



September Menu, Week 4 - Paleo: Grocery List

Serves 4

1. Meal 1: Goat Cheese, Artichoke & Pinenut Stuffed Chicken w/ Roasted Butternut Squash
2. Meal 2: Spinach, Mushroom & Beef Taco "Lettuce Wraps" w/ Avocado & Jicama Slices
3. Meal 3: Cod Poached in Marinara over Zoodles
4. Meal 4: Potato & Bacon Soup
5. Salad: Mixed Greens w/ Roasted Beets, Walnuts & Goat Cheese
6. Breakfast: Broccoli & Cheddar Frittata w/ Grapes
7. Snack: Cinnamon Raisin Energy Bites
8. Dessert: Banana Cherry Nice Cream



Herbs

1 bulb garlic (4)



Veggies

2 avocados (2)
 1 lg or 2 sm jicama (2)
 1 head broccoli (6)
 2 large zucchini (3)
 2-4 beets (5)
 2-3# butternut squash (1)
 (OR 1# pre-cut squash)
 1 carrot (4)
 8oz sliced mushrooms (2)
 1 yellow onion (4)
 4 red potatoes (4)
 5oz tub mixed greens (5)
 5oz tub spinach (2)
 1 head bibb lettuce (2)



Frozen

2c frozen cherries (8)



Fruits

8 bananas (8)
1 bunch grapes (6)



Meats

1-1½# grassfed ground beef (2)
 4 boneless, skinless chicken breasts (1)
 (pounded thin if available)
 3 slices thin-cut bacon (3,4)*



Seafood

4 cod fillets, 4-7oz ea (3)



Eggs

10 eggs (omega-3) (6)



Dairy (optional)

4oz cheddar cheese (6)
 4oz goat cheese crumbles (5)
 4oz soft goat cheese (1)



Nuts & Dried Fruits

2T pinenuts (1)
 ½c chopped walnuts (5)
 1c raisins (7)*
 ½c hemp seeds (7)
 (OR sub flax seeds)
 ½c pecans (7)



Oils & Vinegars

~¾c olive oil
 ¼c balsamic vinegar (5)



Pantry

1 can artichoke hearts (1)
 (in water)
 4c vegetable broth (4)*
 ~24oz jar marinara* (3)
 ½c unsweetened coconut flakes* (7)
 1c almond butter* (7)
 2-4tsp maple syrup, optional (7)



Spices

2T taco seasoning (2)*
 1T dried basil (1)
 1T cinnamon (7)

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



September Menu, Week 4 - Paleo: Prep Day

Pre-heat oven to 350 F. (5,6)



Beets: Peel & finely dice 2-4 beets, ~ $\frac{1}{2}$ ". Toss w/ 1T olive oil, S&P. Place in single layer on baking sheet & roast 45min-1hr. Cool. (5)



Bananas: Cut 8 bananas into quarters and freeze in single layer. Once frozen you may place in baggy or container. [*] (8)

Artichoke Hearts: Drain liquid from 1 can and finely chop hearts, set aside. (1)

Butternut Squash: Peel 1 butternut squash & remove seeds. Chop into $\frac{1}{2}$ " cubes. Toss w/ 1T olive oil + 1T dried basil + S&P. [*] (1)

Jicama: Peel & cut 1 large jicama into large matchsticks. [*] (2)

Zucchini: Thinly slice 2 zucchini into long spaghetti-like strips (best on a mandolin/ spiralizer). [*] (3)

Lettuce: Separate leaves from 1 head of Bibb and store wrapped in a damp paper towel. [*] (2)

Frittata: Chop 1 bunch broccoli into small, bite-sized pieces. Cut 4oz cheddar cheese (if using) into $\frac{1}{4}$ " cubes. (6)

Red Potatoes: Cut 4 red potatoes in $\frac{1}{2}$ " pieces and reserve for soup. (4)

Soup: Finely chop 1 yellow onion + 1 carrot + 2 cloves garlic, set aside. (4)

Bacon: Finely chop 3 slices bacon for soup. (4)



Frittata (6)

In a large bowl, whisk together 10 eggs.

