



November Menu, Week 4 - Paleo: Grocery List

Serves 4

1. Meal 1: Curried Shrimp, Eggplant & Asparagus w/ Cauliflower Rice
2. Meal 2: Balsamic Chicken w/ Italian Side Salad
3. Meal 3: Mexican Stuffed Bell Peppers w/ Bison, Mushrooms & Tomato Sauce
4. Meal 4: Grassfed Beef & Vegetable Stew
5. Salad: Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese
6. Breakfast: Cabbage & Apples w/ Sausage
7. Snack: Carrots & Celery w/ Almond Butter
8. Dessert: Honey Broiled Grapefruit



Herbs

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



Fruits

2 lemons (2,5)
2 limes (1)
3 granny smith apples (6)
4 grapefruit (8)



Dairy (optional)

4-6oz crumbled goat cheese (5)
1c shredded cheddar (3)



Pantry

½c almond butter (7)*
3c strained tomatoes/
tomato sauce (3,4)*
1 can artichoke hearts (2)
1 can full-fat coconut milk (1)
2T red curry paste (1)*
½tsp fish sauce, optional (1)*
3c beef broth (4)*
4T honey (8)



Veggies

1 fennel bulb (5)
1# carrots (4,7)
1 bunch celery (4,7)
1 pint cherry tomatoes (2)
1 small cucumber (2)
1 head cauliflower (1)
(OR sub 1 bag cauli rice)
1 bunch asparagus (1)
1 large eggplant (1)
3 red & 3 yellow bell peppers (3)
8oz sliced mushrooms (3)
2 yellow onions (1,3,4)
2 lg red potatoes (4)
1 head purple cabbage (6)
1 head romaine lettuce (2)
5oz tub mixed greens (5)



Meats

1# grassfed beef stew meat (4)
1# ground bison (3)
(OR sub ground beef)
4 boneless, skinless chicken breasts, 4-6 oz each (2)
4 breakfast sausage links (6)*



Nuts & Dry Fruit

½c sliced almonds (5)
½c dried cherries (5)*



Oils & Vinegars

~1¼c olive oil
~2T coconut oil (1)
¼c balsamic vinegar (2)
1tsp apple cider vinegar, optional (6)



Seafood

1# shrimp, peeled, deveined, tails removed (1)



Spices

2T Italian seasoning (2)*
1T chili powder (3)*
1T dried basil (4)
2T oregano (3,4)
1T cumin (3)

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



November Menu, Week 4 - Paleo: Prep Day



Onion: Finely chop 2 onions. Store $\frac{1}{2}$ for cauliflower rice (1) + $\frac{1}{2}$ for stuffed bell peppers (3) + 1 for beef stew (4). [*] (1,3,4)
Garlic: Finely chop 10 cloves garlic. Set aside $\frac{1}{3}$ for beef stew (4) & $\frac{1}{3}$ for peppers (3) & $\frac{1}{3}$ for curry (1). (1,3,4)
Bell Peppers: Finely dice 2 bell peppers (1 ea color). Cut remaining 4 in half, horizontally, gently scooping out seeds. Set aside. (3)
Stew: Cut 2 carrots, 2 potatoes & 2 stalks celery into small, bite-sized pieces, set aside. (3)
Snack: Cut remaining carrots & celery into 2-3" sticks. [*] (7)
Cauliflower: Remove core, leaves, & any dark spots from 1 cauli. Coarsely chop (make sure it is completely dry) and set aside. (1)
Apples & Cabbage: Roughly chop 3 apples & finely chop 1 cabbage head. These both chop well in a food processor. Set aside. (6)



Stew (4)

Heat 1T olive oil in large soup pot over med-high heat & add:
 $\frac{1}{2}$ chopped yellow onion + $\frac{1}{3}$ of chopped garlic (~ $\frac{1}{2}$ T) + chopped veg (2 celery stalks, 2 carrots & 2 potatoes). Sauté for 3-4 mins.

Meanwhile, rub 1T dried basil + 1T oregano + 1tsp salt + ground pepper into 1# beef stew meat. Add to pot and sauté 6-8 min.
Add 3c beef broth + 2c strained tomatoes (reserve 1c for stuffed peppers) + 3c water to pot, bring to a boil.
Turn heat to low, cover and cook for 3-5 hours. Add water/ stock if needed. Season w/ S&P. Cool. [*] (4)

Note: this can also be cooked in a slow cooker for 8-10 hours on low or 4-6 on high.



Stuffed Peppers (3)

In a large sauté pan heat 1tsp oil over med-high heat. Add:
 $\frac{1}{2}$ diced onion + 1# ground bison + $\frac{1}{3}$ of chopped garlic (~ $\frac{1}{2}$ T) + 2 chopped bell peppers + 8oz sliced mushrooms.

Stir then add:

1T cumin + 1T chili powder + 1T oregano. Cook for 8-10 minutes, breaking meat apart.

