



November Menu, Week 1 - Paleo: Grocery List

Serves 4

1. Meal 1: Cucumber Dill Salmon w/ Cauliflower Couscous
2. Meal 2: Herb Roasted Chicken w/ Brussels Sprouts
3. Meal 3: Italian Turkey Meatballs w/ Sautéed Swiss Chard
4. Meal 4: Butternut Squash, Caramelized Onion & Blue Cheese Tart
5. Salad: Pear, Pomegranate, Hazelnut, Celery & Blue Cheese
6. Breakfast: Fried Eggs w/ Butternut Squash, Bacon & Roasted Mushrooms
7. Snack: Celery Stuffed w/ Walnut Butter & Pomegranate
8. Dessert: Cranberry Orange Cookies



Herbs

- 1 bunch basil (2,4)
- 1 bulb garlic (1,2,3)
- 1 bunch dill (1,2)
- 1 bunch parsley (1,2)



Veggies

- 1 bunch green onions (1)
- 1 bunch celery (5,7)
- 1 cucumber (1)
- 2# Brussels sprouts (2)
- 2# butternut squash (4,6)
- 1 zucchini (3)
- 1 head cauliflower (1)
(OR sub 1 bag cauli rice)
- 2 bunches Swiss chard (3)
- 8oz sliced mushrooms (6)
- 1 red onion (4)
- 1 shallot (1)
- 5oz tub mix greens (5)



Eggs

- 8-12 eggs, omega-3 (3,4,6,8)



Fruits

- 1 pear (5)
- 1 pomegranate (5,7)
(OR 1c pomegranate arils)
- 1 lemon (1)
- 1 navel orange (8)



Meats

- 1½# bone-in, skin-on chicken thighs (2)
- 1# ground turkey (3)
(dark meat)
- 1# bacon (2,4,6)*



Seafood

- 4 salmon fillets, 4-6oz ea (1)



Dairy (optional)

- ½c grated parmesan (3)
- 8oz blue cheese crumbles (4,5)
- 8oz plain 2% greek yogurt (1)
(OR sub plain coconut yogurt or ¼c mayo)
- 4T grassfed butter (4)



Nuts & Dried Fruits

- ½c chopped hazelnuts (5)
- ½c toasted almonds (1)
- 1c dried cranberries (1,8)*
- ½c chopped pecans (8)



Oils & Vinegars

- ~1¼c olive oil
- ¼c balsamic vinegar (5)
- 2T aged/ reduced balsamic vinegar, optional (4)
- ½c coconut oil (8)



Pantry

- ½c walnut butter (7)
- 6oz tomato paste (3)*
- ½tsp baking soda (8)
- ~½c honey (1,8)
- 1tsp vanilla (8)
- 6c almond flour (3,4,8)
(can sub 2T coconut flour for 1c almond flour in meatballs)
- ¼c shredded, unsweetened coconut (8)
- 2T coconut flour (8)



Spices

- ½tsp sea salt (8)
- ½tsp cinnamon (8)
- 1tsp cumin (1)
- 1tsp turmeric (1)
- 1tsp paprika (1)
- 2T Italian seasoning (3)*

*Note: read ingredient list to avoid added gluten, sugars & msg.



November Menu, Week 1 - Paleo: Prep Day

Preheat oven to 350 F. (4,6,8)



Butternut Squash (4)

Peel and finely dice the top half of the squash (the neck). Finely dice 2 slices of bacon. Toss squash + bacon + 1T olive oil + S&P. Remove seeds from bottom half of squash (bulb), rub with olive or coconut oil + S&P. Place bulb and diced squash & bacon (in single layer) on separate sheet pans. Roast ~30-45 minutes, tossing occasionally, or until tender. Cool. Set aside diced squash for tart (4). Scoop squash out of bulb and store for breakfast. [*] (6) (4,6)

Sliced Mushrooms: Toss 8oz sliced mushrooms w/ 1tsp oil + S&P. Roast for 25 minutes. Cool. [*] (6)

