



# April Menu, Week 3 - PALEO: Grocery List

Serves 4

1. Meal 1: BBQ Shrimp w/ Mashed Sweet Potatoes
2. Meal 2: Italian Chicken w/ Roasted Carrots, Parsnips & Fennel
3. Meal 3: Slow Cooker BBQ Ribs w/ Potato Salad & Steamed Zucchini
4. Meal 4: California Chicken & Veggie Salad
5. Salad: Spinach w/ Mango, Avocado & Walnuts
6. Breakfast: Eggs Baked in Avocado w/ Oranges
7. Snack: Celery w/ Olive Dip
8. Dessert: Cherry Cobbler



## Herbs

1 bunch green onions (3)  
1 clove garlic (7)



## Fruits

4 oranges (6)  
1 ripe mango (5)



## Dairy (optional)

1c full fat greek yogurt (7)  
½c butter, unsalted (8)  
(OR sub ½c coconut oil)



## Pantry

~28oz strained tomatoes (1,3)\*  
(OR sub pureed tomatoes)  
1c sliced kalamata olives (7)  
½c mayo (3,7)\*  
1-2T grainy mustard (3)\*  
½c honey (1,3)  
1¼c almond flour (8)  
1tsp almond extract (8)  
(OR sub vanilla extract)



## Veggies

2 large carrots (2)  
2 large parsnips (2)  
1 fennel bulb (2)  
1 bunch celery (3,7)  
2 large zucchini (3)  
6-8 avocados (4,5,6)  
1 pint cherry tomatoes (4)  
2 large sweet potatoes (1)  
2# red potatoes (3)  
5oz spinach (5)  
5oz mixed greens (4)



## Meats

3# baby back ribs (3)  
4 chicken leg quarters (2)  
(bone-in, skin-on)  
1# boneless, skinless chicken  
breast (4)



## Nuts & Dry Fruit

½c walnuts (5)  
½c sunflower seeds (4)  
1½c medjool dates, ~10 (8)  
1c pecans (8)  
½c shredded coconut (8)  
(unsweetened)



## Spices

3-4T chili powder (1,3)\*  
1T oregano (2,4)  
1T Italian seasoning (2)\*  
1T cinnamon (8)  
1tsp ground ginger (8)



## Seafood

1-1½# shrimp, peeled,  
deveined, tails removed (1)



## Oils & Vinegars

~2c olive oil  
¼c balsamic vinegar (5)  
¼c apple cider vinegar (1,3)  
½c red wine vinegar (2,4)



## Frozen

20oz frozen dark cherries (8)



## Eggs

8-12 eggs (omega-3) (4,6)

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



## April Menu, Week 3 - PALEO: Prep Day

**Preheat oven 375 F (1,4)**



**Sweet Potatoes:** Pierce 2 large sweet potatoes with a fork. Bake at 375 F for 55-65 min or until soft & cooked through. Cool. (1)



**Zucchini:** Cut 2 large zucchini into 1/4" "coins". [\*] (3)

**Potato Salad:** Finely dice 2 celery stalks & 1 bunch green onions, set aside. Cut 2# red potatoes into 1-2" pieces, set aside. (3)

**Root Veggies:** Slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard greens.

Toss veggies together with 1T olive oil + 1T Italian seasoning + 1tsp salt. [\*] (2)

**Snack:** Cut remaining celery into 2-3" pieces and slice any remaining carrots into sticks for snacking with dip. [\*] (7)

**Oranges:** Cut 4 oranges into quarters for breakfast. [\*] (6)

**Mango:** Dice 1 mango into small pieces for salad, set aside. (5)

**Dip:** Chop 1c sliced kalamata olives and finely chop or grate 1 clove garlic. Set aside. (7)



**Eggs:** Place 4 eggs in a pot & cover w/ water. Bring water to a boil for ~5 min. Cover w/ lid & remove from heat for 20 min. [\*] (4)

**Potatoes:** Place 2# red potatoes, chopped, in a large pot & cover w/ water. Bring to a boil & cook ~15-20 min or fork tender.

Remove from heat and cool. (3)



**Chicken:** Season 1# chicken breast w/ S&P. Grill ~10 minutes/ side or bake 20-30 minutes. Allow to cool. Slice into strips. (4)

\*\*Note: You could also bake and slice this chicken on Dish Day, Day 2 with the Italian Chicken.



### **Cobbler (8)**

To make cobbler topping, place in food processor or blender:

- 1/2c butter or coconut oil
- 1 1/2c dates (pits removed)
- 1c pecans
- 1c almond flour
- 1/2c unsweetened shredded coconut
- 1T cinnamon
- 1tsp ground ginger
- 1/2tsp salt

Pulse until combined and it begins to form a ball.

