



December Menu, Week 3 - PALEO: Grocery List

Serves 4

1. Meal 1: Orange-Basil Turkey Breast w/ Brussels Sprouts & Delicata Squash
2. Meal 2: Slow-Baked Brisket w/ Creamy Cauliflower & Leek Soup
3. Meal 3: Italian Sausage Pizza Soup
4. Meal 4: Fiesta Brisket Bowl
5. Salad: Spinach w/ Apples, Cherries, Walnuts & Goat Cheese
6. Breakfast: Green Eggs w/ Side of Apples
7. Snack: Celery + Almond Butter + Cherries
8. Dessert: Pumpkin Pie Pudding



Herbs

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



Fruits

3 oranges (1)
4 apples (5,6)



Dairy (optional)

4oz goat cheese crumbles (5)
¼c grated parmesan (3)



Pantry

4c beef broth (3)*
4c chicken broth (2)*
28oz can diced tomatoes (3)*
2.25oz sliced black olives (3)
½c almond butter (7)*
2 cans pumpkin puree (8)*
(NOT pumpkin pie filling)
11oz full fat coconut milk (8)
½c maple syrup (8)



Veggies

2-4 avocados (4,6)
2 green bell peppers (3)
2 red bell peppers (4)
2 large leeks (2)
1 bunch celery (7)
2 delicata squash (1)
(OR sub 1 butternut squash)
1# Brussels sprouts (1)
1 head cauliflower (2)
8oz sliced mushrooms (3)
1 yellow onion (2)
2 red onions (3,4)
10oz baby spinach (5,6)



Meats

2-3# bone-in turkey breast (1)
~4# beef brisket (2,4)
1 pkg link Italian sausage (3)*



Nuts & Dried Fruits

½c chopped walnuts (5)
¾c dried cherries (5,7)*



Eggs

4-8 eggs, omega-3 (6)



Oils & Vinegars

~1c olive oil
¼c balsamic vinegar (5)



Spices

1T dried oregano (3)
1T dried basil (3)
1tsp pumpkin pie spice (8)
½tsp turmeric (2,4)
2T cumin powder (2,4)
2T Italian seasoning (2,4)*
1T garlic powder (2,4)

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



December Menu, Week 3 - PALEO: Prep Day

Preheat oven to 325 F. (2,4)



Brisket (2,4)

Mix together brisket seasonings:

½tsp turmeric + 2T cumin powder + 2T Italian seasoning + 1T garlic powder + 2tsp salt + ~1tsp fresh ground pepper
Spread evenly over brisket. Place in a pan and cover with foil, bake at 325 F for 3-5 hours. Allow to cool. [*] (2,4)

Note: Option to slow cook brisket on Dish Day. Season beef, place in slow cooker, add 1c water, cook low 8-10 hrs or high 4-6 hrs.



Celery: Cut into 3" sticks for snacking. [*] (7)

Garlic: Finely chop 3 cloves garlic. Set aside 2 for leek soup (2) and 1 for pizza soup (3). (2,3)

Fiesta Bowl: Cut 2 red bell peppers into thin slices. Finely chop 2 cloves garlic. Cut 1 red onion into thin strips. [*] (4)

Brussels: Trim ends from Brussels sprouts. Cut into 1", bite-sized pieces. Set aside. (1)

Delicata: Cut & remove ends of both squash. Cut in half lengthwise, scoop out & discard seeds. Cut into ½" thick half rings.

Toss cut Brussels & delicata squash w/ 2-3T olive oil, S&P. [*] (1)

Note: if using butternut squash, peel and chop the squash into 1" cubes.

Leek Soup: Roughly chop 2 leeks & place in bowl of water, allowing dirt to settle to the bottom of the bowl. Drain & set aside. (2)

Leek Soup: Roughly chop 1 head cauliflower and 1 yellow onion. Set aside. (2)

Pizza Soup: Finely chop 1 red onion and 2 green bell peppers. Slice Italian sausage link(s). Set aside. (3)



Leek Soup (2)

In a large soup pot, heat 1tsp olive oil over med-high heat.

Add chopped veggies (2 leeks + 1 cauliflower + 1 onion + 2 garlic cloves). Season w/ S&P and sauté for 5-6 minutes.

