



March Menu, Week 3 - PALEO: Grocery List

Serves 4

1. Meal 1: Greek Chicken Salad
2. Meal 2: Salmon over Sautéed Spinach w/ Mushrooms & Feta
3. Meal 3: Asian Turkey Lettuce Wraps
4. Meal 4: Garlic Roasted Pork Chops w/ Roasted Potatoes & Brussels Sprouts
5. Salad: Spinach, Pine Nut, Golden Raisin & Parmesan
6. Breakfast: Paleo Banana Bread Granola w/ Berries
7. Snack: Grapes & Cashews
8. Dessert: Almond Butter Cups



Herbs

- 1 bunch cilantro (3)
- 1 bulb garlic (2,3)
- ~2-3" ginger knob (3)



Fruits

- 1 bunch grapes (7)
- 1 banana (6)
- 2 lemons (2)
- 1 pint berries of choice (6)



Dairy (optional)

- 8oz feta crumbles (1,2)
- 4oz shredded parmesan (5)
- milk or yogurt of choice (6)



Pantry

- ~8.5oz can artichokes (1) (in water)
- 1/2c sliced kalamata olives (1)
- 1 can water chestnuts (3)
- 3T coconut aminos (3)
- 4T almond butter (8)*
- 1c cacao or cocoa powder (8)
- 1/4c honey (8)
- 12 muffin liners (8)
- 1tsp vanilla extract (6)*



Veggies

- 1 bunch green onions (3)
- 1 pint cherry tomatoes (1)
- 1 red bell pepper (3)
- 1 cucumber (1)
- 1 yellow onion (3)
- 1.5# mini red potatoes (4)
- 16oz sliced mushrooms (2)
- 1# Brussels sprouts (4)
- 2 heads romaine lettuce (1,3)
- 16oz baby spinach (2,5)



Meats

- 1 1/4# ground turkey, 85% lean (3)
- 1# chicken breasts (1) (boneless, skinless)
- 4-8 thin cut, bone-in pork chops (4)



Nuts & Dried Fruit

- 1/2c pine nuts (5)
- 1c cashews (7)
- 1/2c golden raisins (5)
- 1 1/2c walnuts (6)
- 1c pecans (6)
- 1/2c pumpkin seeds (6) (OR sub sunflower seeds)
- 4 medjool dates, ~1/2c (6)
- 1c large, unsweetened coconut flakes (6)
- 2T flax or hemp seeds, optional (6)



Spices

- 1/2T oregano (1)
- 1tsp red chili flakes, optional (3)
- 1-2T garlic salt (4) (OR ~1T garlic powder)
- 1T cinnamon (6)



Seafood

- 4 skin-on salmon fillets, 4-6oz ea (2)



Oils & Vinegars

- ~1 3/4c olive oil
- 2T toasted sesame oil (3)
- 2T rice vinegar (3)
- 1/4c red wine vinegar (1)
- 1/2c balsamic vinegar (1,5)
- 1 1/2c coconut oil (6,8)



March Menu, Week 3 - PALEO: Prep Day

Preheat oven to 350 F. (1,6)



Chicken: Whisk together $\frac{1}{4}$ c balsamic vinegar + $\frac{1}{4}$ c olive oil + ground pepper + 1T salt. Marinate 1# chicken breasts ~30 min. (1)



Salmon Topping: Zest 1 lemon, combine with 2T olive oil + S&P. Keep remaining whole lemon for juicing on Dish Day. [*] (2)
Romaine: Remove 10-12 large leaves, store in large baggie for Asian wraps (3). Finely chop remaining lettuce for salad. (1) [*] (1,3)
Greek Salad: Cut 1 pint cherry tomatoes in half. Chop 1 cucumber in $\frac{1}{2}$ " pieces. Drain artichokes & chop into small pieces. [*] (1)
Green Onion: Chop 1 bunch green onions, keeping whites & greens separate. Set aside. (3)
Wraps: Finely chop 2 cloves garlic. Grate 1T ginger. Set aside. (3)
Wraps: Finely chop 2T cilantro + 1 yellow onion + 1 red bell pepper + 1 can water chestnuts (drained). Set aside separately. (3)
Potatoes & Brussels: Cut potatoes in $\frac{1}{2}$ if larger than ping pong ball. Toss w/ Brussels + 2-3T olive oil + S&P. [*] (4)
Garlic: Thinly slice 3-4 cloves garlic. [*] (2)



Chicken: Remove chicken from marinade & bake for ~25-30 mins depending on thickness (or cooked to 165 F). Cool & slice. [*] (1)



Lettuce Wraps (3)

In lg sauté pan heat 1tsp olive oil, add $1\frac{1}{4}$ # ground turkey + chopped veg (1 bell pepper, 1 onion, 2 garlic cloves) + 1T grated ginger. Cook ~10-12 min, breaking apart meat.
Add chopped water chestnuts, cilantro, green onion tops, 1T toasted sesame oil, 1T coconut aminos, 1T rice wine vinegar.
Stir to combine. [*] (3)



Almond Butter Cups (8)

Place 12 muffin liners in a muffin pan.

