



# November Menu, Week 3 - Paleo: Grocery List

Serves 4

1. Meal 1: Asian Salmon Pouches w/ Spinach, Mushroom & Bell Pepper
2. Meal 2: Chicken Stir Fry w/ Broccoli & Carrots
3. Meal 3: Pork & Collards Stew
4. Meal 4: Turkey Zucchini Lasagna
5. Salad: Mixed Greens w/ Apple, Walnuts & Goat Cheese
6. Breakfast: Hard Boiled Eggs & Berries
7. Snack: Carrot Chips
8. Dessert: Dark Chocolate Dipped Orange Slices



## Herbs

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



## Fruits

- 4 oranges (8)
- 1 apple (5)
- 2 pints berries of choice (6)



## Dairy (optional)

- 32oz organic Greek yogurt (4)
- (OR sub 1c cashews)
- 1½c shredded parmesan (4)
- 4oz goat cheese crumbles (5)



## Pantry

- ~25oz spaghetti sauce (4)\*
- 3c chicken broth (3)\*
- 4T coconut aminos (1,2)
- parchment paper OR parchment bags (1)
- 1c dark chocolate chips or discs (70%+ preferred) (8)



## Veggies

- 2# carrots (2,7)
- 16oz sliced mushrooms (1,4)
- 1 head broccoli (2)
- 4 med to large zucchini (4)
- 2 red bell peppers (1)
- 1 jalapeno, optional (3)
- 1 yellow onion (3,4)
- 1½# sweet potatoes (3)
- 5oz tub mixed greens (5)
- 5oz baby spinach (1)



## Meats

- 1# ground turkey, 85% lean (4)
- (OR sub ground beef)
- 1# boneless, skinless chicken breast (2)
- 1½# pork tenderloin (3)



## Nuts

- ½c walnut pieces (5)



## Spices

- ~1½T cumin (3,7)
- ~2tsp paprika (3,7)



## Seafood

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



## Eggs

- 8 eggs (omega-3) (6)



## Frozen

- 16oz chpd collard greens (3)
- 8oz chpd okra, optional (3)



## Oils & Vinegars

- ~1c olive oil
- ¼c balsamic vinegar (5)
- 3T toasted sesame oil (1,2)
- 2T coconut oil (7)

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



## November Menu, Week 3 - Paleo: Prep Day

Preheat oven to 420 F. (4,7)



**Zucchini:** Thinly slice 4 zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin. Place zucchini in single layer on baking sheet, roast for 5-10 mins or lightly browned (remove halfway and carefully flip). Cool. (4)  
**Basil:** Finely chop 1 bunch basil leaves. (4)  
**Stir Fry:** Cut 1 broccoli head into bite-sized pieces & 4 carrots into thin coins. Remaining carrots are sliced below. [\*] (2)  
**Carrots:** Thinly slice 5-6 lg carrots into coins (~3c). Toss w/ 2T coconut oil + 2tsp cumin + ½tsp paprika + S&P to taste, set aside. (7)  
**Bell Pepper:** Thinly slice 2 red bell peppers, set aside. (1)  
**Stew:** Peel & cut 1½# sweet potatoes into 1" squares. Chop parsley for ~1c. Set aside separately. (3)  
**Oranges:** Peel 4 oranges and pull or cut into segments, set aside. (8)  
**Ginger:** Peel and grate 4T ginger, set aside. (1,2)  
**Onion:** Finely dice 1 yellow onion, set aside half for lasagna (4) & half for stew (3). (3,4)  
**Garlic:** Finely chop 6 garlic cloves. Set aside ⅓ for stir fry and ⅔ for stew. (2,3)  
**Jalapeno, optional:** Slice 1 jalapeno into slices. Option to remove seeds and white ribs if less heat is desired. [\*] (3)  
**Chicken:** Slice 1# chicken breasts into thin strips (~2" each), place in container, top w/ ⅓ chopped garlic & 1T ginger. [\*] (2)  
**Pork:** Cut 1½# pork tenderloin into 1" cubes. Season w/ 2tsp cumin + 1tsp paprika + S&P. Set aside. (3)



**Eggs:** Place 8 eggs in large pot, cover w/ water. Boil for 3-4min. Cover w/ tight-fitting lid, remove from heat for 20 min. Cool. [\*] (6)



