



December Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Pecan Crusted Salmon w/ Asparagus & Sweet Potatoes
2. Meal 2: Bacon & Chard Stuffed Chicken w/ Broccoli, Tomatoes & Mushrooms
3. Meal 3: Potato & Onion Frittata w/ Grapes
4. Meal 4: Beef Minestrone Soup
5. Salad: Mixed Greens w/ Blueberries, Walnuts & Feta
6. Breakfast: Sweet Potato Waffles w/ Bacon
7. Snack: Pumpkin Seed Trail Mix
8. Dessert: Dark Chocolate w/ Brazil Nuts



Herbs

1 bunch basil (4)
1 bulb garlic (2,3,4)



Meats

1# grassfed ground beef (4)
4 thin-cut chicken breasts,
~1# (2)
1 package thin-cut bacon (2,6)



Dairy (optional)

4-6oz feta cheese crumbles
(5)
4oz goat cheese log (2)



Pantry

28oz can diced tomatoes (4)*
4c low-sodium beef broth (4)*
½c almond butter, optional (6)*
1c shredded, unsweetened
coconut (7)
4oz dark chocolate bar (8)
Sandwich baggies (7)



Veggies

1 carrot (4)
1 bunch Swiss chard (2)
1 zucchini (4)
1 head broccoli (2)
1 bunch asparagus (1)
8oz whole mushrooms (2)
1 pint cherry tomatoes (2)
1# baking potatoes (3)
8-9 sweet potatoes (1,6)
2 yellow onions (3,4)
5oz tub mixed greens (5)



Seafood

4 salmon fillets, 4-6oz ea. (1)
(skin removed)



Nuts & Seeds

1c Brazil nuts (8)
½c chopped walnuts (5)
2½c chopped pecans (1,6)
1c pumpkin seeds (7)



Spices

1T chili powder (1)*
1T paprika (1)
1T cumin powder (1)
2T Italian seasoning (2,4)*
2tsp pumpkin pie spice (6)



Fruits

2 pints blueberries (~3c) (5,7)
1 bag grapes (3)
1 lemon, optional (1)



Eggs

18 eggs (omega 3) (1,3,6)



Oils & Vinegars

~1c olive oil
¼c balsamic vinegar (5)
~2T coconut oil (6)

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



December Menu, Week 2 - PALEO: Prep Day

Preheat oven to 350 F. (1,3,6)



Sweet Potatoes: Wrap 8-9 sweet potatoes in foil. Bake for 50-60min or until soft/ cooked through. Cool, peel, and mash all. Store 4c for waffles (6) and season the rest with S&P and store for dinner (1). [*] (1,6)

Bacon: Set aside 2 slices bacon for chicken. Place remaining slices in single layer on baking sheet. Bake 20-25 min or crispy. [*] (6)



Minestrone: Finely dice 1 carrot, 1 zucchini, 1 yellow onion & 3-4 garlic cloves. (4)

Frittata: Slice 1 yellow onion, thinly slice 1# baking potatoes (works best on a mandolin), finely chop 3-4 cloves garlic. (3)

Asparagus: Trim & discard lower 2-3" from 1 bunch asparagus. Toss w/ 1T olive oil, S&P. Option to also top w/ 1tsp lemon zest. [*] (1)

Broccoli, Tomato & Mushroom: Cut 8oz mushrooms & 1 pint tomatoes in half. Chop 1 head broccoli into 1/2" pieces.

Toss all w/ 2-3T olive oil, 1T Italian seasoning, S&P. [*] (2)

Chicken: Remove leaves from 1 bunch chard, finely chop leaves (discard stems). Finely chop 2 slices bacon & 1 clove garlic. (2)



Frittata (3)

In a large sauté pan heat 1T olive oil on high, add sliced yellow onions and cook ~5 minutes. Season w/ 1/2tsp salt.

Add sliced potatoes & chopped garlic, season w/ S&P.

Add 2c water, cover w/ lid turn heat to medium and cook 15 min or until knife easily slides through potatoes. Set aside to cool. (3)

Chicken (2)

In a large sauté pan, cook chopped bacon, chard & garlic for ~8 min or until bacon is cooked through.

