



March Menu, Week 1 - PALEO: Grocery List

Serves 4

1. Meal 1: Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower
2. Meal 2: Apricot-Glazed Chicken Thighs w/ Broccoli & Sweet Potatoes
3. Meal 3: Grassfed Beef & Mushroom Marinara over Spaghetti Squash
4. Meal 4: Sausage, Shrimp & Veggie Gumbo
5. Salad: Mixed Greens w/ Raspberry, Feta & Pistachios
6. Breakfast: Asparagus, Mushroom & Goat Cheese Frittata
7. Snack: Baba Ganoush w/ Carrots
8. Dessert: Cherry Parfaits



Herbs

1 bunch cilantro (2)
 ~2" ginger knob (1)
 1 bulb garlic (2,4,7)



Fruits

1 pint raspberries (5)
 1 lemon (7)



Dairy (optional)

4oz goat cheese crumbles (6)
 4oz feta crumbles (5)
 32oz organic greek yogurt (8)
 (OR yogurt of choice)



Pantry

1/2c apricot preserves (2)
 ~4c chicken broth (4)*
 32oz tomato sauce (3)*
 ~2T red curry paste (1)*
 1/4c coconut aminos (1)*
 3T tahini (7)*



Veggies

1 bunch broccoli (2)
 1 head cauliflower (1)
 2 eggplant (1,7)
 1 large spaghetti squash (3)
 1 bunch asparagus (6)
 1# carrots (7)
 2 green bell peppers (4)
 16oz sliced mushrooms (3,6)
 1 yellow onion (4)
 2 large sweet potatoes (2)
 5oz mixed greens (5)



Meats

1# grassfed ground beef (3)
 1-1 1/2# chicken thighs (2)
 (boneless, skinless)
 1 link (~3oz) raw andouille
 sausage (4)*



Nuts & Dry Fruit

1/2c pistachios (5)
 Toppings for parfaits (8)
 (1/2c sliced almonds, pecans,
 macadamia nuts, dried
 coconut flakes or topping of
 choice)



Spices

5-6T Italian seasoning (2,3)*
 1/8tsp cayenne pepper (2)
 2tsp creole seasoning (4)*
 1/8tsp cumin (7)
 1/8tsp paprika (7)



Seafood

4 salmon fillets, 4-6oz ea (1)
 12oz shrimp (4)
 (peeled, deveined, fresh or
 frozen)



Frozen

12-16oz cut okra (4)
 10oz cherries (8)



Oils & Vinegars

~1c olive oil
 1T toasted sesame oil (1)
 1/4c balsamic vinegar (5)



Eggs

8 eggs (omega 3) (6)

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



March Menu, Week 1 - PALEO: Prep Day

Preheat oven to 350 F. (3,6,7)



Eggplant: Line baking sheet w/ parchment paper. Roast 1 whole eggplant for ~45 min - 1 hour or until tender. Cool. (7)

Spaghetti Squash (3)

Pierce the spaghetti squash with a knife. Roast whole for ~2 hours (or until a knife easily pierces the skin).

Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool.

Remove seeds from cooked and cooled spaghetti squash and discard seeds. Scoop out squash. [*] (3)



Asparagus: Remove and discard lower 2-3" of asparagus bunch. Cut remaining spears into 1/2" pieces and set aside. (6)

Carrots: Cut 1# carrots into sticks. [*] (7)

Sweet Potatoes: Cut 2 lg sweet potatoes into 1" cubes. Toss w/ 1T olive oil, 3T Italian seasoning, S&P. [*] (2)

Gumbo: Chop 1 yellow onion + 2 bell peppers + 3 cloves garlic (for ~1T), set aside. (4)

Broccoli: Remove stem & cut florets into 1-2" pieces. Toss w/ 1T olive oil S&P. [*] (2)

Curried Veggies: Cut 1 cauliflower & 1 eggplant into small, bite-sized pieces, ~1/2", set aside. (1)

Ginger: Grate ginger to equal ~2T. Set aside. (2)



Gumbo (4):

In a large stock pot over med-high heat, sauté sausage (removed from casing), for 2-3 minutes, breaking apart.

Add 2 chopped bell peppers, 1 chopped onion, ~1T chopped garlic & 2tsp Creole seasoning, sauté 7-8 minutes.

Add 2c water + 4c chicken broth, bring to boil & lower to simmer for 15-20 minutes.

Add 12-16oz frozen cut okra + 12oz peeled shrimp. Increase heat to medium allowing to simmer.

Cook another 20-30 min on low simmer, add more water/ broth if needed for desired consistency.

Season to taste w/ additional Creole seasoning, S&P. Remove from heat & cool before storing. [*] (4)



Mushroom & Asparagus (6)

Heat 1T oil over medium heat. Add 8oz sliced mushrooms, S&P and saute ~10 min.