Add 4c chicken broth and simmer for 30 min, adding more broth as needed to just cover veggies.

Remove from heat and allow to cool.

Place cooked & cooled ingredients in a blender or food processor (may need to do in 2 batches). Puree until smooth.

Season w/ additional S&P as needed. [*] (2)

Pizza Soup (3)

In a large soup pot heat 1tsp olive oil over med-high heat.

Add sliced Italian sausage + 8oz sliced mushrooms + chopped veg (1 garlic clove + 1 red onion + 2 green bell peppers).

Add 1T dried basil + 1T dried oregano. Saute for 8-10 minutes.

Add 4c beef broth + 2c water + 28oz diced tomatoes + 2.25oz sliced black olives, drained.

Bring to a low boil, then lower to a simmer. Cook ~30 min. Add liquid as needed. Season to taste w/ S&P. Allow to cool. [*] (3)



Pudding (8)

Place the following in a food processor or blender:

- 2 cans pumpkin puree
- 11oz full fat coconut milk
- ½c maple syrup
- 1tsp pumpkin pie spice

Blend until smooth. [*] (8)

Turkey Brine (1)

Place the following in a blender:

- ½c olive oil
- zest of 1 orange
- juice of 3 oranges
- large handful fresh basil
- ¼c salt
- 4 peeled garlic cloves

Blend until combined and mostly smooth.

Add turkey to brine and refrigerate. Marinade for 4 hours up to 48 hours. [*] (1)

Note: This is a brine, thus the higher salt content. On DD make sure to remove from marinade before cooking.



Salad (5)

Layer in container as follows:

- 2.5oz spinach
- ¼c dried cherries
- ¼c chopped walnuts
- 2oz goat cheese crumbles

Repeat layers. [*] (5)



Balsamic Dressing (5)

Whisk together:

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

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



December Menu, Week 3: Dish Day

Day 1

Orange-Basil Turkey Breast w/ Brussels Sprouts & Delicata Squash (1)

1. Preheat oven to 450 F.
2. Remove turkey from brine, pat dry, and place in baking pan. Roast at 450 F for 5 minutes.
3. Lower temperature to 400 F and continue to roast for ~1-1½ hours or until internal temperature reaches 165 F.
4. Roast Brussels sprouts & delicata squash for 30-40 min or until lightly browned/ cooked through, tossing after ~15 mins.
5. Store half of delicata squash for D4.

Day 2

Slow-Baked Brisket w/ Creamy Cauliflower & Leek Soup (2)

1. Reheat soup on stove top, on low, until bubbly/ heated through, stirring occasionally.
2. Heat a large saute pan over med-high heat. Thinly slice brisket "against the grain" and heat 2-3 min/ side.
OR reheat, covered, in oven, for 30-40 minutes or heated through.
3. Slice and reserve 4 portions of brisket for D4.

Day 3

Italian Sausage Pizza Soup (3)

1. Reheat on stove top, on low, until bubbly/ heated through, stirring occasionally. Option to top w/ parmesan cheese.

Day 4

Brisket Fiesta Bowl (4)

1. Add 1T oil to a large sauté pan over med-high heat. Add chopped garlic, bell peppers & onion, sauté for ~10 mins.
2. Add leftover sliced brisket and leftover squash to pan and cook 2-3 mins until both are reheated.
3. Slice 1-2 avocados to use as topping for Fiesta Bowl.

Salad

Spinach w/ Apples, Cherries, Walnuts & Goat Cheese (5)

1. Let vinaigrette come to room temp and shake well. Toss into salad (or add 1T/ serving). Chop apples and add to salad.

Breakfast

Green Eggs w/ Side of Apples (6)

1. Heat lg sauté pan w/ 1 tsp oil, add 3-5oz baby spinach (depending on # of eggs used). Allow to wilt while whisking 4-8 eggs.
2. Add eggs to pan and scramble until eggs are just cooked. Season w/ S&P.
3. Slice 1-2 avocados & 2 apples.
4. Serve eggs topped w/ avocado slices and a side of sliced apples.

Snack

Celery + Almond Butter + Cherries (7)

1. Per serving: spread 1-2T almond butter onto celery sticks and top w/ dried cherries.

Dessert

Pumpkin Pie Pudding (8)