



October Menu, Week 2 - Paleo: Grocery List

Serves 4

1. Meal 1: Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara
2. Meal 2: Carrot & Asparagus Stir Fry w/ Almonds & Cauliflower Rice
3. Meal 3: Parsley Roasted Chicken w/ Acorn Squash & Sautéed Swiss Chard
4. Meal 4: Shrimp, Sausage & Veggie Gumbo
5. Salad: Crunchy Chopped Salad
6. Breakfast: Baked Acorn Squash w/ Poached Eggs
7. Snack: Brussels Sprouts Dipped in "Ranch"
8. Dessert: Sunbutter Bites



Herbs

- 1 bunch parsley (3,5,7)
- 2 bulbs garlic (2,3,4,5,7)
- 2-3" knob fresh ginger (2)



Veggies

- 1 bulb fennel (5)
- ~4# spaghetti squash (1)
- 4 acorn squash (3,6)
- 2 bunches Swiss chard (3)
- 4 carrots (2)
- 1 bunch celery (4,5)
- 2 bunches asparagus (2)
- 1 head cauliflower (2)
(OR sub 1 bag cauli rice)
- 2# Brussels sprouts (7)
- 2 green bell peppers (4)
- 2 bell peppers (5)
(mix of red, orange or yellow)
- 2 yellow onions (1,2,4)
- 8oz sliced mushrooms (1)
- 1# baking potatoes (4)
- 5oz bag chopped romaine (5)



Fruit

- 2 lemons (3)



Meats

- 1# grass-fed, organic ground beef, 95% lean (1)
- 1 link (3oz) raw andouille pork sausage (4)
- 4 bone-in, skin-on chicken leg quarters (3)



Seafood

- 1# shrimp (4)
(peeled, deveined)



Eggs

- 4-8 eggs (6,8)



Dairy (optional)

- 4oz parmesan cheese (1)



Nuts & Dried Fruits

- 1/2c almonds (2)
- 1c (~8-10) medjool dates (8)
- 1/2c hemp seeds (8)
- 1/2c dried cranberries, optional (8)*



Oils & Vinegars

- ~1 3/4c olive oil
- ~3T coconut oil (3,6)
- 1T toasted sesame oil (2)
- 1/4c rice vinegar (2)
- 3T apple cider vinegar (5,6,7)



Frozen

- 12-16oz cut okra (4)



Pantry

- 25.5 oz tomato sauce (1)*
- 4c chicken broth (4)*
- 1/4c coconut aminos (2)
- 1 can full fat coconut milk (5,7)
- 1c sunflower seed butter (8)*
- 1c shredded coconut (8)
(unsweetened)
- 3/4c chocolate chips, optional (8)
- 1/2c cacao nibs, optional (8)



Herbs & Spices

- 1tsp cinnamon (8)
- 3T herbs de provence (1)
(OR Italian herb blend)
- ~2tsp Creole seasoning (4)*

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



October Menu, Week 2 - Paleo: Prep Day

Preheat oven to 375 F (1,7)



Spaghetti Squash (1)

Pierce the spaghetti squash with a knife and roast for ~1.5 hours for 2 small or ~2 hours for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool. Remove seeds, then scoop out squash. [*] (1)

Brussels Sprouts (7)

Toss 2# Brussels sprouts w/ 1-2T olive oil. Place in a single layer on a baking sheet and bake at 375 for ~45-55 min, tossing halfway through cook time. Time will vary depending on size. [*] (7)



Onion: Dice 2 onions, set aside $\frac{1}{3}$ for marinara sauce (1), $\frac{1}{3}$ for gumbo (4), & store $\frac{1}{3}$ for cauliflower rice [*] (2). (1,2,4)

Garlic: Finely chop ~10 cloves garlic (~4T), 1T for gumbo (4), 1T for stirfry (2), 1T for chard (3) & 1T for tomato sauce (1). (1,2,3,4)

Acorn Squash: Cut 4 squash in half, remove & discard seeds. Rub inside of squash w/ ~1tsp coconut oil ea., season w/ S&P. [*] (3,6)

Stir Fry: Peel & grate ginger (~1-1.5T). Cut & discard asparagus ends. Chop 4 carrots & asparagus spears into bite-sized pieces, store w/ ginger & 1T garlic. [*] (2)

Peppers & Celery: Finely dice 4 bell peppers + 6 stalks celery. Set aside 2 chopped green peppers + 4 stalks chopped celery for gumbo and 2 chopped red, orange or yellow bell peppers and 2 chopped celery stalks for salad. (4,5)

Salad: Finely chop 1 bulb fennel (white part). Toss with 2 chopped peppers, 2 chopped celery stalks & 1 bag chopped romaine. [*] (5)

Cauliflower: Remove core, leaves, & any dark spots. Make sure it's completely dry and coarsely chop. Set aside. (2)

Swiss Chard: Remove leaves from stem. Discard stems and roughly chop leaves. Store with 1T chopped garlic. [*] (3)

Gumbo: Peel & cut 1# baking potatoes into $\frac{1}{2}$ " pieces. (4)



Gumbo (4)

In a large stock pan over high heat, sauté 1 link (~3oz) raw andouille sausage, for 2-3 minutes, breaking apart meat.