In a separate bowl, toss 20oz frozen dark cherries w/ 1/4c almond flour + 1tsp almond extract. Place on the bottom of 9x9" pan. Top with cobbler topping from above (does not have to cover completely). Cover with foil. [\*] (8)



**Sweet Potatoes:** Peel cooked & cooled sweet potatoes and use a fork to mash potatoes until smooth. [\*] (1)

### **Olive Dip (7)**

In a bowl, combine the following until smooth:

1c full fat greek yogurt + ¼c mayo + 1c sliced kalamata olives + + 1 finely chopped or grated garlic clove + S&P [\*] (7)

Note: to make this dip dairy-free, omit yogurt and increase mayo to 1c.

### **Honey BBQ Sauce (1,3)**

Whisk together (can also use a blender):

- ~28oz can strained (or pureed) tomatoes
- 3-4T chili powder
- ¼c apple cider vinegar
- ½c honey
- S&P (~¼tsp salt)

You will use ~1½c sauce for ribs and ~1c for shrimp. [\*] (1,3)

### **Potato Salad (3)**

Whisk together:

¼c mayo + 1-2T grainy mustard + 1T olive oil + S&P.

Drain and mash boiled potatoes using a fork, mix in dressing (above), 2 celery stalks & 1 bunch green onions, both chopped. [\*] (3)

### **California Salad (4)**

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

- ½ of mixed greens
- ½ pint cherry tomatoes
- ¼c sunflower seeds
- ½ of cooked chicken breast

Repeat layers. [\*] (4)

### **Side Salad (5)**

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

- ½ of spinach
- ¼c chopped walnuts
- ½ diced mango

Repeat layers. [\*] (5)



### **Balsamic Vinaigrette (5)**

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

### **Italian Dressing (2,4)**

Whisk together:

- 1c olive oil
- ½c red wine vinegar
- 1T dried oregano
- S&P to taste

You will use ½ the dressing to marinade the Italian Chicken and ½ as dressing for the California Salad. [\*] (2,4)

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



## April Menu, Week 3 - PALEO: Dish Day

### Day 1

#### **BBQ Shrimp w/ Mashed Sweet Potatoes (1) \*\*Marinate shrimp in ½c BBQ sauce 30 mins to 1 hr\*\***

1. Preheat oven to 425 F.
  2. Warm mashed sweet potatoes in oven, covered, ~30-40 minutes.
  3. Remove shrimp from marinade and place on sheet pan in single layer. Roast ~10 min or until shrimp are cooked.
  4. Serve shrimp with additional ½c BBQ sauce. (Remaining ~1½ BBQ sauce will be used for Ribs on D3.)
  5. Prep Chicken for Day 2: Place 4 chicken quarters in ½ of the Italian dressing marinade and store overnight.
- \*\*Note: reserve other ½ of Italian dressing for D4.

### Day 2

#### **Italian Chicken w/ Roasted Carrots, Parsnips & Fennel (2)**

1. Preheat oven to 425 F. If you didn't marinate chicken on D1, add to ½ of Italian Dressing & marinate while oven preheats.
2. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast chicken & veggies for ~35-40 minutes or chicken is cooked through (165 F). Toss veggies halfway through cooktime.

### Day 3

#### **Slow Cooker BBQ Ribs w/ Potato Salad & Steamed Zucchini (3) \*Cooks all day in Slow Cooker\***

1. Place ribs + ~1½ BBQ sauce in slow cooker on high for 4-6 hours or low for 8-10 hours.
2. At dinner: steam or boil zucchini for 5-6 minutes. Season to taste w/ S&P.

### Day 4

#### **California Chicken & Veggie Salad (4)**

1. Let Italian dressing come to room temp, shake well.
2. Slice 2 avocados; peel & slice 4 hard boiled eggs. Add both to top of salad. Drizzle 1-2T Italian dressing over each serving.

### Salad

#### **Spinach w/ Mango, Avocado & Walnuts (5)**

1. Let vinaigrette come to room temp, shake well.
2. Cut 2 avocados into cubes, add to salad.
3. Toss w/ balsamic dressing or add 1T/serving.

### Breakfast

#### **Eggs Baked in Avocado w/ Oranges (6)**

1. Preheat oven to 425 F. Cut 2-4 avocados in half.
2. Crack 1 egg (4-8 eggs total) into each avocado half and bake for 18-24 min or desired egg doneness. Season w/ S&P.

### Snack

#### **Celery w/ Olive Dip (7)**

### Dessert

#### **Cherry Cobbler (8)**

1. Bake in preheated 375 F oven for ~30 minutes.