Turn off heat and stir in 4oz goat cheese until melted and combined. Set aside to cool. (2)



Minestrone (4)

In large soup pot, sauté diced onion, carrot, zucchini, garlic, 1# ground beef & 1T Italian seasoning for ~10 min, breaking up beef.

In blender, add 28oz can diced tomatoes w/ a large handful of fresh basil, process until smooth.

Add blended tomatoes + 4c broth + 4c water to soup. Add more water as needed. Cook 15-20min on low. Allow to cool. [*] (4)



Frittata (3)

Whisk 8 eggs in a large bowl, season w/ S&P. Stir in cooked onions & potatoes. Pour into an oiled pie pan.

Bake at 350 F for 40-45 minutes or until cooked through and no longer jiggly in the center. Cool. [*] (3)



Salad (5)

Layer in container as follows:

- 1/2 tub mixed greens
- 1/4c chopped walnuts
- 2-3oz feta cheese crumbles
- 1/2 pint (~1c) blueberries

Repeat layers. [*] (5)

Trail Mix (7)

Toss together in a bowl:

- 2c (1 pint) blueberries
- 1c pumpkin seeds
- 1c shredded coconut

Using a 1/2c measuring cup, divide into baggies. Store in fridge. [*] (7)

Pecan Salmon (1)

Blend the following until pecans are roughly to finely chopped:

- 1 1/2c chopped pecans
- 1T chili powder
- 1T paprika
- 1T cumin powder

Place pecans in a shallow bowl. In a separate shallow bowl, place 2 eggs, whisked.

Dredge salmon in the following order:

1: eggs

2: pecan crust

Place in container. Repeat steps until all fillets are covered and placed in container. [*] (1)

Chicken (2)

Pound 4 chicken breasts flat, if necessary. Spread 1/4 of chard/bacon/cheese mixture onto each chicken breast. Roll tightly. [*] (2)



Balsamic Dressing (5)

Whisk together:

- 1/2c olive oil
- 1/4c balsamic vinegar
- pepper to taste [*] (5)

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



December Menu, Week 2 - PALEO: Dish Day

Day 1

Pecan Crusted Salmon w/ Asparagus & Sweet Potatoes (1)

1. Preheat oven to 400 F. Place asparagus in a single layer on baking sheet. Place crusted salmon on separate baking sheet.
2. Reheat mashed sweet potatoes in oven while salmon & asparagus cook.
3. Roast salmon for 18-22 minutes or cooked through/ flaky.
4. Roast asparagus ~10 min, tossing halfway through cook time.

Day 2

Bacon & Chard Stuffed Chicken w/ Broccoli, Tomatoes & Mushrooms (2)

1. Preheat oven to 400 F.
2. Bake chicken ~40 minutes or cooked through to 165 F. Make sure to take temperature in the meat; not the filling.
3. Roast broccoli, tomatoes & mushrooms in a single layer for ~30 mins, tossing halfway through cook time.

Day 3

Potato & Onion Frittata w/ Grapes (3)

1. Reheat in 350 F oven for ~20 minutes or heated through.
2. Serve with grapes.

Day 4

Beef Minestrone (4)

1. Reheat on stovetop over medium heat until bubbly, reduce to low, heat ~20 minutes or heated through (stirring occasionally). (Add water or broth if needed for desired consistency.)

Salad

Mixed Greens w/ Blueberries, Walnuts & Feta (5)

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

Breakfast

Sweet Potato Waffles w/ Bacon (6)

1. Mix together ~4c mashed sweet potato + 2tsp pumpkin pie spice + 8 eggs + 1c chopped pecans.
2. Heat waffle iron and brush with coconut oil.
3. Place ~1/8 of batter in waffle iron and cook ~5min.
4. Repeat 7 times and serve topped with melted almond butter and bacon on the side.

Snack

Pumpkin Seed Trail Mix (7)

Dessert

Dark Chocolate w/ Brazil nuts (8)

1. Enjoy 1oz chocolate + 1/4c Brazil nuts per serving.