Bacon: Set aside 2 slices for Brussels (2). Place remaining slices on baking sheet in single layer. Bake ~15-20 mins or crispy. [*] (2,6)



Zucchini: Grate 1 zucchini. Using a paper towel, squeeze excess moisture from grated zucchini. Set aside. (3)

Brussels Sprouts: Cut sprouts in half, chop 2 slices bacon (1/4-1/2" pieces), toss both with 1T olive oil, S&P. [*] (2)

Celery: Finely dice 2-3 stalks celery for salad. Set aside. (5) Cut remaining celery in 3rds to make sticks for snacking. [*] (7) (5,7) **Swiss**

Chard: Remove stems and discard. Roughly chop leaves. Chop 1-2 cloves garlic. Store together. [*] (3)

Cauliflower: Remove core, leaves, & any dark spots from 1 cauliflower. Make sure it is completely dry, coarse chop, and set aside. (1)

Cucumber & Dill: Peel and mince 1 cucumber for ~1/2c and mince dill and 1 shallot for 1T each. Set aside. (1)

Almonds, Parsley & Green Onions: Roughly chop 1/2c toasted almonds and chop 1/2c parsley + 1/2c green onions. Set aside. (1)

Basil: Remove stems and roughly chop basil to equal ~1T. Set aside. (4)

Basil, Dill and/or Parsley: Finely chop any remaining herbs to yield ~4T. Chop 1 garlic clove. Mix together w/ 1/4c olive oil. [*] (2)

Red Onion: Slice 1 red onion into thin strips. Set aside. (4)

Lemon: Zest 1 lemon and set zest aside. Reserve lemon for juicing. (1)

Orange: Zest 1 orange. Set aside. (8) Skin and cut remaining orange into segments to serve w/ breakfast. [*] (6) (6,8)

Pomegranate: Remove arils from pomegranate. Store 1/2c for snacking (7) and set aside 1/2c for salad (5). (5,7)



Caramelized Onion: Heat 1T oil over medium heat, add sliced red onion and a pinch of salt.

Stir occasionally for 20-25 minutes, adding more oil and lowering heat as needed. Turn off heat and allow to cool. (4)



Cranberry Orange Cookies (8)

Line a baking sheet with parchment paper.

In a mixing bowl, whisk together dry ingredients:

2c almond flour + 1/4c shredded, unsweetened coconut + 2T coconut flour + 1/2tsp sea salt + 1/2tsp baking soda + 1/2tsp cinnamon

In another bowl whisk together wet ingredients:

2 eggs, lightly beaten + 1/3c coconut oil, melted + 1/4c honey + 1tsp orange zest + 1tsp vanilla.

Add wet to dry and mix until well combined- option to use electric mixer or spoon.

Add 1/2c dried cranberries + 1/3c chopped pecans. Mix until combined.

Drop 1/4c batter, about 1 inch apart, on baking sheet. Flatten out a bit to shape like a round cookie.

Bake for about 15-20 minutes until centers are no longer doughy.

Let cool on sheet pan and to a rack to cool completely. [*] (8) (can freeze up to 3 months). Yields 8 cookies, serving size 1 cookie.



Tart (4)

Pulse the following in a food processor until combined: 3c almond flour + 4T butter (or 4T olive oil) + 1 egg + 1/8tsp salt
Press crust into a 9x13" pan and bake for ~15 minutes or set.

Top crust with caramelized onions + diced butternut squash & bacon + 4oz blue cheese crumbles.

Bake at 350 F for 5-10 min to melt cheese. Then top with chopped basil & drizzle with reduced balsamic vinegar (optional). [*] (4)



Cauliflower Couscous (1)

Place chopped cauliflower and 1 garlic clove in food processor. (May have to do in multiple batches.)

Pulse several times until it crumbles and resembles couscous. Do not over process or it will become mushy.

Heat 2T olive oil in large pan over med-high heat, add cauli couscous. Cook for ~5-7 minutes until the cauliflower is tender.