### Pork and Collards Stew (3)

Brown pork cubes in a large pot w/ 2T olive oil for ~2 mins per side. Remove pork to a side plate.  
Add additional 2T olive oil to pot + cubed sweet potatoes + ⅔ chopped garlic + ½ chopped onion + salt to taste.  
Cook for ~2 mins or until onion starts to soften. Add frozen collards and 3c chicken broth.  
Cover and bring to a boil, then uncover and reduce heat to medium. Simmer for ~10 mins or until vegetables are tender.  
Reduce heat to low. Remove 1c of vegetables with some broth and place in blender w/ 1c parsley. Puree until semi smooth.  
Add vegetable puree + pork + 1c okra back to pot. Simmer 5- 10 mins until pork is cooked through and okra is tender. Cool. [\*] (3)



### Tomato Sauce, Lasagna (4)

In a large sauté pan over med-high heat, cook:  
1# ground turkey + chopped ½ onion + 8oz sliced mushrooms for 12 min. Stir in ~25oz spaghetti sauce.  
Remove from heat, allowing to cool. (4)



### Carrot Chips (7)

Place 3c spiced carrot coins in a single layer on parchment paper lined baking sheet. (May need more than one or make in batches.)  
Bake at 420 F for 8-10 minutes until cooked - watch carefully to not burn!  
Cool and store in airtight container at room temperature. [\*] (7)



### Lasagna (4)

Stir together the following for the "white layer":

32oz Greek yogurt + ½ chopped basil leaves + 1c shredded parm

Note: to make dairy-free "white layer" by soaking 1c cashews in 1c hot water for ~20 mins. Blend cashews + water until smooth.

Assemble lasagna by layering in a 9x13" pan:

- ½ turkey-tomato sauce
- zucchini "noodles"
- ¾ white layer mix
- zucchini "noodles"
- remaining ½ tomato sauce

Dot w/ remaining white layer mix & top w/ ½c parmesan, optional. Cover w/ foil. [\*] (4)



### Chocolate Orange Slices (8)

Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.

Remove chocolate from heat and dip orange slices into dark chocolate. Place on parchment paper or foil and allow to cool. [\*] (8)



### Balsamic Dressing (5)

Combine:

- ½c olive oil
- ¼c balsamic vinegar
- pepper, to taste [\*] (5)

### Asian Sauce (1,2)

Whisk together:

- 4T coconut aminos
- 3T toasted sesame oil
- 2T fresh grated ginger [\*] (1,2)



### Salad (5)

Layer in container as follows:

- ½ of mixed greens
- ¼c walnut pieces
- 2oz goat cheese crumbles

Repeat layers. [\*] (5)

### Salmon Pouches (1)

Place 4 salmon fillets on 4 large squares of parchment. Top w/ remaining 1T grated ginger (~¾tsp per fillet).

Evenly distribute 8oz sliced mushrooms, sliced red bell pepper & baby spinach onto the 4 parchment pieces, next to the salmon.

Drizzle ~½ of the Asian sauce over the 4 pouches. (if not eating within 12 hours add sauce on Prep Day).

Seal pouch (refer to PrepDish.com/salmonpouch for instructions). [\*] (1)

Reserve the remaining half of the Asian sauce for the stir fry. [\*] (2)

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



# November Menu, Week 3 - Paleo: Dish Day

## Day 1

### Asian Salmon Pouches w/ Spinach, Mushroom & Bell Pepper (1)

1. Preheat oven to 400 F.
2. Bake salmon & veggie pouches 16-20 minutes.

## Day 2

### Chicken Stirfry w/ Broccoli & Carrots (2)

1. Add 1tsp oil to large sauté pan over high heat. Add ginger, garlic & chicken, cook 1 min. Add carrots & broccoli, continuing to stir.
2. Cook chicken & veg ~8-10min. Add Asian sauce, stirring to coat all ingredients with sauce, cook additional 3-4 min.

## Day 3

### Pork & Collards Stew (3)

1. Reheat stew on stove top over med heat until heated thorough. Stirring occasionally.
2. Option to top with sliced jalapeño for some spice and a drizzle of good olive oil.

## Day 4

### Turkey Zucchini Lasagna (4)

1. Preheat oven to 400 F.
2. Bake lasagna, covered, for 50min-1hr or until bubbly/ heated through. Allow to cool ~10min.

## Salad

### Mixed Greens w/ Apple, Walnuts & Goat Cheese (5)

1. Remove salad dressing from refrigerator and bring to room temp (ideally 20-30 minutes).
2. Chop 1 apple and add to salad. Top salad with dressing, shaking well before use.

## Breakfast

### Hard Boiled Eggs + Berries (6)

## Snack

### Carrot Chips (7)

## Dessert

### Dark Chocolate Orange Slices (8)