In a saucepan over low heat, whisk together 1c coconut oil, 1c cacao/cocoa powder, $\frac{1}{4}$ c honey & pinch of salt, until coconut oil is melted and ingredients are well combined. Remove from heat.

Place 1T of cocoa mixture into bottom of each liner & freeze ~10 min. Once cocoa mixture hardens, place 1tsp almond butter in center of each cup and "flatten" slightly. Top with additional 1- $1\frac{1}{2}$ T cocoa mixture (enough to cover completely). Place in freezer for 10 min or until hardened. Store in muffin pan or remove from muffin pan and store in container or large baggy in freezer. (8)



Paleo Bread Granola (6)

In a food processor add:

- 1½c walnuts
- 1c pecans
- ½c pumpkin or sunflower seeds
- 2T flax or hemp seeds, optional
- 4 medjool dates, pitted (~½c)
- 1c coconut flakes
- 1T cinnamon
- ½tsp salt

Pulse until nuts and dates are chopped and resemble "oats". Remove mixture from processor and set aside in a bowl.

Now add to the food processor and blend until smooth:

- 1 banana + ½c melted coconut oil + 1tsp vanilla

Add the nut mixture (from above) back to the food processor and pulse until just combined.

Place mixture on large sheet pan lined with parchment paper and spread out into a thin layer (the mixture should be wet).

Bake at 350 F for 10 mins. Remove from oven & stir, breaking apart granola. Bake 5-10 more mins (watch closely - it burns easily!).

Remove from oven, cool, break apart as desired and store in an airtight container. Yields ~5c or 10 servings. [*] (6)



Balsamic Vinaigrette (5)

Whisk together: ½c olive oil + ¼c balsamic vinegar + S&P to taste. [*] (5)

Greek Vinaigrette (1)

Whisk together:

- ½c olive oil
- ¼c red wine vinegar
- ½T dried oregano
- S&P to taste. [*] (1)

Asian Dipping Sauce (3)

Whisk together:

- 1T toasted sesame oil
- 1T rice vinegar
- 2T coconut aminos
- 1tsp red chili flakes, optional [*] (3)



Spinach Salad (5)

In a container layer the following:

- 2.5oz baby spinach
- ¼c pine nuts
- ¼c golden raisins
- 2oz parmesan

Repeat layers. [*] (5)

Pork Chops (4)

Sprinkle ~¼tsp garlic salt (OR mix 2tsp garlic powder + ½tsp salt) over each pork chop. [*] (4)

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



March Menu, Week 3 - PALEO: Dish Day

Day 1

Greek Chicken Salad (1)

1. Bring Greek vinaigrette to room temp & shake well.
2. Toss together: chopped romaine, cucumber, artichokes + halved tomatoes + 1/2c sliced kalamata olives + 4oz feta crumbles.
3. Top salad with sliced/cooked chicken.
4. Drizzle with vinaigrette.

Day 2

Salmon over Sautéed Spinach w/ Mushrooms & Feta (2)

1. Preheat oven to 450 F. Place salmon fillets in baking dish & rub w/ salmon topping mixture. Bake 8-10 mins, or until flaky.
2. Heat 2T olive oil in lg pan over med-high heat. Add 16oz sliced mushrooms. Cook ~15 mins, stir occasionally, until golden brown.
3. Add 3-4 sliced garlic cloves + S&P and cook for ~1 min, until fragrant and tender.
4. Add remaining baby spinach to mushrooms, cook for ~4 mins, stirring often, or until wilted.
5. Top spinach and mushrooms with ~4oz feta cheese + drizzle of lemon juice and serve with salmon.

Day 3

Asian Turkey Lettuce Wraps (3)

1. Heat filling in a sauté pan over med-high for 5-10 mins or heated. Serve filling in large romaine lettuce leaves w/ dipping sauce.

Day 4

Garlic Roasted Pork Chops w/ Roasted Potatoes & Brussels Sprouts (4)

1. Preheat oven to 425 F.
2. Spread veggies in single layer on a baking sheet. Bake for 35-45 minutes, tossing halfway through cook time.
2. Bake pork chops ~10-12 minutes, depending on thickness of chops. Internal temperature should reach 145 F.

Salad

Spinach, Pine Nuts, Golden Raisins & Parmesan (5)

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

Breakfast

Paleo Banana Bread Granola w/ Berries (6)

1. Serve granola topped with berries & milk.

Snack

Grapes & Cashews (7)

- 1 serving = 1c grapes + 1/4c cashews

Dessert

Almond Butter Cups (8)