



April Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Mustard-Dill Salmon w/ Asparagus & Purple Potatoes
2. Meal 2: Bison Strip Steaks w/ Sauteed Spinach & Mashed Cauliflower
3. Meal 3: Chicken & Bell Pepper Lettuce Wrap "Tacos" w/ Jicama & Guacamole
4. Meal 4: Shrimp Stir Fry w/ Broccoli & Carrots Over Cauliflower Rice
5. Salad: Romaine w/ Roasted Beets & Pumpkin Seeds
6. Breakfast: Veggie Breakfast Scramble
7. Snack: Kiwis w/ Brazil Nuts
8. Dessert: Chocolate Chip Cookies



Herbs

1 bunch dill (1)
1 bulb garlic (1,3,4,6)
~2" knob ginger (4)



Fruits

1 lime (3,6)
8 kiwi (7)



Nuts & Seeds

½c pumpkin seeds (5)
1c Brazil nuts (7)



Pantry

1c grainy mustard (1)*
2T coconut aminos (4)*
½c maple syrup (8)*
¾c cashew butter (8)*
1tsp vanilla extract (8)*
2½c almond flour (8)
½tsp baking soda (8)
½c chocolate chips (8)
(option: ½ chunks & ½ chips)



Veggies

1 head broccoli (4)
2 heads cauliflower (2,4)
(OR sub 1 bag cauli rice for 1 head of cauliflower)
1 bunch asparagus (1)
1# carrots (4)
4 large beets (5)
(2 red, 2 golden if available)
8oz sliced mushrooms (6)
3 bell peppers (3,6)
2 tomatoes (3,6)
2 avocados (3,6)
1 med jicama bulb (3)
1 small yellow onion (3)
1-2# purple potatoes (1)
(OR sub red potatoes)
iceberg or bibb lettuce (3)
(for taco wraps)
16oz baby spinach (2,6)
5oz chopped romaine (5)



Meats

4 bison strip steaks,
5-7oz ea (2)
(OR sub beef steaks)
1-2# boneless, skinless
chicken breast (3)
(OR sub chicken tenders)



Seafood

4 salmon fillets, 4-6oz ea (1)



Oils & Vinegars

~1c olive oil
1T toasted sesame oil (4)
~¾c coconut oil (4,8)
~¼c balsamic vinegar (5)



Eggs

8 eggs (omega-3) (6,8)



Frozen

1-1½# shrimp (4)
(peeled, deveined, no tails)



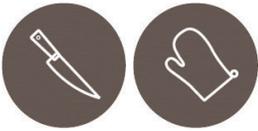
Spices

~1tsp ancho chili powder,
optional (3)*
(OR sub chili powder)
¼c taco seasoning (3)*
¼c steak seasoning (2)*



April Menu, Week 2 - PALEO: Prep Day

Preheat oven to 325 F. (5,8)



Beets (5)

Peel 4 beets and dice into 1/2" cubes. Toss w/ 1-2T olive oil + S&P. Roast for 55-65 mins, tossing halfway through cook time. When cooked through (a knife slides through the beets) remove from oven and toss w/ 1T balsamic vinegar. Allow to cool. (5)



Jicama: Peel & cut jicama bulb in half. Cut into into 1-2" strips. [*] (3)

Purple Potatoes: Cut purple potatoes in half (or ~1" pieces). Toss w/ 1-2T olive oil, S&P. [*] (1)

Peppers: Dice 3 bell peppers (1/2" dice). Set aside ~2/3 for chicken tacos (3) and ~ 1/3 for breakfast scramble (6). (3,6)

Onion: Chop 1 yellow onion, set aside. (3)

Garlic: Finely chop 7-9 garlic cloves for ~2T. Set aside. (1,3,4,6)

Asparagus: Cut bottom 2-3" off of asparagus and discard. Toss remaining spears w/ 1T olive oil + ~1tsp chopped garlic + S&P. [*] (1)

Stir Fry: Peel and grate ~1T ginger for stir fry. Store with ~1T chopped garlic. [*] (4)

Stir Fry: Cut 1 head broccoli into bite-sized pieces & 4 carrots into thin coins. [*] (4) Note: Slice remaining carrots for snacking.

Tomatoes: Finely chop 2 tomatoes. Set aside 1/2 for breakfast scramble (6) and store for 1/2 for guac. [*] (3) (3,6)

Cauliflower: Roughly chop 2 heads of cauliflower. Set aside. (2,4) Note: if using pre-rice cauliflower only chop 1 cauliflower head.

Chicken: Slice chicken breasts into 1-2" thin strips. (3)



Cauliflower: Bring 4c water to boil. Add 1 chopped cauliflower, lower to med, simmer 15 min. Turn off heat, cover & set aside. (2)



Chocolate Chip Cookies (8)

In a large bowl, mix the following together using a large fork:

2 eggs + 1/3c maple syrup + 2/3c cashew butter + 1tsp vanilla extract + 2 1/2c almond flour + 1/2tsp baking soda + 1/2c coconut oil, melted + 1/2c chocolate chips (1/2 chunks & 1/2 chips)

Refrigerate for 10-15 minutes, then roll into 1T balls.

Place on a parchment lined cookie sheet and bake for 12-14 minutes. Makes ~15 cookies at ~1T/each.



