



February Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Seared Tuna w/ Mashed Sweet Potato & Asparagus
2. Meal 2: Slow Baked Brisket w/ Braised Cabbage & Carrots
3. Meal 3: Chicken w/ Almond Butter Dipping Sauce, Sesame Broccoli & Cauliflower Rice
4. Meal 4: Turkey & Zucchini Lasagna
5. Salad: Grapefruit & Avocado Salad
6. Breakfast: Brisket w/ Eggs, Spinach & Avocado
7. Snack: Bell Pepper Slices w/ Almond Butter Dipping Sauce
8. Dessert: Chewy Cocoa Cookies



Herbs

1 bunch basil (4)
2 cloves garlic (4)
~2" knob ginger (3,7)



Fruits

1 lime (3,7)
2 large grapefruit (5)



Dairy (optional)

5oz shredded parmesan (4)
32oz organic Greek yogurt (4)
(OR sub 1c cashews for dairy-free option)



Pantry

14oz can lite coconut milk (1,3,7)
~24oz tomato sauce (4)*
1/2c almond butter (3,7)*
1tsp coconut aminos (3,7)
2tsp red curry paste (3,7)*
~1/2c honey (3,5,7,8)
2/3c cocoa powder (8)
1/2tsp vanilla extract (8)*
1/4c dark chocolate chips, optional (8)*



Veggies

1 bunch asparagus (1)
3-4 zucchini (~1#)(4)
1 head green cabbage (2)
1# carrots (2)
1 head broccoli (3)
1 head cauliflower (3)
(OR sub 1 bag cauli rice)
4 bell peppers (7)
(variety of colors)
3 avocados (5,6)
4 med sweet potatoes (1)
1 red onion (2)
1 yellow onion (3,4)
5oz mixed greens (5)
5oz spinach (6)



Meats

~3# grassfed beef brisket (2)
4 boneless, skinless chicken breasts (3)
1# ground turkey, ~85% lean (4)



Nuts & Dried Fruit

1/2c sliced almonds (5)
1/4c chopped walnuts (8)



Seafood

4 tuna fillets, 4-6oz ea. (1)
(OR sub halibut, salmon or pork chops)



Oils & Vinegars

~1/2c olive oil
3T coconut oil (1,3)
2T toasted sesame oil (3)
2T champagne vinegar (5)



Spices

1/2tsp turmeric (2,6)
2T cumin (2,6)
1T garlic powder (2,6)
1/2tsp cinnamon (8)
3T Italian seasoning (2,4,6)*
1-2tsp chili flakes, optional (3)



Eggs

11 eggs, omega-3 (4,6,8)

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



February Menu, Week 2 - PALEO: Prep Day

Preheat oven to 350 F. (1,8)



Sweet Potatoes: Cut 4 sweet potatoes in half, wrap each half in foil & bake for 45-55 minutes or until knife inserts easily. (1)



Asparagus: Remove & discard lower 2-3" from asparagus bunch. [*] (1)

Onion: Finely chop yellow onion, set aside 1/2 for tomato sauce (4) and storing 1/2 for cauli rice [*] (3). (3,4)

Garlic: Chop 2 cloves, for ~1tsp, set aside. (4)

Zucchini: Thinly slice zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin. (4)

Basil: Finely chop basil for lasagna, set aside. (4)

Grapefruit: Remove peel (and white outer membrane). Cut in bite-sized pieces, reserve 2T grapefruit juice, set aside. (5)

Bell Pepper: Slice 4 bell peppers into strips (for snacking). [*] (7)

Cauliflower: Remove core, leaves, & any dark spots from 1 cauliflower. Coarsely chop, make sure it is completely dry. Set aside. (3)

Broccoli: Chop broccoli into bite-sized pieces, toss w/ 2T toasted sesame oil + 1-2tsp red chili flakes (optional), S&P. [*] (3)

Cabbage (2)

Chop 1 green cabbage into 8 wedges, 1# carrots into 1" pieces, and 1 red onion in half and then into slices.

In a 9x13" pan, add 1/2c water, then add in layers in this order: cabbage, carrots, onion.

Top veggies with 3T olive oil + 1/2tsp salt + pepper. Cover tightly with foil. [*] (2)



Turkey-Tomato Sauce (4)

In lg sauté pan over med-high heat, cook 1# ground turkey + 1/2 chpd onion + 1T Italian seasoning + 1tsp chpd garlic for ~12 min.

Stir in ~24oz tomato sauce, remove from heat, allowing to cool. (4)



Cocoa Cookies (8)

Whisk together:

- 3 egg whites (saving 3 yolks for lasagna)
- 1/4c honey
- 2/3c cocoa powder
- 1/2tsp vanilla extract
- 1/2tsp cinnamon
- 1/8tsp salt

Stir in: 1/4c chopped walnuts + 1/4c dark chocolate chips, optional.

