



# January Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Cider Cream Scallops over Mashed Cauliflower
2. Meal 2: Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Roasted Sweet Potatoes
3. Meal 3: Meatza
4. Meal 4: Chipotle Bison & Veggie Chili
5. Salad: Mixed Greens w/ Beets, Goat Cheese & Walnuts
6. Breakfast: Pumpkin "Donuts"
7. Snack: Bananas w/ Spiced Almond Butter
8. Dessert: Honey Broiled Grapefruit



## Herbs

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



## Fruits

4 bananas (7)  
4 grapefruit (8)



## Dairy (optional)

6oz soft goat cheese (2,5)  
~1c shredded mozzarella (3)  
~4oz shredded jack cheese (4)



## Pantry

~4oz marinara sauce (3)\*  
28oz fire roasted tomatoes (4)  
1/4c sundried tomatoes (2)  
(packed in olive oil)  
1/3c sliced kalamata olives (3)  
1/2c almond butter (7)\*  
(OR nut/seed butter of choice)  
1 can full fat coconut milk (1)  
1/2c maple syrup (6)\*  
4T honey (8)  
2tsp vanilla extract (6)\*  
1/2c coconut flour (6)  
3/4c almond flour (6)  
1 1/4tsp baking soda (6)  
1/4c apple cider juice (1)\*  
2T coconut sugar (6)  
1/2c pumpkin purée (6)\*  
Mini muffin pan liners (6)



## Veggies

1 head cauliflower (1)  
4 large beets (5)  
(2 red, 2 golden if available)  
3 bell peppers (4)  
(various colors)  
2 large sweet potatoes (2)  
1 large red onion (3,4)  
1 shallot (1)  
5oz mixed greens (5)  
5oz bag spinach (2,3)



## Meats

1# ground bison (4)  
(OR sub ground beef)  
1 1/2# raw pork sausage (3)\*  
(Note: need raw, ground  
sausage. Italian flavored okay.)  
1# thin-cut chicken breasts (2)  
(OR sub boneless, skinless  
breasts)



## Nuts

1/2c chopped walnuts (5)



## Spices

2T chili powder (4)\*  
3T herbs de provence (2)  
(or Italian herb blend)  
2T pumpkin pie spice (6,7)\*  
1 1/2tsp cinnamon, optional (6)  
1 dried chipotle pepper (4)  
1/4tsp red pepper flakes (1)



## Eggs

4 eggs, omega 3 (6)



## Seafood

2# scallops (1)  
(OR sub shrimp or 4 cod  
fillets)



## Oils & Vinegars

~1c olive oil  
1/4c balsamic vinegar (5)  
1T apple cider vinegar (1)  
~8T coconut oil (1,6)  
(OR sub grassfed butter)



## January Menu, Week 2 - Paleo: Prep Day

Preheat oven to 350 F. (3,5,6)



**Meatza:** Spread 1½# raw, ground pork sausage into a 9x13" baking pan as if making a pizza crust. Go up edges as meat will shrink. Bake ~20-25 minutes. Cool. (3)

**Beets:** Peel 4 beets and dice into ½" cubes. Toss + 1-2T olive oil +S&P. Roast for ~35 min at 400 F, tossing halfway through cooktime. When a knife easily slides through the beets, remove from oven and toss w/ 1T balsamic vinegar. Allow to cool. (5)



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

**Red Onion:** Thinly slice ½ of red onion for meatza. Set aside. (3). Finely dice remaining ½ for chili. (4)

**Bell Pepper:** Finely dice 3 bell peppers. (4)

**Scallops:** Mince 1 shallot and 1 garlic clove. Chop basil for 2T. Set aside separately. (1)

**Garlic:** Finely chop 2-3 cloves garlic for a total of 1T for chili. (4)

**Cauliflower:** Roughly chop 1 cauliflower and place in a large steamer or soup pot. (1)



**Cauliflower:** Boil or steam cauliflower in 3-4" of water for ~20 minutes or a knife inserts easily. Set aside to cool. (1)

**Spinach:** Set aside 2 handfuls baby spinach for meatza. (3) Place remaining spinach in a steamer pot filled with ~3c hot water and steam for 4-5 minutes or until wilted. Cool. (2)

**Chipotle:** Place dried chipotle pepper in hot steam water from spinach (~3 cups hot water) and allow to re-hydrate. (4)



**Chili (4):** In a lg pot, sauté 1# ground bison for 5 min. Add 3 diced bell peppers, diced ½ onion, 1T chopped garlic. Cook for 10 min. Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat). Place chipotle in a blender with 2-3c of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili). Add pureed chipotle to sautéed veggies.

Add 28oz fire roasted diced tomatoes and 2T chili powder. Bring to a boil then lower to low-medium heat, stirring occasionally and adding water or stock as needed. Continue to cook for 30 mins -1 hour.

