



March Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Shrimp, Avocado & Grapefruit Salad
2. Meal 2: Baked Whole Chicken w/ Roasted Fennel & Fingerling Potatoes
3. Meal 3: Beef Fajitas w/ Guacamole
4. Meal 4: Turkey Minestrone
5. Salad: Italian Side Salad
6. Breakfast: Homemade Sausage Patties w/ Poached Eggs over Mashed Sweet Potatoes
7. Snack: Apple "Nachos"
8. Dessert: Tropical Chia Pudding



Herbs

1 bunch cilantro (3)
1 bulb garlic (3,4)
1 bunch fresh thyme (2)
(OR fresh poultry herb mix)



Fruits

1 lime (3)
1 grapefruit (1)
2 lemons (2)
3 apples (7)



Nuts, Seeds & Dried Fruits

3/4c sliced almonds (1)
1c chia seeds (8)
Apple "nachos" toppings (7)
(1/4c dried cherries,
unsweetened coconut flakes,
sliced almonds, cacao nibs,
etc. or any combo of items).



Pantry

4c beef broth (4)*
~14oz crushed tomatoes (4)
1T honey (1)
1/2c sliced kalamata olives (5)
1 can full fat coconut milk (8)
1/2c maple syrup (8)
1tsp vanilla extract (8)*
1/2c shredded coconut (8)*
(unsweetened)
~3T almond butter (7)



Veggies

4 avocados (1,3)
1 tomato (3)
1 pint cherry tomatoes (5)
1 jalapeño (3)
1 red, 1 yellow, 1 green bell
pepper (3)
1 large carrot (4)
1 med zucchini (4)
2 fennel bulbs (2)
1 cucumber (5)
2 large sweet potatoes (6)
1 1/2-2# fingerling potatoes (2)
1 red onion (3)
1 yellow onion (4)
1 head Bibb lettuce (3)
5oz chopped romaine (5)
5oz tub mixed greens (1)



Meats

1/2# ground turkey, 93% lean
(4)
1# grassfed stir fry beef (3)
1 whole chicken (2)
1# ground pork (6)



Seafood

1 1/2# shrimp, peeled, deveined,
tails removed (1)



Frozen

~20oz frozen mango cubes (8)
(OR 3 fresh mangos, diced)



Oils & Vinegars

~1c olive oil
~1/4c apple cider vinegar (5,6)
2T champagne vinegar (1)



Spices

~1 1/2T thyme (4,6)
2T basil (4,5)
1T oregano (4)
2T taco seasoning (3)*
1tsp ground ginger (6)
1tsp garlic powder (6)*
2tsp dried sage (6)
1T dried tarragon (6)



Eggs

4 eggs (omega 3) (6)

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



March Menu, Week 2 - PALEO: Prep Day

Preheat oven to 350 F. (6)



Sweet Potatoes (6)

Cut 2 large sweet potatoes in half, wrap in foil & bake for 50-55 minutes or until knife inserts easily. Cool. Mash with fork. [*] (6)



Lemons: Cut 2 lemons into quarters for whole chicken. [*] (2)

Minestrone: Finely dice 1 yellow onion, 1 carrot, and 2 cloves garlic, set aside. Dice 1 zucchini, set aside. (4)

Fajitas: Cut 3 bell peppers & 1 red onion into thin slices, finely chop 2 cloves garlic. [*] (3)

Guacamole: Finely chop 1 tomato, ½ jalapeño (removing seeds) & 1T cilantro. [*] (3)

Grapefruit: Cut 1 grapefruit over a bowl (to collect juice). Cut into ½" segments. Reserve 2T juice, set aside for vinaigrette. [*] (1)

Italian Salad: Chop 1 cucumber into small, ½" bite-sized pieces. Halve 1 pint cherry tomatoes. Set aside. (5)

Fennel: Remove & discard green fronds from 2 fennel bulbs. Slice white part into ½"-1" wedges & toss w/ 1-2T olive oil + S&P. [*] (2)



Shrimp: Boil 1½# shrimp for 4-5 minutes or until color has turned. Cool. [*] (1)

Minestrone Soup (4)

Heat 1tsp oil in a large soup pot over medium high, add ½# ground turkey. Break apart turkey, allowing to cook.