Add 1tsp paprika + 1tsp cumin + 1tsp turmeric + S&P, to taste. Cook, stirring frequently for 4-5 minutes. Remove from heat.

Stir in the following and then let cool:

1/2c toasted almonds + 1/2c chopped parsley + 1/2c green onions + juice of 1 lemon + 1T olive oil + 1/2c dried cranberries. [*] (1)



Italian Meatballs (3)

In a mixing bowl, combine the following:

- 1# dark meat ground turkey
- 1 grated & drained zucchini
- 1c almond flour (or 2T coconut flour)
- 1 egg
- 2T Italian seasoning
- 6oz tomato paste
- 1/2c grated parmesan, optional
- S&P

Form into ~20 meatballs. [*] (3)

Salad (5)

In a container layer:

- 1/2 of mixed greens
- 1/4c chopped hazelnuts
- 1/2 chopped celery
- 1/4c pomegranate arils
- 2oz blue cheese crumbles

Repeat layers. [*] (5)

Cucumber Dill Sauce (1)

Combine:

8oz yogurt (or 1/4c mayo) + 1/2c minced cucumber + 1T minced dill + 1T minced shallot + 1tsp lemon zest + 1tsp honey + S&P. [*] (1)



Balsamic Dressing (5)

Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + S&P to taste. [*] (5)

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



November Menu, Week 1 - Paleo: Dish Day

Day 1

Cucumber Dill Salmon w/ Cauliflower Couscous (1)

1. Preheat broiler and season salmon with S&P.
2. Place fillets, skin sides up, on broiler rack brushed with oil. Broil 7 minutes.
3. Turn fillets over; broil 5 to 7 minutes or until fish flakes easily when tested with a fork. (WATCH - broilers in ovens can vary)
4. Serve salmon topped w/ cucumber dill sauce & cauliflower couscous on side (serve couscous cold or at room temperature).

Day 2

Herb Roasted Chicken w/ Brussels Sprouts (2)

1. Preheat oven to 375 F.
2. Remove herbs (basil, dill and/or parsley + olive oil) from fridge and rub on chicken thighs. Season with S&P.
3. Place Brussels sprouts & bacon on baking sheet, roast 40-45min, tossing halfway through cook time.
4. Place chicken in a baking pan & bake for ~35 minutes or until internal temp reaches 165 F.

Day 3

Italian Turkey Meatballs w/ Sautéed Swiss Chard (3)

1. Preheat oven to 375 F and bake meatballs in a single layer for 35 minutes or reaches an internal temp of 165 F.
2. During final 15min of cooking, heat 1 tsp olive oil in sauté pan, add garlic & chard, stir and top w/ lid (allowing to cook/ steam).
3. Cook chard until just wilting 4-5 minutes, stirring as cooking. Season w/ S&P.

Day 4

Butternut Squash, Caramelized Onion & Blue Cheese Tart (4)

1. Reheat in 350 F oven for 30 minutes (can also be served cold).
2. Serve w/ orange segments.

Salad

Pear, Pomegranate, Hazelnut, Celery & Blue Cheese (5)

1. Remove salad dressing from refrigerator and bring to room temp (ideally 20-30 minutes).
2. Chop 1 pear and add to salad. Drizzle with Balsamic Dressing.

Breakfast

Fried Eggs w/ Butternut Squash, Bacon & Roasted Mushrooms (6)

1. Heat 1T olive (or coconut) oil in lg saute pan. Mash and add butternut squash to one side of pan. Cook for 1-2 mins & push aside.
2. Add mushrooms and bacon to pan to reheat. Remove both when heated through.
3. Add additional 1T oil to pan and crack 1-2 eggs/ person in pan and fry until desired doneness.

Snack

Celery Stuffed w/ Walnut Butter & Pomegranate (7)

1. Spread 1T walnut butter onto 4-5 celery sticks and top w/ pomegranate arils. Yields 1 serving. Repeat 3 times.

Dessert

Cranberry Orange Cookies (8)

1. Enjoy room temp or warmed in toaster oven/ microwave.