Breakfast Scramble (6)

Heat 1/2tsp olive oil in a medium sauté pan, over med-high heat.

Add ~1tsp chopped garlic, 8oz sliced mushrooms & 1 chopped bell pepper, cook for 10 minutes, stirring occasionally.

Add 1 chopped tomato and cook 5 more minutes. Add ~5oz spinach, cook 2 min or until wilting. Season w/ 1/2tsp salt.

In a bowl, whisk together: 6 eggs + fresh ground pepper.

Add eggs to sauté pan and cook an additional 4-5 minutes, stirring occasionally, until eggs are just cooked/ firm. [*] (6)



Chicken Lettuce Wraps (3)

Wash lettuce & store in container/baggy between dry paper towels. [*] (3)

Heat ½tsp olive oil in a medium sauté pan, over med-high heat. Add 1 chopped onion & ~1tsp chopped garlic. Sauté 3-4 minutes. Add 2 diced bell peppers & ~1tsp ancho chili powder (optional) & cook an additional 3-5 minutes, stirring occasionally.

Add sliced chicken breasts & ¼c taco seasoning. Add ½c water and cook for 10-15 mins or until chicken is cooked through. [*] (3)



Cauliflower Rice (4)

If not using pre-riced cauliflower, place 1 head 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. [*] (4)

Mashed Cauliflower (2)

Place cooked cauliflower in blender or food processor, reserving cooking liquid.

Add ¼c cooking water to cauliflower and blend until smooth. May need to add additional water, add only 1-2T at a time.

Season to taste w/ S&P. [*] (2)

Mustard Dill Salmon (1)

Tear off top half of dill (discarding the thicker stem portion) add to blender or food processor along with 1c grainy mustard. Blend until dill is chopped (OR option to chop dill and stir into 1c mustard). Spread 1-2T mustard-dill sauce on each salmon fillet. [*] (1)



Salad (5)

Layer in container as follows:

- ½ of chopped romaine
- ½ of roasted beets
- ¼c pumpkin seeds

Repeat layers. [*] (5)

Bison Steaks: Coat each steak w/ ~1T steak seasoning. [*] (2)



Stir Fry Sauce (4)

Combine: 2T coconut aminos + 1T toasted sesame oil [*] (4)

Balsamic Dressing (5)

Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper to taste [*] (5)

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



April Menu, Week 2 - PALEO: Dish Day

Day 1

Mustard-Dill Salmon w/ Asparagus & Purple Potatoes (1)

1. Preheat oven to 425 F. Place potatoes on baking sheet, place in oven, roast for 30-40 minutes, removing half way through.
2. Bake salmon for 18-22 minutes, or just cooked through, flaky.
3. Push potatoes to one side and add asparagus to baking sheet. Roast both for 10-12 minutes.

Day 2

Bison Strip Steaks w/ Sautéed Spinach & Mashed Cauliflower (2)

1. Preheat oven to 400 F. Place mashed cauliflower, covered, in oven for 40-50 minutes or heated through (option to microwave).
2. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
3. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).
4. Heat 1-2tsp oil in large sauté pan & cook remaining baby spinach, ~10oz, for 4-5 minutes. Season to taste w/ S&P.

Day 3

Chicken & Bell Pepper Lettuce Wraps w/ Jicama & Guacamole (3)

1. Reheat chicken & peppers in a sauté pan over med-high heat for 5-7 minutes, stirring occasionally (may need to add water).
2. Make guac: mash 2 avocados, stir in chopped tomato + juice of 1 lime + salt to taste. Reserve ½ of guac for breakfast (6).

Note: Store remaining guac w/ avo pit to help prevent browning.

3. Serve chicken tacos in lettuce wraps. Serve jicama slices dipped in guacamole on side.

Note: place shrimp in fridge to defrost for dinner tomorrow, D4.

Day 4

Shrimp Stir Fry w/ Broccoli & Carrots Over Cauliflower Rice (4)

1. Defrost shrimp in fridge or cold water if not done on D3.
2. Heat 1T coconut oil (or olive) in large sauté pan, add the riced cauliflower.
3. Cover and cook cauliflower rice ~5 min stirring frequently until it's crisp on the outside and tender on the inside. Season w/ S&P.
4. Heat 1tsp oil in another lg sauté pan over high heat, add ~1T chopped garlic + ~1T grated ginger + 1-1½# shrimp, cook 1 minute.
5. Add chopped carrots & broccoli, continuing to stir, and cook for ~6-8 mins.
6. Add Stir Fry sauce, stirring to coat all ingredients with sauce, cook another 3-4 min.

Salad

Romaine w/ Roasted Beets & Pumpkin Seeds (5)

1. Let vinaigrette come to room temp (~30 min) & shake well. Drizzle 1-2T/ serving of salad.

Breakfast

Breakfast Scramble (6)

1. Add 1tsp oil + egg mixture to a sauté pan over med-high heat for 4-5 min.
2. Serve w/ ½ of guacamole (instructions D3), saving ½ for D3 if not already eaten.

Note: Store remaining w/ avo pit to help prevent browning.

Snack

Kiwis w/ Brazil Nuts (7)

1. Cut kiwi in half and scoop out w/ spoon. 1 serving = 2 kiwi + ¼c brazil nuts.

Dessert

Chocolate Chip Cookies (8)