: Finely chop 4 slices of bacon into 1/2" pieces, set aside. (1)



Mashed Cauliflower (2)

Place 1 rough chopped cauliflower in large pot & cover w/ chicken broth or water.

Bring to a boil reduce heat to medium cook for 30-35 min or until soft/ knife easily inserts.

Reserve 1c cooking liquid. Drain cauliflower and place in a blender. Puree until smooth.

Add S&P + broth or water (as needed) and 1T butter (optional) mash until smooth. Cool. [*] (2)



Tomato Sauce, Lasagna (4)

In a large sauté pan over med-high heat, cook 1# ground turkey + 8oz sliced mushrooms + 2T Italian seasoning for 12 min.

Stir in ~24oz jar spaghetti sauce, remove from heat, allow to cool. (4)

Chicken (1)

In a large sauté pan, heat 4 slices chopped bacon, chopped chard leaves & minced garlic for ~8 min or until bacon is cooked.

Turn off heat and stir in 4oz goat cheese until melted and combined. Set aside to cool. (1)



Brownies (8)

Whisk together wet ingredients:

- 1 jar (16oz) almond butter + 1c honey (OR sub agave or maple syrup) + 2 eggs + 1tsp vanilla

Stir together dry ingredients:

- 1/2c cocoa powder + 1tsp baking soda + 1tsp cinnamon

Add wet ingredients to dry ingredients and stir until well combined.

Bake in a prepared 9x13" pan at 350 F for ~20-30 minutes or until cooked through/ top bounces back when pressed gently. [*] (8)



Lasagna (4)

Stir together the following for the "white layer":
32oz greek yogurt + 1c shredded parmesan

Assemble lasagna by layering in a 9x13" pan:

- 1/2 turkey-tomato sauce
- eggplant "noodles"
- 3/4 white mix
- zucchini "noodles"
- remaining 1/2 tomato sauce

Dot w/ remaining white mix & top w/ 1/2c parmesan & cover w/ foil. [*] (4)

Side Salad (5)

Layer in container as follows:

- 1/2 tub spinach
- 1/2 pint blackberries
- 1/8c (~2T) hemp seeds

Repeat layers. [*] (5)

Chicken (1)

Pound 4 chicken breasts flat, if necessary. Spread 1/4 of chard/bacon/cheese mixture onto each chicken breast. Roll tightly. [*] (1)



Cajun Marinade (2)

Whisk together: 1T Creole seasoning + 1/2c olive oil + 2T apple cider vinegar. [*] (2)

Vietnamese Bowl Marinade (3)

Combine: 1/2c fish sauce + 1/3c lime juice (~3 limes) + 2T honey + 2 garlic cloves, minced + 2T coconut aminos.
Reserve 1/2 for dressing below and store other half to marinate flank steak on Dish Day. [*] (3)

Vietnamese Bowl Dressing (3)

Combine: 1T olive oil, 2T rice vinegar, 1T sriracha (optional) + 1/2 of Vietnamese marinade above. [*] (3)

Balsamic Dressing (5)

Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper. [*] (5)

KEY

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



September Menu, Week 1 Paleo: Dish Day

Day 1

Bacon & Chard Stuffed Chicken w/ Potatoes & Mushrooms (1)

1. Pre-heat oven to 400 F.
2. Roast potatoes & mushrooms for 35-40 minutes or browned/ cooked through, tossing halfway through cook time.
3. Bake chicken ~40 minutes or cooked through to 165 F.

Day 2

Cajun Shrimp w/ Mashed Cauliflower & Broccoli(2) *marinate for 30 min up to an hour*

1. Marinate shrimp for 30 minutes up to 1 hour. Pre-heat oven to 425 F.
 2. Heat mashed cauliflower covered in oven, ~30-40 min. Place broccoli in single layer on a baking sheet & roast for ~30 min.
 3. Place shrimp on sheet pan. Roast ~12 min or until shrimp are cooked.
- *Note: option to start marinating flank steak tonight

Day 3

Vietnamese Steak Bowl (3) *marinate for 30min up to 24 hours*

1. Pour reserved half of marinade over 1.5# steak and marinate for at least 30 minutes (or refrigerate up to 24 hours).
2. Remove dressing from fridge and bring to room temp.
3. Preheat grill to high. Brush off any excess marinade on flank steak.
4. Grill until done to taste, about 3-4 minutes per side for rare.
5. Transfer steak to cutting board and let rest 10 minutes under foil, then thinly slice steak (against the grain).
6. Arrange bowls with desired ingredients: pre-chopped romaine, sliced steak, cucumber slices, shredded carrots, 1T green onion, 1T chopped mint and/or cilantro, and almonds and/or sesame seeds.
7. Drizzle with dressing, approx 1-2T per serving.

Day 4

Turkey, Eggplant & Zucchini Lasagna (4)

1. Pre-heat oven to 375 F and re-heat lasagna, covered, for 50min-1hr or until bubbly/ heated through. Cool ~10min.

Salad

Spinach w/ Blackberries, Avocado & Hemp Seeds (5)

1. Bring dressing to room temp.
2. Slice 2 avocados and top salad.
3. Drizzle 1-2T of dressing over each serving of salad.

Breakfast

Gingered Mango Smoothie (6)

1. In a blender, add ½c full fat coconut milk + ½c water + 1¼c frozen mango + ¾c frozen broccoli + 1tsp fresh grated ginger.
2. Blend on high until smooth, adding additional water as needed. Yields 2 servings. Repeat for additional 2 servings.

Snack

Fruit Salad (7)

Dessert

Almond Butter Brownies (8)