



# January Menu, Week 4 - Paleo: Grocery List

Serves 4

1. Meal 1: Beef & Butternut Squash Tagine
2. Meal 2: Spinach Pesto Chicken w/ Zucchini Noodles
3. Meal 3: Orange-Cilantro Shrimp & Broccoli w/ Sweet Potato Wedges
4. Meal 4: Pesto Salmon w/ Roasted Tomatoes & Mushrooms
5. Salad: Mixed Greens w/ Raspberries, Feta & Pistachios
6. Breakfast: Baked Apples w/ Walnuts & Cherries
7. Snack: Roasted Mini Peppers
8. Dessert: Dark Chocolate + Almonds



## Herbs

1 bulb garlic (2,3,4,7)  
1 bunch cilantro (3)  
1 bunch basil (2,4,7)



## Fruits

1c raspberries (5)  
4 apples (6)  
1 lemon (2,4)  
1 orange (3)



## Dairy (optional)

4oz feta crumbles (5)  
1oz parmesan cheese (2,4)



## Pantry

1c tomato puree (1)\*  
high quality dark chocolate bar or squares (8)  
1tsp vanilla extract (6)\*



## Veggies

2-4 med to large zucchini (4)  
(OR sub 1 package zoodles)  
2-3# butternut squash (1)  
(OR 1 bag pre-cut if available)  
1 head broccoli (3)  
1 bag mini sweet multi-colored peppers (7)  
2 pints cherry tomatoes (4)  
1 jalapeno (3)  
16oz whole baby bella mushrooms (4)  
2-3 large sweet potatoes (3)  
1 yellow onion (1)  
5oz spinach (2,4)  
5oz mixed greens (5)



## Meats

4 boneless, skinless chicken breasts (2)  
1# grassfed beef sirloin (1)  
(cut into 1" cubes)



## Seafood

1½# shrimp, peeled, deveined, tails removed (3)  
4 salmon fillets, 4-6oz ea (4)



## Nuts & Dried Fruits

1c almonds (8)  
1½c walnuts (2,4,6)  
½c pistachios (5)  
¼c dried cherries (6)\*  
¼c medjool dates, ~2 (6)  
¼c dried apricots (1)\*



## Spices

1T cumin (1)  
~1T cinnamon (1,6)  
1T turmeric (1)  
1T paprika (1)



## Oils & Vinegars

~1¾c olive oil  
¼c coconut oil (6)  
¼c balsamic vinegar (5)

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



## January Menu, Week 4 - Paleo: Prep Day

Preheat oven to 375 F. (1,7)



**Mushrooms & Tomatoes:** Quarter 16oz whole mushrooms, toss w/ 2 pints cherry tomatoes + 2T olive oil + S&P. [\*] (4)

**Zucchini:** Slice zucchini into long spaghetti-like strips (best done on a spiralizer or mandolin); chop 2 cloves garlic. [\*] (2)

**Sweet Potato:** Cut 2-3 sweet potatoes into 1/2" wedges (thick fries), toss w/ 2-3T olive oil, S&P. [\*] (3)

**Peppers:** Chop 3 cloves garlic to equal ~1T and basil to equal ~1T. Set aside separately. (7)

**Tagine:** Slice 1 yellow onion into long strips. Chop 1/4c dried apricots. Peel butternut squash, remove seeds, cut into 1" cubes. (1)

**Jalapeño:** Remove seeds & white veins (include for heat) from 1 jalapeno. Roughly chop. (3)

**Broccoli:** Cut 1 head of broccoli into bite-sized pieces. [\*] (3)



### Tagine (1)

Whisk together: 1T cumin + 1T turmeric + 1T paprika + 1tsp cinnamon. Rub spices into beef cubes.

Heat 1tsp oil over med-high heat in a large stockpot. Add yellow onion slices & spiced beef cubes; sauté for 3-4 minutes.

Add 1/4c chopped dried apricots + 1c tomato puree + 1c water, cover and place in oven for ~ 1 hour.