Season w/ additional chili powder, S&P as needed. Remove from heat, cool. [\*] (4)



### Cider Cream Sauce (1)

Heat 1T oil in saute pan over medium heat. Add 1 minced shallot and 1 garlic clove, cook for ~1 min or until aromatic.

Add 1T apple cider vinegar and let cook off about 1 minute.

Add ¼c apple cider juice and cook for additional 1 minute.

Add ¼tsp red pepper flakes and 1 can coconut milk. Turn heat to low and simmer until slightly thickened, ~2-4 minutes.

Set aside to cool, then add in 2T chopped basil before storing. [\*] (1)



### Pumpkin "Donuts" (6)

Line a mini muffin pan with liners (will make about 24 mini)

In a large bowl mix wet ingredients:

4 eggs, room temperature + 7T melted coconut oil (or butter) + ½c maple syrup + 2T coconut sugar + ½c pumpkin purée + 2tsp vanilla extract

In a second large bowl mix dry ingredients:

½c coconut flour + ¾c almond flour + 1¼tsp baking soda + 1T pumpkin pie spice + ¼tsp salt

Stir dry mixture into wet mixture until combined. Pour batter into muffin liners just to top of the cup line.

Bake ~13 mins or until a toothpick comes out clean. Place on a rack to completely cool. Store at room temp or freeze extra. [\*] (6)



**Sweet Potato:** Cut 2 sweet potatoes into 1" cubes. Toss w/ 1T olive oil, 3T herbs de provence, 2T chopped parsley, S&P. [\*] (2)

**Spinach:** Squeeze excess water from steamed spinach (cooked spinach should be ~¼c in size). (2)

**Chicken:** Roughly chop ¼c steamed spinach & ¼c sundried tomatoes (excess oil drained) and mix in 2oz goat cheese, set aside. (2)



**Stuffed Chicken:** If needed place 4 chicken breasts between 2 pieces of parchment (or plastic wrap), place on top of large cutting board. Pound chicken using a mallet until thin. Spread each breast w/ ~2T tomato, spinach, goat cheese filling and roll tightly. [\*] (2)

**Meatza:** Top cooled sausage "crust" with ~4oz marinara sauce + ½ of red onion (thinly sliced) + 2 handfuls baby spinach + ½c sliced kalamata olives. Sprinkle ~1c shredded mozzarella cheese on top. Cover with foil. [\*] (3)

**Spiced Nut Butter:** Combine ½c almond butter with 1T pumpkin pie spice. Stir until well combined. [\*] (7)

### Salad (5)

Layer the following:

- ½ of mixed greens
- ¼c chopped walnuts
- ½ roasted beets
- 2oz crumbled goat cheese

Repeat layers. [\*] (5)



**Cauliflower:** Place cooked cauliflower in a food processor/blender without liquid, add ¼c water (or stock), blend until just smooth. Season w/ S&P. [\*] (1)



**Balsamic Dressing:** Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper to taste. [\*] (5)

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



# January Menu, Week 2 - Paleo: Dish Day

## Day 1

### Cider Cream Scallops over Mashed Cauliflower (1)

1. Reheat mashed cauliflower in on the stove top a large sauce pan over med heat until warmed through, stirring often.
2. Remove scallops from fridge and pat very dry. Season with S&P.
3. Heat saute pan to high and add 1tsp coconut oil.
4. Add scallops to pan, be sure not to crowd the pan. (May need to do in a few batches.)
5. Cook 1-2 mins, flip, cook 1-2 mins more until both sides are golden. Transfer to plate. (don't over cook scallops they get rubbery!)
6. Turn heat down to medium, add sauce and let simmer to reheat. Serve sauce poured over scallops and mashed cauliflower.

## Day 2

### Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Sweet Potatoes (2)

1. Preheat oven to 425 F.
2. Place sweet potatoes on an oiled sheet tray, roast for 35-40 min, tossing halfway through cooking.
3. Place chicken in an oiled baking pan, bake for 30-35 min or until cooked through & no longer pink (internal temp = 165 F).

## Day 3

### Meatza (3)

1. Preheat oven to 400 F.
2. Remove foil from Meatza and bake for ~15 mins or until heated through.

## Day 4

### Chiptole Bison & Veggie Chili (4)

1. In lg pot on stove top, reheat chili over med-high until bubbly, turn heat to med or low, stirring occasionally, until heated through.
2. Add water or broth as needed for desired consistency. Option to serve topped with jack cheese.

## Salad

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

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

## Breakfast

### Pumpkin "Donuts" (6)

1. Option to "dust" donuts with 1½tsp cinnamon immediately before serving.

## Snack

### Bananas w/ Spiced Almond Butter (7)

1. Serve each banana w/ 1-2T almond butter

## Dessert

### Honey Broiled Grapefruit (8)

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