



February Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Beef Stir Fry w/ Broccoli & Cauliflower Rice
2. Meal 2: Chili Roasted Sea Bass w/ Sauteed Bok Choy & Mushrooms
3. Meal 3: Lemon-Parsley Pork Chops w/ Cabbage & Apples
4. Meal 4: Sausage, Kale & Sweet Potato Soup
5. Salad: Mixed Greens w/ Strawberries, Pecans & Goat Cheese
6. Breakfast: Sweet Potato Bird's Nests
7. Snack: Pear w/ Sunflower Seed Butter
8. Dessert: Baked Apples w/ Cherries & Almonds



Herbs

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



Fruits

1 pint strawberries (5)
 2 granny smith apples (3)
 4 red apples (8)
 4 pears (7)
 2 lemons (3)



Dairy (optional)

4oz goat cheese crumbles (5)
 1tsp butter or ghee (3)



Pantry

½c sunflower seed butter (7)
 6T coconut aminos (1,2)*
 4c vegetable broth (4)*
 1tsp vanilla extract (8)*



Veggies

1 head purple cabbage (3)
 1-2 bunches bok choy (2)
 1 bunch kale (4)
 1 bunch broccoli (1)
 1 head cauliflower (1)
 (OR 1 bag cauli rice)
 8oz whole portobello mushrooms (2,6)
 2 large sweet potatoes (4,6)
 (OR sub 1 sweet potato + 1 bag spiralized sweet potatoes)
 2 yellow onions (1,4,6)
 5oz mixed greens (5)



Meats

1# grassfed beef stir fry meat (cut into thin strips) (1)
 ~½# ground chicken sausage (4)*
 4-8 thin-cut, bone-in pork chops (3)
 12oz ground breakfast sausage (6)*



Nuts & Dry Fruit

½c almonds (8)
 ½c chopped pecans (5)
 ¼c medjool dates, ~2 (8)
 ¼c dried cherries (8)*



Spices

½T cinnamon (8)
 ~3T chili powder (2,4)*
 1T cumin (4)
 ~1tsp ancho chili powder, optional (4)



Oils & Vinegars

1¼c olive oil
 ~⅓c coconut oil (1,8)
 ~1½T toasted sesame oil (1,2)
 ¼c balsamic vinegar (5)
 1tsp apple cider vinegar, optional (3)



Eggs

8 eggs (omega-3) (6)



Seafood

4 Chilean sea bass fillets (2)
 (OR sub salmon)

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



February Menu, Week 4 - PALEO: Prep Day

Preheat oven to 350 F. (6 - optional)



Apples: Peel & roughly chop 2 granny smith apples, set aside. (3)

Strawberries: Slice 1 pint of strawberries into bite-sized pieces. Set aside. (5)

Cabbage: Finely chop 1 head cabbage (option to use a food processor attachment). (3)

Garlic: Finely chop 6 garlic cloves, set aside ½ for soup (4) & half for stir fry (1). (1,4)

Ginger: Grate ginger to equal ~2T, set aside. (1)

Kale: Remove leaves from stems and finely chop both stems and leaves separately, set aside. (4)

Sweet Potato: Finely chop 1 sweet potato into small bite-sized pieces for soup. Set aside. (4)

Sweet Potato: With a spiralizer, spiralize 1 large sweet potato. If not using spiralizer, bake instead by wrapping in foil and baking in 350 F oven for 1-1.5 hr or until knife inserts easily. Remove from oven and cool. [*] (6)

Onion: Finely chop 2 onions. Store 2T for breakfast (6) & ½ of remaining for cauli rice. (1) [*] (1,6) Set aside rest for soup (4). (1,4,6)

Mushrooms: Dice 3 mushrooms. Store w/ 2T chopped onion. [*] (6)

Mushrooms & Bok Choy: Slice remaining mushrooms & chop 1-2 bunch bok choy into ~1" pieces. [*] (2)

Broccoli: Chop into small bite-sized pieces. [*] (1)

Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop, make sure it is completely dry and set aside. (1)



Soup: In a large soup pot heat 1tsp olive oil over med-high heat. Add: ½# sausage + 2T chili powder + 1T cumin + 1tsp ancho powder (adjust for heat preference) + chopped veggies (garlic cloves, sweet potatoes, kale stems and chopped yellow onion). Sauté for 8-10 min. Add 4c low-sodium vegetable broth + 4c water.