Add cubed butternut squash, cover and bake another 1-2 hours. [\*] (1)

To use slow cooker:

Add seasoned beef + onions + cubed butternut squash + 1/4c chopped dried apricots + 1c tomato puree + 1c water to slow cooker.

Cook on low for 6-8 hrs . Option to cook on Dish Day. [\*] (1)



### Roasted Mini Peppers (7)

Toss together 1 bag mini peppers, leaving peppers whole + 2T olive oil + 1T chopped garlic + S&P.

Place on baking sheet and bake for 15 minutes or until caramelized and starts to become golden.

Cool, remove stems and toss with 1T chopped basil. [\*] (7)



### Spinach Pesto (2,4)

Blend the following in a blender or food processor until smooth:

- 1 garlic clove
- 1c walnuts
- 1oz parmesan cheese
- large handful fresh basil
- 5oz spinach
- 1/4c olive oil
- 1T lemon juice (juice of 1 lemon)
- 4T water, or as needed for a smooth consistency

Coat 4 chicken breasts in 1/2c pesto (~2T/ breast). Note: if not eating within 48 hours, top chicken on dish day. [\*] (2)

Store remaining pesto for salmon. [\*] (4)



### Shrimp Marinade (3)

Blend the following until roughly combined:

- 1 clove garlic
- 1 roughly chopped jalapeño (no seeds or white part; option to add gradually for heat)
- zest & juice of 1 orange
- large handful fresh cilantro
- ½c olive oil
- 1tsp salt [\*] (3)



### Baked Apples (6)

Place in a blender:

- ¼c coconut oil
- ¼c dates, pits removed (~2)
- ¼c dried cherries
- ½c walnuts
- 1tsp vanilla

Blend until roughly chopped.

Cut apples in half and scoop out center seeds.

Place 1T (heaping) of filling in each apple; sprinkle w/ 1tsp cinnamon. Cover with foil. [\*] (6)



### Salad (5)

Layer in container as follows:

- ½ of mixed greens
- ½c raspberries
- 2oz feta crumbles
- ¼c pistachios

Repeat layers. [\*] (5)



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

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



# January Menu, Week 4 - Paleo: Dish Day

## Day 1

### **Beef & Butternut Squash Tagine (1)**

1. Reheat tagine in 375 F oven, covered for 55-65 min or heated through.

## Day 2

### **Spinach Pesto Chicken w/ Zucchini Noodles (2)**

1. Preheat oven to 375 F. Bake pesto coated chicken for ~30-35 min or cooked through to 165 F.
2. Heat 1tsp olive oil over med-high heat. Sauté zucchini noodles & garlic for 3-4 minutes or until tender.

## Day 3

### **Orange-Cilantro Shrimp & Broccoli w/ Sweet Potato Wedges (3)**

1. Preheat oven to 425 F. Toss broccoli in 1-2T marinade and place shrimp in remaining marinade.
  2. Roast sweet potato in a single layer for 30 mins or cooked/ lightly browned, tossing halfway through cooktime.
  3. Place broccoli & shrimp in single layer on a sheet pan & roast for ~10-15 mins or cooked through.
- Note: Watch shrimp closely and remove promptly when done (this may take ~8-10 mins depending on oven.)

## Day 4

### **Pesto Salmon w/ Roasted Tomatoes & Mushrooms (4)**

1. Preheat oven to 425 F. Spread 1-2T pesto on each salmon fillet.
2. Roast tomatoes & mushrooms for 30 minutes. Bake salmon for 18-20 minutes.

## Salad

### **Mixed Greens w/ Raspberries, Feta & Pistachios (5)**

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

## Breakfast

### **Baked Apples w/ Walnuts & Cherries (6)**

1. Preheat oven to 375 F. Bake apples, covered, for 30-35 minutes. Remove cover in final 5-10 mins of cooking.

## Snack

### **Roasted Mini Peppers (7)**

1. Warm in oven, toaster oven, or microwave and serve. Or option to eat cold from fridge.

## Dessert

### **Dark Chocolate + Almonds (8)**

1. Eat 1-2oz dark chocolate with up to ¼c almonds.