



# December Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Steamed Crab Legs w/ Roasted Asparagus & Parsnip Fries
2. Meal 2: Orange Chicken & Broccoli w/ Cauliflower Rice
3. Meal 3: Lamb Chops w/ Chimichurri & Mashed Winter Squash
4. Meal 4: Turkey Taco Soup
5. Salad: Arugula w/ Pear, Cranberry, Sliced Almonds & Goat Cheese
6. Breakfast: Kale, Sausage & Feta Cheese Frittata
7. Snack: Tangelos & Almonds
8. Dessert: Kiwi & Pomegranate Parfait



## Herbs

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



## Fruits

2 pears (5)  
8 tangelos (7)  
2 oranges (2)  
12 kiwi (8)  
2 pomegranates (8)  
(OR 1-2c arils)



## Dairy (optional)

6-8oz feta cheese (6)  
4-6oz goat cheese crumbles (5)  
4oz grassfed butter (1)



## Pantry

15oz can tomato puree (4)\*  
6oz tomato paste (2)\*  
4c low-sodium chicken broth (4)\*  
1T coconut aminos (2)  
4T honey (2)



## Veggies

1 bunch kale (6)  
1 head broccoli (2)  
1 bag parsnips (~1#) (1)  
1 head cauliflower (2)  
(OR sub 1 bag cauli rice)  
1 bunch asparagus (1)  
1 red bell pepper (4)  
1 jalapeño (4)  
2 red kuri squash (3)  
(OR other winter squash like acorn or turban)  
1 yellow onion (2,4)  
5oz tub arugula (5)



## Meats

¾# ground turkey, 85% lean (4)  
1½# boneless, skinless chicken thighs (2)  
4-8 bone-in lamb chops (3)  
½# breakfast sausage (6)\*



## Nuts & Dried Fruits

½c dried cranberries (5)\*  
½c whole almonds (7)  
½c sliced almonds (5)  
¼c sesame seeds (2)



## Spices

2T taco seasoning (4)\*  
½tsp red chili flakes (3)



## Seafood

~4# crab legs (1)



## Eggs

12 eggs, omega-3 (6)



## Oils & Vinegars

~1¼c olive oil  
1T toasted sesame oil (2)  
¼c balsamic vinegar (5)  
1tsp rice vinegar (2)\*  
½c red wine vinegar (3)  
1T coconut oil (2)

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



## December Menu, Week 4 - PALEO: Prep Day

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



**Winter Squash:** Pierce both squash several times. Place in baking pan and bake 1-1½ hours or until a knife inserts easily. (3)



**Asparagus:** Remove & discard lower 2-3" of asparagus. Toss spears w/ 1T olive oil, S&P. [\*] (1)

**Parsnips:** Cut 1 bag (~1#) parsnips into "fries" and toss w/ 1T olive oil + S&P. [\*] (1)

**Kale:** Separate kale stems from leaves, finely chop both. (6)

**Yellow Onion:** Finely chop 1 yellow onion, set aside ½ for soup & store ½ for cauliflower rice. [\*] (2) (2,4)

**Soup:** Finely chop: 1 red bell pepper, 2 cloves garlic, & 1 jalapeño (discard seeds). (4)

**Orange Chicken:** Grate ginger (~1T), chop 4-5 cloves garlic (~1T), zest 1 orange (~1tsp) & juice 2 oranges (~½c). (2)

**Kiwi & Pomegranate:** Peel & cut each kiwi into 6-8 bite-sized pieces. Remove arils from pomegranate. Toss together. [\*] (8)

**Broccoli:** Chop 1 head of broccoli into bite-sized pieces. Set aside. (2)

**Cauliflower:** Remove core, leaves, & any dark spots. Coarsely chop, make sure it is completely dry and set aside. (2)



**Frittata:** Place ½# breakfast sausage in large sauté pan over med-high heat, begin to brown, breaking apart meat w/ spatula. Add chopped kale (stem & leaves). Cook for ~10 min or until kale & sausage are cooked. Set aside to cool. (6)



### Taco Soup (4)

In a large soup pot over med-high heat, add:

1tsp olive oil + chopped veggies (½ yellow onion + 1 bell pepper + 2 garlic cloves + 1 jalapeño).

Cook veggies for ~5 minutes, Add ¾# ground turkey + 2T taco seasoning, crumbling meat & cooking 10 more min.