Add chopped veggies (1 diced yellow onion, chopped garlic & carrot), sauté 6-8 minutes or until turkey is cooked.

Season w/ 1T each: thyme, basil, oregano. Add 1 chopped zucchini, ~14oz crushed tomatoes, 4c beef broth & 4c water.

Bring to boil, lower heat & simmer ~30 mins to 1 hr. Add additional water if needed, set aside & cool. Season w/ S&P to taste. [*] (4)



Tropical Chia Pudding (8)

Whisk together the following:

- 1 can full fat coconut milk
- 2½c water
- 1c chia seeds
- ½c maple syrup
- 1tsp vanilla
- ½c shredded coconut, unsweetened

Stir In:

~20oz frozen mango cubes (or 3 fresh mangos, diced)

Refrigerate for 12-24 hours or until chia is "hydrated", stirring occasionally. [*] (8)



Italian Salad (5):

Whisk together:

- ½c olive oil
- ¼c apple cider vinegar
- 1T dried basil
- S&P [*] (5)

Toss vinaigrette together with:

- 1 cucumber, chopped
- 1 pint cherry tomatoes, halved
- ½c sliced kalamata olives. [*] (5)

Sausage (6)

Whisk together:

- 1tsp ground ginger
- 1tsp garlic powder
- 1tsp dried thyme
- 2tsp dried sage
- 1T dried tarragon
- ½tsp salt

Add 1# ground pork and mix to combine (easiest done with hands). Form into ~8 patties. [*] (6)



Champagne Vinaigrette (1)

Whisk together:

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

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



March Menu, Week 2 - PALEO: Dish Day

Day 1

Shrimp, Avocado & Grapefruit Salad (1)

1. Bring champagne vinaigrette to room temp; shake well. Chop 2 avocados.
2. Toss mixed greens w/ cooked shrimp, cut grapefruit & chopped avocado, $\frac{3}{4}$ c sliced almonds. Top with vinaigrette.

Day 2

Baked Whole Chicken w/ Roasted Fennel & Fingerling Potatoes (2)

1. Preheat oven to 375 F.
2. Pat 1 whole chicken dry and stuff bird with lemon wedges, 1 bunch fresh thyme, olive oil, and S&P.
3. Season outside with olive oil, S&P. Roast for 1-1.25 hrs or until chicken reaches temp of 165 F (~30min/ pound).
4. Toss potatoes w/ 1-2T olive oil + S&P. Roast for ~40-50min or knife inserts easily, tossing halfway through cook time.
5. Roast fennel on parchment lined baking sheet for ~35-45min.

Day 3

Beef Fajitas w/ Guacamole (3)

1. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onion, sautéing for ~10 minutes.
2. Add 1# stir fry beef + 2T taco seasoning, cook ~5 mins or just cooked.
3. Make guacamole: mash 2 avocados. Add: 1T cilantro, 1 chopped tomato, $\frac{1}{2}$ -1tsp jalapeño, juice of $\frac{1}{2}$ lime (or more to taste), S&P.
4. Serve fajitas in Bibb lettuce wraps with guacamole and lime slice on the side.

Day 4

Turkey Minestrone (4)

1. Reheat on stove top over medium heat until bubbly, reduce to low, heat ~20 minutes or heated through (stirring occasionally).

Salad

Italian Side Salad (5)

1. Toss 5oz chopped romaine with dressed tomatoes, cucumber and olives.

Breakfast

Homemade Sausage Patties w/ Poached Eggs over Mashed Sweet Potatoes (6)

1. In small sauce pan over med-low, reheat mashed sweet potato, stirring occasionally, until warmed through.
2. Heat large sauté pan over med-high heat and cook sausage patties ~3-4min/ side or until cooked through.
3. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove eggs.
4. Serve eggs over baked sweet potatoes w/ sausages on the side. Season w/ S&P.

Snack

Apple "Nachos" (7)

1. Core and thinly slice 3 apples.
2. Melt ~3T almond butter and drizzle over top.
3. Top with $\frac{1}{4}$ c toppings of choice (dried coconut flakes, sliced almonds, dried cherries, cacao nibs, etc.)

Dessert

Tropical Chia Pudding (8)