Add 1c strained tomatoes. Cook 5 minutes. Season to taste w/ S&P. Allow to cool. (3)

Sautéed Cabbage & Apples (6)

Heat 1tsp olive oil (or butter) over med heat & place 3 chopped apples and 1 chopped cabbage in pan.

Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.

Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking. Cool. [*] (6)



Eggplant & Ginger: Cut 1 eggplant into bite-sized pieces (~ $\frac{1}{2}$ "). Grate ginger for 1T. Store together w/ remaining garlic (~ $\frac{1}{2}$ T). [*] (1)

Asparagus: Remove & discard bottom 2" of asparagus. Cut asparagus tops into 1" pieces. [*] (1)

Limes: Cut 2 limes into wedges. [*] (1)

Italian Salad: Cut romaine into bite size pieces. Cut 1 pint cherry tomatoes in half (or quarter if larger); cut 1 cucumber into small, bite-sized pieces. Drain 1 can artichoke hearts and cut into quarters. Toss together. [*] (2)

Fennel: Remove upper green fronds from fennel & discard; thinly slice the bottom fennel bulb, set aside. (5)

Grapefruit: Cut 4 grapefruit in half, horizontally, and loosen segments with a knife. Top each w/ 1-2tsp honey. [*] (8)



Lemon-Parsley Dressing (2,5)

Blend the following on high:

1tsp lemon zest + 3T lemon juice + ½c olive oil + 2-3 large handfuls of parsley leaves + 1 small clove garlic

Store for salad dressings. [*] (2,5)

Cauliflower Rice (1)

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 too far or it will be mushy. [*] (1)



Stuffed Peppers (3)

Fill 4 bell pepper halves with cooled filling. Sprinkle each pepper w/ ~2T shredded cheddar cheese. [*] (3)

Salad (5)

In a container layer the following (option to store in the salad tub):

- 2.5 oz mixed greens
- ½ of sliced fennel
- ¼c sliced almonds
- ¼c dried cherries
- 2-3oz goat cheese crumbles

Repeat layers. [*] (5)



Coconut-Curry Sauce (1)

Whisk together the following:

- 1 can coconut milk
- 1-2T red curry paste
- ½tsp fish sauce (optional) [*] (1)

Balsamic Marinade (2)

Combine the following:

- ½c olive oil
- ¼c balsamic vinegar
- 2T Italian seasoning
- 1T salt & fresh ground pepper [*] (2)

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



November Menu, Week 4 - Paleo: Dish Day

Day 1

Curried Shrimp, Eggplant & Asparagus w/ Cauliflower Rice (1)

1. Heat 1T coconut oil in large sauté pan. Add half the onion & sauté ~10 min until translucent. Add the cauliflower rice.
 2. Cover & cook cauli rice ~5 min, stirring frequently until cauliflower is crisp on outside and tender on inside. Season w/ S&P.
 3. Heat 1T coconut oil in large sauté pan. Add eggplant, garlic & ginger and cook ~6 min (stirring frequently).
 4. Push eggplant to pan edges. Add shrimp & asparagus to the center & cook for 2-3 minutes.
 5. Add coconut-curry sauce, bring to a boil and lower heat, cook 10-15 min or cooked through. Serve with lime wedges.
- Note: option to start marinating chicken for dinner tomorrow night.

Day 2

Balsamic Chicken w/Italian Side Salad (2) *marinate chicken 1hr up to 24hr*

1. Marinate chicken in balsamic marinade for 1 hr up to 24 hrs.
2. Preheat oven to 375 F. Remove chicken from marinade and place in a baking pan. Bake for 35 min or cooked through (165 F).
3. Serve w/ side salad & ½ of lemon parsley dressing. Reserve other half of dressing for salad (5).

Day 3

Mexican Stuffed Bell Peppers w/ Bison, Mushrooms & Tomato Sauce (3)

1. Preheat oven to 375 F. Bake for 35-45 minutes.

Day 4

Grassfed Beef & Vegetable Stew (4)

1. Reheat on stovetop over medium heat until bubbly, reduce to low, heat ~30 minutes or heated through (stirring occasionally). (Add water or broth if needed for desired consistency.)

Salad

Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese (5)

1. Remove lemon parsley dressing from refrigerator and bring to room temp (ideally 20-30 minutes). Drizzle over salad.

Breakfast

Sautéed Cabbage & Apples w/ Breakfast Sausage (6)

1. In a large sauté pan over high heat, add breakfast sausages and sear (to add color).
2. Add cabbage & apples, reduce heat to medium and cover. Cook for ~15 minutes or heated through.

Snack

Carrots & Celery w/ Almond Butter (7)

1. Per Serving: Scoop out 1T almond butter and spread onto 5-10 celery & carrots sticks

Dessert

Honey Broiled Grapefruit (8)

1. Preheat broiler. Broil grapefruit for 8-10 minutes or until lightly browned.