



April Menu, Week 1 - PALEO: Grocery List

Serves 4

1. Meal 1: Slow Cooker Spring Lamb Roast w/ Roasted Potatoes & Brussels' Sprouts
2. Meal 2: Ginger-Sesame Roasted Pork Chops w/ Stir Fried Veggies
3. Meal 3: Leftover Lamb Roast w/ Mashed Sweet Potatoes & Sautéed Kale
4. Meal 4: Carrot & Zucchini Frittata w/ Strawberries
5. Salad: Mixed Greens, Grapes, Avocado & Sunflower Seeds
6. Breakfast: Lemon Raspberry Muffins
7. Snack: Turkey + Mustard + Avocado Roll-Ups
8. Dessert: Poached Pears



Herbs

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



Fruits

~1c seedless grapes (5)
1 pint strawberries (4)
3 lemons (6,8)
½ pint raspberries (6)
4 bosc pears (8)



Dairy (optional)

4oz shredded parmesan (4)



Pantry

28oz can diced tomatoes (1)*
1-2T mustard of choice (7)*
¼c coconut aminos (2)
3c organic apple cider (8)*
(OR sub organic apple juice)
¾c coconut flour (6)
½tsp baking soda (6)
½c honey (6)
12 parchment muffin liners (6)



Veggies

2# (~8) carrots (1,2,3,4)
1 bunch celery (1,3,5)
1 medium zucchini (4)
1# Brussels' sprouts (1)
1 head broccoli (2)
8oz sliced mushrooms (2)
2 bell peppers (2)
(mix of colors)
2 avocados (5,7)
1 yellow onion (1)
1# russet potatoes (1)
(OR sub sweet potatoes)
2 lg sweet potatoes, ~2# (3)
12oz bag pre-chopped kale (3)
(OR 2 bunches whole kale)
5oz mixed greens (5)



Meats

~4# lamb shoulder roast (1,3)
(OR sub pork or beef roast)
4-8 thin-cut pork chops (2)
6-8oz deli turkey (7)*



Nuts & Seeds

¼c sunflower seeds (5)



Oils & Vinegars

~1c olive oil
~¾c coconut oil (2,6)
~1¼c toasted sesame oil (2)
1-2T red wine vinegar (3)
(OR sub balsamic)
¼c balsamic vinegar (5)



Spices

~3T Italian seasoning (1)*
1tsp garlic powder (4)
1T fennel seeds, optional (4)
1tsp pumpkin pie spice (8)



Eggs

15 eggs (omega-3) (4,6)

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



April Menu, Week 1 - PALEO: Prep Day

Preheat oven to 375 F. (4,6)



Frittata: Grate 1 zucchini + 2 large carrots & set aside (works best in a food processor). Option to chop fennel seeds too. (4)
Potatoes & Brussels' Sprouts: Cut 1# potatoes into 1/2" pieces and 1# Brussels' sprouts in half. Toss both w/ 2T olive oil + S&P. [*] (1)
Note: if not eating w/in 24 hours, either pre-cook veggies (375 F, ~45 min), store potatoes in water, or chop potatoes on Dish Day.
Kale: If not using pre-chopped, remove leaves from stems. Discard stems and rough chop leaves. [*] (3)
Side Salad: Cut 1c grapes in half if preferred (option to leave whole). Finely dice 2 stalks of celery. Set aside. (5)
Lamb: Rough chop 1 yellow onion, 2 large carrots (peeling optional) and 3-4 stalks celery into ~1-2" pieces. [*] (1)
Stir Fry: Slice 2 bell peppers & 4 carrots into long, thin strips. Chop 1 head broccoli into bite-sized pieces. [*] (2)
Note: if you have extra carrots, chop into sticks for snacking.
Garlic: Finely chop 6 cloves garlic. Store 1/2 for kale [*] (3). Set aside other 1/2 for stir fry (2).
Ginger: Peel & grate 2T fresh ginger, set aside for stir fry sauce & marinade. (2)
Poached pears: Peel 4 pears. Peel 1 lemon and cut into strips. Set aside. (8)
Lemons: Zest 2 lemons for ~1T. Set aside. (6)



Sweet Potatoes: Peel and cut 2 sweet potatoes into 2" cubes. Place in pot, cover with water, and boil for 15-20 min until tender. Drain, cool, and mash with a fork until smooth. Season w/ S&P. [*] (3)



Frittata (4)

In a large bowl, whisk 10 eggs.

Stir in:

- 1 zucchini + 2 carrots, grated
- 1tsp garlic powder
- 1T fennel seeds (optional)
- 1/2tsp black pepper
- 1/8tsp salt

Pour into well-oiled casserole dish and top with 4oz shredded parmesan (optional).