Stir in:

4oz cubed cheddar cheese

3-4c chopped broccoli

$\frac{1}{2}$ tsp black pepper + $\frac{1}{8}$ tsp salt

Put into well-oiled casserole dish and bake at 350F for 25-35 min or until no longer jiggly (will vary depending on depth of dish).

Allow frittata to cool. [*] (6)



Potato Soup (4)

In a large stock pan over high heat, sauté 3 slices chopped bacon + chopped veg (1 onion, 1 carrot & 2 cloves garlic), 4-5 minutes.

Add 4 cut red potatoes + 4c veggie broth + 4c water, bring to boil & lower to simmer 30 min, add more liquid as needed. [*] (4)



Beef Tacos (2)

Place 1-1 $\frac{1}{2}$ # ground beef in a large sauté pan over medium high heat, breaking apart meat.

Add 5oz spinach + 8oz sliced mushrooms + 2T taco seasoning, cook with beef for 8-10 min. Cool. [*] (2)



Cinnamon Raisin Energy Bites (7)

Place following ingredients in a food processor and blend on high until all ingredients are just combined:

- 1c raisins
- 1c almond butter
- ½c unsweetened coconut flakes
- ½c hemp seeds (or sub flax seeds)
- ½c pecans
- 1T cinnamon
- ½tsp salt
- 2-4tsp maple syrup, optional

Use a 1T to portion out and roll into balls. Yields ~30 bites, 3-4 bites/ serving. Store in fridge. [*] (7)

Salad (5)

Layer the following:

- ½ tub mixed salad greens
- ¼c chopped walnuts
- ½ of diced roasted beets
- 2oz goat cheese crumbles

Repeat layers. [*] (5)

Stuffed Chicken:

Mix together 1 can chopped artichoke hearts + 4oz goat cheese (optional) + 2T pine nuts.

Place 4 chicken breasts between 2 pieces of parchment (or plastic wrap), place on top of a cutting board.

Using a mallet, pound thin. Divide artichoke mixture amongst chicken breasts, spreading out, and tightly roll. [*] (1)



Balsamic Dressing (5)

Combine ½c olive oil + ¼c balsamic vinegar + pepper to taste [*] (5)

KEY

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



September Menu, Week 4 - Paleo: Dish Day

Day 1

Goat Cheese, Artichoke & Pinenut Stuffed Chicken w/ Roasted Butternut Squash (1)

1. Pre-heat oven to 425 F.
2. Place butternut squash on an oiled sheet tray, roast for 30-40 min, tossing halfway through cook time.
3. Place chicken in an oiled baking pan, bake for 30-35 min or until cooked through & no longer pink (internal temp: 165F).

Day 2

Spinach, Mushroom & Beef Tacos w/ Avocado & Jicama Slices (2)

1. Put beef filling in a large sauté pan over med-high heat and re-heat for ~5 minutes. Slice 2 avocados.
2. Serve filling in lettuce leaves, topping with avocado slices and jicama on the side.

Day 3

Cod Poached in Marinara over Zoodles (3)

1. Place 1 jar marinara in a lg saute pan over med-high heat for ~4-6 min or just beginning to bubble.
2. Add 4 cod fillets and cook for 2-3 minutes or until fish has turned white.
3. Flip fish and continue to cook another 3-4 minutes or until fish is white & flaky.
4. While fish cooks, heat another saute pan over med-high heat, add ½T olive oil and zoodles, cooking for 3-4 min. Season w/ S&P.
5. Serve cod & marinara over zoodles.

Day 4

Potato & Bacon Soup (4)

Re-heat on stovetop until just bubbly/ heated through.

Salad

Mixed Greens w/ Roasted Beets, Walnuts & Goat Cheese (5)

Allow salad dressing to come to room temp before serving. Shake well and drizzle over salad, ~1-2T/ serving.

Breakfast

Broccoli & Cheddar Frittata w/ Grapes (6)

Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through. Serve w/ grapes.

Snack

Cinnamon Raisin Energy Bites (7)

Dessert

Banana Cherry Nice Cream (8)

1. In a food processor or blender, add 2 frozen bananas + ½c frozen cherries and blend on high until smooth.
2. Yields ~2 servings, repeat as desired for additional servings.

**Note: it may help to allow fruit to defrost at room temp for 3-5 min before blending.