Add chopped veggies (2 green bell peppers, $\frac{1}{2}$ onion, 4 stalks celery) + 1T garlic + 2tsp Creole seasoning and sauté 7-8 minutes.

Add 2c water + 4c chicken broth, bring to boil & lower to simmer for 15-20 minutes.

Add frozen cut okra + 1# peeled, deveined shrimp + chopped 1# potatoes. Increase heat to medium, bring to rapid simmer.

Then lower heat to low and simmer another 20-30 min, add more water/ broth if needed for desired consistency.

Season to taste w/ additional Creole seasoning, S&P. Remove from heat & cool before storing. [*] (4)



Marinara Sauce (1)

In a large sauté pan, add 1# ground beef + 1T garlic + chopped $\frac{1}{2}$ onion + 8oz sliced mushrooms. Sauté 15 min, breaking apart meat and stirring occasionally. Add ~25.5oz tomato sauce + 3T herbs de Provence + S&P. Stir to combine, cool. [*] (1)



Sunbutter Bites (8)

In food processor combine the following until smooth:

- 1c dates (~8-10), pitted
- 1c shredded, unsweetened coconut
- ½c hemp seeds
- 1c sunflower seed butter
- 1tsp cinnamon

Option to fold in any combination of ¾c chocolate chips, ½c cocoa nibs or ½c dried cranberries.

Drop by 1T onto parchment lined baking sheet and freeze in a single layer.

Once frozen, you can store in a container or baggy (these also work at room temp/ refrigerated, but my preference is frozen!).

Yields ~28-30. [*] (8)

Parsley Marinade (3)

Place the following in a blender:

- ½c olive oil
 - large handful fresh parsley
 - 2 whole cloves garlic (peeled)
 - juice of 2 lemons (~2T)
 - 1T salt & fresh ground pepper
- Blend until just smooth. [*] (3)

"Ranch" Dressing (5,7)

Blend the following in a blender until smooth:

1c olive oil + 2 peeled garlic cloves + 1 can full fat coconut milk + 2T apple cider vinegar + ¼tsp each salt & pepper

Add 1 large handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped.

***Don't over-blend the parsley or it may become bitter.

Ranch dressing will be used for both the Chopped Salad and for dipping Brussels sprouts for snack. [*] (5,7)

Cauliflower Rice (2)

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



Stir Fry Sauce (2)

Whisk together: ¼c coconut aminos + ¼c rice vinegar + 1T sesame oil [*] (2)

KEY

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



October Menu, Week 2 - Paleo: Dish Day

Day 1

Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara (1)

1. Preheat oven to 350 F.
 2. Place spaghetti squash and marinara in oven-safe containers and reheat in oven for ~50-60min, stirring sauce halfway through.
 3. Serve spaghetti squash topped w/ marinara. Option to grate parmesan over top.
- Note: if storing dish in glass containers, simply re-heat in oven in these glass containers.

Day 2

Carrot & Asparagus Stir Fry w/ Almonds & Cauliflower Rice (2)

1. Heat 1T coconut oil in large sauté pan add the chopped onion & sauté ~10 min until translucent. Add the cauliflower rice.
2. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
3. Add ½T coconut oil to another sauté pan over medium high heat. Add garlic, ginger, carrots & asparagus, sauté for 10 minutes.
4. Add stir-fry sauce and cook another 2-3 minutes. Top with almonds. Serve over cauliflower rice.

Day 3

Parsley Roasted Chicken w/ Acorn Squash & Sautéed Swiss Chard (3) *marinates 1hr-24hrs before cooking*

1. Marinate chicken quarters for 1 hour up to 24 hours (in fridge). Remove from marinade and place in single layer in baking pan.
2. Preheat oven to 400 F. Roast chicken & acorn squash halves, uncovered, 45-55 min. Set aside ½ cooked squash for breakfast (6).
3. During final 5 min of cooking, heat 1tsp olive oil in large sauté pan and cook chard/garlic for 3-5 min, season w/ S&P.

Day 4

Shrimp, Sausage & Veggie Gumbo (4)

1. Place in large pot on stove top, reheat over med-high until bubbly, turn heat to med or low, stirring occasionally, until heated through, ~20-30 minutes. Add water or broth as needed for desired consistency.

Salad

Crunchy Chopped Salad (5)

1. Shake "Ranch" dressing well and drizzle over salad, ~1-2T/ serving.
- *Note: Ranch dressing is also used to dip for Brussels sprouts snack.

Breakfast

Baked Acorn Squash w/ Eggs (6)

1. Reheat 4 acorn squash halves in preheated oven, toaster oven or microwave.
2. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4-8 cracked eggs and cook 5 min. Remove.
3. Serve eggs over baked squash halves. Season w/ S&P.

Snack

Brussels Sprouts Dipped in "Ranch" (7)

1. Eat cold or re-heat in microwave or toaster oven until warm and then dip in ranch dressing.
- Note: Ranch dressing is also used for the Crunchy Chopped Salad.

Dessert

Sunbutter Bites (8)