Add 15oz can tomato puree + 4c chicken broth, turn to low, cook 30 min. Cool. [\*] (4)



### Frittata (6)

Whisk 12 eggs in a large bowl. Stir in cooled sausage, kale & onions.

Crumble in 6-8oz feta cheese and season with ½tsp fresh ground black pepper.

Pour into an oiled casserole dish. Bake at 350 F for 35-45 minutes or until no longer jiggly. Allow to cool. [\*] (6)



### Orange Chicken (2)

In a large pot, heat 1tsp olive oil, add:

1T grated ginger + 1T chopped garlic + 1 tsp orange zest. Sauté for 2-3 minutes.

Whisk into pot until well combined:

- ~1/2c orange juice (~2 oranges)
- 1T toasted sesame oil
- 1T coconut aminos
- 6oz tomato paste
- 4T honey
- 1tsp rice wine vinegar

Add 1 1/2# boneless, skinless chicken thighs and cook on medium, covered, for 45 min up to 1 hour, stirring occasionally.

Add in chopped broccoli and cook another 10 min. Sprinkle w/ 1/4c sesame seeds. Cool. [\*] (2)



### Cauliflower Rice (2)

Place chopped cauliflower in food processor. (May have to do in multiple batches.)

Pulse until it is small rice-like texture. Be careful not to go to far or it will be mushy. [\*] (2)

### Chimichurri (3)

Blend the following until just combined:

- 1/2c olive oil
- 2 cloves garlic, or 1 large
- 1c parsley
- 1c cilantro
- 1/3c red wine vinegar
- 1/2tsp red chili flakes
- 1/2tsp salt [\*] (3)



### Salad (5)

Layer in container as follows:

- 1/2 of arugula
- 1/4c dried cranberries
- 1/4c sliced almonds
- 2-3oz goat cheese crumbles

Repeat layers. [\*] (5)

### Winter Squash (3)

Allow to cool (may be best to refrigerate for ~30min). Cut in half, scoop out/ discard seeds.

Scoop out cooked flesh of squash and mash with a fork. Season to taste w/ S&P. [\*] (3)



**Balsamic Dressing:** 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 4 - PALEO: Dish Day

### Day 1

#### Steamed Crab Legs w/ Roasted Asparagus & Parsnip Fries (1)

1. Preheat oven to 425 F. Place parsnip fries in single layer on baking sheet and roast for 30-40 mins, tossing halfway through.
2. In lg pot w/ steamer insert, bring water to boil (make sure water is below the level of insert).
3. Place asparagus on parchment lined baking sheet and roast for 10-12 minutes, tossing halfway through cook time.
4. Place crab legs in steamer for 6-14 min, or until heated through. Serve crab with melted butter, optional.

### Day 2

#### Orange Chicken & Broccoli w/ Cauliflower Rice (2)

1. Preheat oven to 350 F. Reheat chicken for 40-50 minutes or warmed through.
2. Heat 1T coconut oil (or olive) in large sauté pan, add chopped onion, sauté ~10 min or translucent. Add the cauliflower rice.
3. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.

### Day 3

#### Lamb Chops w/ Chimichurri & Mashed Winter Squash (3)

1. Preheat oven to 400 F & grill to med-high. Set chimichurri out, allowing to come to room temp.
2. Place mashed squash in oven, covered, reheat for 40-50 min or heated through (OR heat on stove top; beware of burning).
3. Season lamb chops w/ S&P and grill 3-4 min/ side (can also do on stove top). Serve chops w/ chimichurri.

### Day 4

#### Turkey Taco Soup (4)

1. Reheat on stove top until bubbly/ heated through. Add additional water/ broth if needed.

### Salad

#### Arugula w/ Pear, Cranberry, Sliced Almonds & Goat Cheese (5)

1. Remove salad dressing from refrigerator and bring to room temp (ideally 20-30 minutes).
2. Dice 2 pears and add to salad. Drizzle dressing over salad.

### Breakfast

#### Kale, Sausage & Feta Cheese Frittata (6)

1. Reheat each slice in toaster oven (3-5min) or microwave (30sec-1min) OR reheat entire frittata in 350 F oven, ~15-20 min.

### Snack

#### Tangelos & Almonds (7)

1. 1 serving = 1-2 tangelos + 1/8c whole almonds

### Dessert

#### Kiwi & Pomegranate Parfait (8)