Add finely chopped kale leaves. Bring to a boil, lower to a simmer and cook for 20 minutes. Season to taste with S&P and additional ancho powder as desired. Allow to cool. [*] (4)



Sautéed Cabbage & Apples (3):

Heat 1tsp butter (option: ghee or coconut oil) over med heat & place chopped apple and cabbage in pan.

Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.

Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking. [*] (3)

Sweet Potato Nests: In a large skillet, brown 12oz ground breakfast sausage. Cool. [*] (6)



Baked Apples (8)

Place in a blender:

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

Blend until roughly chopped.

Cut 4 red apples in half and scoop out center seeds.

Place 1T (heaping) of filling in each apple; sprinkle w/ ½T cinnamon. Cover with foil. [*] (8)



Cauliflower Rice (1)

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. [*] (1)

Lemon Parsley Marinade (3)

Blend the following until the parsley is chopped:

- juice of 2 lemons
- 1/2c olive oil
- large handful fresh parsley
- 1tsp salt [*] (3)



Salad (5)

Layer in container as follows:

- 1/2 of mixed greens
- 1/2 sliced strawberries
- 1/4c chopped pecans
- 2oz goat cheese

Repeat layers. [*] (5)



Balsamic Vinaigrette (5)

Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper [*] (5)

Chili Sea Bass Marinade (2)

In a bowl whisk together: 2T olive oil + 2tsp chili powder + 1tsp salt

Evenly spread over sea bass. [*] (2)

Stir Fry Sauce (1,2)

Whisk together: 6T coconut aminos + 1 1/2T sesame oil + 3T fresh grated ginger + remaining chopped garlic (~2-3 cloves).

Pour 2/3 of sauce over sliced stir fry beef. [*] (1) Store remaining 1/3 for Bok Choy. [*] (2) (1,2)

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



February Menu, Week 4 - PALEO: Dish Day

Day 1

Beef Stir Fry w/ Broccoli & Cauliflower Rice (1)

1. Heat 1T coconut oil (or olive) in large sauté pan, add chopped onion, sauté ~10min or translucent. Add the cauliflower rice.
2. Cover and cook ~ 5min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
3. Heat 1tsp coconut oil (or olive) in large sauté pan over med-high heat.
4. Cook broccoli 10min. Scoot veggies to side, add beef to pan (including marinade) & cook 3-5 min, or pink is just disappearing.

Day 2

Chili Roasted Sea Bass w/ Sautéed Bok Choy & Mushrooms (2)

1. Preheat oven to 425 F.
2. Place fish in baking pan and roast for 20-22 minutes or cooked through/ flaky.
3. Add 1tsp oil to lg saute pan. Add sliced mushrooms, cook ~8-10 mins.
4. Add bok choy & stir fry sauce, stir to coat all ingredients w/ sauce, cook 1-2 more mins.

Day 3

Lemon-Parsley Pork Chops w/ Cabbage & Apples (3) *marinate pork in fridge 1 hour up to 24 hours*

1. Preheat oven to 425 F. Remove pork chops from marinade.
2. Bake pork chops in single layer on a baking sheet for ~12-15 minutes or until 150 F internal temp.
3. Reheat cabbage & apples in a large sauté pan, covered, over medium heat, stirring occasionally, until heated through.

Day 4

Sausage, Kale & Sweet Potato Soup (4)

1. Reheat on stovetop, on low, until bubbly/ heated through, stirring occasionally.

Salad

Mixed Greens w/ Strawberries, Pecans & Goat Cheese (5)

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

Breakfast

Sweet Potato Bird's Nests (6)

1. Preheat oven to 350 F. Grease or line 8 cups of a muffin pan.
2. Place spiralized sweet potato, evenly, into muffin tins until they are about half way full.
3. Crack 1 egg and place on top of spiralized sweet potato. Top w/ ground sausage, 2T chopped yellow onion & diced mushrooms.
4. Sprinkle with S&P, cover with foil and bake for 15 mins.
5. Remove foil & cook for ~5 mins to crisp sweet potato if desired.

*Note: If you do not have a spiralizer and chose to make mashed sweet potatoes, serve warmed sweet potatoes on side. The egg cups will require less time to bake as well since they will not have sweet potato on the bottom.

Snack

Pear w/ Sunflower Seed Butter (7)

1. Use an apple slicer (or knife) to slice pear. 1 serving = 1 pear + 1-2T sunflower seed butter.

Dessert

Baked Apples w/ Cherries & Almonds (8)

1. Bake, covered, in preheated 375 F oven for 25-35 min. Remove cover for final 5-10min.