Add chopped asparagus and cook ~3-4 minutes more. Cool. (6)

Tomato Sauce (3)

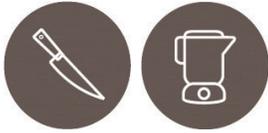
In lg sauté pan, add 1# ground beef (breaking apart) + remaining 8oz sliced mushrooms & sauté 15 min, stirring occasionally.

Add 32oz tomato sauce, season w/ 2-3T Italian seasoning, S&P to taste. Stir to combine, shut off heat, allow to cool. [*] (3)



Breakfast Frittata (6)

Whisk 8 eggs in a large bowl. Stir in cooked asparagus & mushrooms + 4oz goat cheese crumbles (optional). Pour into oiled pie pan. Sprinkle w/ $\frac{1}{8}$ tsp salt. Bake at 350 F for 25-30 min or until no longer jiggly, Allow to cool. [*] (6)



Baba Ganoush (7)

Cut cooked & cooled eggplant in half and scoop out flesh. Add flesh to food processor (or blender) and add 3T tahini + juice of 1 lemon + 3 cloves garlic + $\frac{1}{8}$ tsp cumin + $\frac{1}{8}$ tsp paprika. Blend until pureed. [*] (7)



Apricot Chicken (2)

Place the following in a blender:

- $\frac{1}{2}$ c apricot preserves
- handful of cilantro
- small garlic clove
- $\frac{1}{8}$ tsp cayenne

Blend until smooth. Top 1-1 $\frac{1}{2}$ # chicken thighs evenly with apricot glaze. [*] (2)



Salmon Marinade (1)

Whisk together:

$\frac{1}{4}$ c low-sodium coconut aminos + 1T toasted sesame oil + 2T fresh grated ginger

Pour over 4 salmon fillets if cooking within 24 hours. Otherwise, store marinade & salmon separately. [*] (1)

Curried Veggies (1)

Whisk together:

- $\frac{1}{4}$ c olive oil
- $\frac{3}{4}$ c water
- 1-2T red curry paste
- $\frac{3}{4}$ tsp salt

Toss with chopped eggplant & cauliflower. [*] (1)

Side Salad (5):

In a container layer the following (option to store in the salad tub):

- $\frac{1}{2}$ tub of mixed greens, ~2.5oz
- $\frac{1}{4}$ c pistachios
- $\frac{1}{2}$ pint raspberries
- 2oz feta cheese crumbles, optional

Repeat layers. [*] (5)



Balsamic Vinaigrette: Whisk together: $\frac{1}{2}$ c olive oil + $\frac{1}{4}$ c balsamic vinegar + S&P to taste. [*] (5)

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



March Menu, Week 1 - PALEO: Dish Day

Day 1

Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower (1)

1. Preheat oven to 400 F.
2. Place seasoned cauliflower & eggplant in a large baking pan and roast for 35-40 minutes, tossing halfway through.
3. Remove salmon from marinade and place on a parchment-lined baking sheet. Bake for 16-20 minutes or cooked through/ flaky.

Day 2

Apricot-Glazed Chicken Thighs w/ Broccoli & Sweet Potatoes (2)

1. Preheat oven to 425 F.
2. Place sweet potatoes and broccoli on an oiled sheet tray, roast 35-40min, remove from oven and toss halfway through cooking.
3. Place chicken in a baking pan & bake for 35 minutes or cooked through to 165 F.

Day 3

Grassfed Beef & Mushroom Marinara over Spaghetti Squash (3)

1. Preheat oven to 350 F.
2. Reheat spaghetti squash & tomato sauce, covered, for 50-60min. Remove sauce from oven to stir, halfway through.

Day 4

Sausage, Shrimp & Veggie Gumbo (4)

1. Reheat in lg pot on stovetop over med-high until bubbly, turn to med-low, stir occasionally, ~25 min. Add water as needed.

Salad

Mixed Greens w/ Raspberry, Feta & Pistachios (5)

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

Breakfast

Asparagus, Mushroom & Goat Cheese Frittata (6)

1. Reheat each slice in toaster oven (3-5 minutes) or in microwave (30 sec-1 min)
OR Reheat entire frittata in 350 F oven for 15-20 minutes or heated through.

Snack

Baba Ganoush (7)

1. Serve w/ carrot sticks.

Dessert

Cherry Parfaits (8)

1. Thaw cherries in fridge overnight.
2. Place 1c Greek yogurt, or yogurt of choice, into serving dish.
3. Top yogurt w/ ~1/2c cherries.
4. Top 1-2T sliced almonds, macadamia nuts and/or dried coconut flakes