Drop onto a silicone or parchment lined baking sheet. Bake at 350 F for 8-10 min. Cool. [*] (8)



Cauliflower Rice (3)

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 too far or it will be mushy. [*] (3)

Almond Butter Sauce (3,7)

In a blender combine until smooth:

- ¾c lite coconut milk
- ½c almond butter
- 2" fresh ginger, peeled, roughly chopped
- 2tsp red curry paste (adjust according to desired heat)
- 1tsp honey
- 2tsp lime juice (~juice of 1 lime)
- 1tsp coconut aminos [*] (3,7)



Lasagna (4)

Stir together the following for the "white layer":

32oz yogurt + ½ bunch basil, chopped + 1c shredded parm + 3 egg yolks (optional)

Note: to make dairy-free "white layer" by soaking 1c cashews in 1c hot water for ~20 mins. Blend cashews + water until smooth.

Assemble lasagna by layering in a 9x13" pan:

- ½ of turkey-tomato sauce
- ½ zucchini "noodles"
- ¾ white layer
- remaining ½ zucchini "noodles"
- remaining ½ tomato sauce

Dot w/ remaining white mix & top w/ ½c parmesan & remaining chopped basil (optional). Cover w/ foil. [*] (4)

Brisket (2,6)

Whisk together the following and then rub evenly into brisket:

½tsp turmeric + 2T cumin powder + 2T Italian seasoning + 1T garlic powder + 2tsp salt + ~1tsp ground pepper

Place seasoned brisket into baking pan and cover with foil. [*] (2)

Salad (5)

Layer in container as follows:

- ½ mixed greens
- ½ chopped grapefruit
- ¼c sliced almonds

Repeat layers. [*] (5)



Vinaigrette (5)

Whisk together:

- 2T olive oil
- 2T reserved grapefruit juice
- 1T honey
- 2T champagne vinegar [*] (5)

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



February Menu, Week 2 - PALEO: Dish Day

Day 1

Seared Tuna w/ Mashed Sweet Potato & Asparagus (1)

1. Peel 8 sweet potato halves and place in a small pot/ sauté pan. Mash with a fork until smooth.
2. Add 2T lite coconut milk (or 2T water) to potatoes. Heat over med heat for 10-15 min, stir occasionally. Season w/ salt.
3. Heat 2T coconut (or olive) oil in a large saute pan (or 2 medium pans). Add asparagus & tuna steaks.
4. Cook tuna ~3 min/ side or desired doneness. Stir asparagus occasionally. Season tuna & asparagus w/ S&P.

Day 2

Slow Baked Brisket w/ Braised Cabbage & Carrots (2) **Requires 4-5 hours to slow cook in oven**

1. Preheat oven to 325 F. Bake seasoned brisket in foil-covered baking pan for 4-5 hours.
2. Bake seasoned cabbage in foiled-covered pan for 3 hours.
3. Let both brisket and cabbage cool for 10 minutes after removing from oven.
4. Slice brisket thinly against the grain and serve with cabbage wedge and veggies.

Note: Reserve some brisket for breakfast (6).

Day 3

Chicken w/ Almond Butter Dipping Sauce, Sesame Broccoli & Cauliflower Rice (3)

1. Preheat oven to 425 F. Place broccoli on sheet pan in a single layer. Roast for 30-35min, tossing halfway through.
2. Brush 4 chicken breasts w/ olive oil. Roast for 30-40 mins until cooked to 165 F. (Option to cook on same sheet pan as broccoli.)
3. Heat 1T coconut oil (or olive) in large sauté pan, add chopped ½ onion, sauté ~10 min or translucent. Add the cauliflower rice.
4. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
5. Serve w/ almond dipping sauce (reserving ½ of sauce for snack).

Day 4

Turkey & Zucchini Lasagna (4)

1. Preheat oven to 400 F and bake lasagna, covered, for 50min-1hr or until bubbly/ heated through. Allow to cool ~10min..

Salad

Grapefruit & Avocado Salad (5)

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

Breakfast

Brisket w/ Eggs, Spinach & Avocado (6)

1. Heat large saute pan over med-high heat with 1-2tsp oil.
2. Thinly slice brisket and add to pan, cook 2-3 min/ side. Add 5oz baby spinach and cook additional 3-5 minutes or spinach wilts.
3. In separate pan, fry 8 eggs (2 per person) sunny-side up for 3-4 minutes. Top brisket & spinach with fried eggs.
4. Slice 2 avocados and serve on the side of eggs and brisket. Season all with S&P.

Note: Poached or scrambled eggs also work.

Snack

Bell Pepper Slices w/ Almond Butter Dipping Sauce (7)

Dessert

Chewy Cocoa Cookies (8)