Bake for ~20 mins or until no longer jiggly (will vary depending on depth of dish). Allow frittata to cool. [*] (4)

Lemon Raspberry Muffins (6)

In a large bowl, whisk the following until smooth (or pulse together in a food processor):

- 3/4c coconut flour
- 1/2tsp salt
- 1/2tsp baking soda
- 5 eggs
- 1/2c honey
- 1/2c coconut oil
- 1T lemon zest (~2 lemons)

Gently stir in 1/2 pint raspberries. Pour into a lined muffin tin, about 3/4 full.

Bake for 20-25 mins or tops spring back when touched. Yields ~12 muffins. [*] (6)

Note: Recommend putting any remaining muffins into the freezer after 24-48 hrs (or immediately). Defrost 1-2 hrs before eating.



Poached Pears (8)

In large saucepan over medium heat, combine 3c apple cider, 1c water, lemon zest strips, and 1tsp pumpkin pie spice. Add peeled pears. (Easiest to cook just 2-3 at a time.) Cover. Simmer for ~15 minutes, turning occasionally so that they cook evenly. Pears are done when they can be easily punctured with a fork. [*] (8)



Sweet Potatoes: peel cooked & cooled sweet potatoes and use a fork to mash potatoes until smooth. [*] (3)

Lamb (1,3)

Season ~4# lamb roast on all sides with ~3T Italian seasoning and a generous amount of salt & pepper. [*] (1,3)
Note: option to cook in slow cooker now and reheat on D1 & D3 (see Dish Day for full instructions).

Side Salad (5)

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

- 1/2 of mixed greens
- 1/2 of diced celery
- 1/2c grapes
- 1/8c sunflower seeds

Repeat layers. [*] (5)



Stir Fry Sauce (2)

Whisk together:

- 1/4c coconut aminos
- 1T toasted sesame oil
- 1T fresh grated ginger (save half for pork marinade below)
- 3 cloves chopped garlic. [*] (2)

Sesame Pork Marinade (2)

Whisk together:

- 1c toasted sesame oil
- 1T fresh grated ginger

Marinate 4-8 thin-cut pork chops. [*] (2)

Balsamic Vinaigrette (5)

Whisk together:

1/2c olive oil + 1/4c balsamic vinegar + pepper to taste [*] (5)

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



April Menu, Week 1 - PALEO: Dish Day

Day 1

Slow Cooker Spring Lamb Roast w/ Roasted Potatoes & Brussels' Sprouts (1)

1. Place chopped carrots, onions & celery, seasoned lamb roast, and 28oz diced tomatoes in slow cooker.
 2. Cook on low for 6-8 hours or high for 4-6 hours.
 3. Slice roast thinly, against the grain. Serve half of roast today and reserve half (with juices to keep moist) for D3.
 4. Preheat oven to 375 F. Roast potatoes & Brussels' sprouts for 45-55 minutes, or desired doneness. Toss halfway through cooking.
- Note: if pre-cooked, reheat lamb and juices at the same time as you roast potatoes & Brussels.

Day 2

Ginger-Sesame Roasted Pork Chops w/ Stir Fried Veggies (2) Note: requires 30min-12hr marinating time

1. Preheat oven to 375 F. Remove pork chops from marinade & bake for 12-15 mins (depending on thickness) or 145 F internal temp.
2. Heat 2tsp coconut oil (or olive) in lg sauté pan or wok over medium-high heat. Add 8oz sliced mushrooms & sauté for ~3 min.
3. Add bell pepper, carrots & broccoli to pan, saute 5-7min, stir occasionally. Add stir fry sauce, cook 3-4 min.

Day 3

Leftover Lamb Roast w/ Mashed Sweet Potatoes & Sautéed Kale (3)

1. Reheat mashed sweet potatoes in a sauce pan over med-low heat for 15-20 min, adding liquid and stirring as needed.
2. In a large saute pan, reheat roast in juices covered and over med-low heat until warmed, ~10 minutes.
3. In a large saute pan, place 3 cloves chopped garlic + chopped kale + 1T olive oil and saute over med-high heat for 2-3 minutes.
4. Add 1c water, cover & cook ~8-10 min, stirring kale occasionally. Season with S&P and 1-2T red wine vinegar to taste.

Day 4

Carrot & Zucchini Frittata w/ Strawberries (4)

1. Cover with foil and reheat in 350 F oven for 15-20 minutes or until heated through. Serve w/ fresh strawberries.

Salad

Mixed Greens w/ Grapes, Avocado & Sunflower Seeds (5)

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

Breakfast

Lemon Raspberry Muffins (6)

Snack

Turkey + Mustard + Avocado Roll-Ups (7)

1. Slice an avocado into 4-8 slices
2. Place 1-2 slices of turkey on a plate, top with avocado slice and ~1tsp mustard
3. Roll up and enjoy!

Dessert

Poached Pears (8)

1. Warm for ~30 seconds in microwave or eat cold.