



# May Menu, Week 1 - PALEO: Grocery List

Serves 4

1. Meal 1: Shrimp Cobb Salad
2. Meal 2: Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus
3. Meal 3: Grassfed Steaks w/ Baked Potatoes & Broccoli
4. Meal 4: Mediterranean Frittata
5. Salad: Spinach Salad w/ Oranges, Fennel & Avocado
6. Breakfast: Grain-Free Cranberry Pecan Granola
7. Snack: Hard Boiled Eggs
8. Dessert: Banana Cherry Nice Cream



## Herbs

2 cloves garlic (4)



## Veggies

3-4 avocados (1,5)  
1 small fennel bulb (5)  
2 pints cherry tomatoes (1,4)  
1 bunch asparagus (2)  
1 large head broccoli (3)  
1 red onion (4)  
3 lg Hannah sweet potatoes (2)  
(OR sub with Jewel)  
4 russet potatoes (3)  
(OR sub sweet potatoes)  
10oz baby spinach (4,5)  
1 head romaine lettuce (1)



## Fruits

2 oranges (5)  
1 pint strawberries (4)  
8 bananas (8)  
berries or bananas for granola,  
optional (6)



## Meats

4 grassfed tenderloin steaks,  
5-7oz each (3)  
4 boneless, skinless chicken  
breasts, 4-6oz each (2)  
1 package thin-cut bacon (1)



## Seafood

1-1½# shrimp, peeled/  
deveined (1)



## Eggs

20 eggs (omega-3) (1,4,7)



## Dairy (optional)

4oz blue cheese crumbles (1)  
4oz feta crumbles (4)  
milk or yogurt of choice for  
granola (6)



## Nuts & Dry Fruit

2c pecans (6)  
1c walnuts (6)  
½c dried cranberries (6)\*  
1c medjool dates, ~8 (6)



## Frozen

2c frozen cherries (8)



## Pantry

14oz can artichoke hearts in  
water (4)  
½c sliced kalamata olives (4)  
¼c grainy mustard (2)  
2T honey (2)



## Spices

¼c steak seasoning (3)\*  
½T basil (1)  
1T tarragon (2)  
1T herbes de Provence (4)\*  
(OR sub w/ Italian seasoning)



## Oils & Vinegars

~1½c olive oil  
¼c coconut oil (6)  
(OR sub ¼c butter)  
¼c balsamic vinegar (5)  
¼c red wine vinegar (1)

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



# May Menu, Week 1 - PALEO: Prep Day

Preheat oven to 350 F. (1,3,4,6)



**Baked Potatoes:** Pierce 4 russet potatoes with a fork. Bake at 350 F for 55min- 65min or until soft/ cooked through. Cool. [\*] (3)

**Bacon:** Bake 4 slices in single layer on sheet pan, ~20 mins or cooked/ crispy. Set aside. [\*] (1)  
Option: bake any remaining bacon to eat with breakfast this week or to stir into frittata, below.



**Bananas:** Cut 8 bananas into quarters and freeze in a single layer. Once frozen you can place in baggy or container. [\*] (8)

**Asparagus:** Cut ends off of 1 bunch asparagus. Toss w/ 1T olive oil + S&P. [\*] (2)

**Sweet Potatoes:** Peel & cut 3 sweet potatoes into small, 1/2" cubes. Toss w/ 1-2T olive oil + 1T tarragon + S&P. [\*] (2)

**Frittata:** Finely chop 1 red onion + 2 cloves garlic + 1 can artichoke hearts (drained). Cut 1 pint tomatoes in half. Set aside. (4)

**Cobb Salad:** Finely chop 1 head romaine lettuce. Halve 1 pint cherry tomatoes. Store together if eating in 24 hrs, if not store separately. [\*] (1)

**Side Salad:** Peel & cut 2 oranges into small segments; thinly slice 1 fennel, bulb only (works well using a mandolin). Set aside. (5)

**Broccoli:** Cut 1 large broccoli head into bite-sized pieces. Toss w/ 1-2T olive oil, salt & pepper. [\*] (3)



## Frittata (4)

Heat 1tsp oil in lg sauté pan over med-high heat. Add 1 chopped red onion, 1 pint halved cherry tomatoes & garlic + 1T herbes de Provence + S&P. Cook for 6-8 min. Add 5oz baby spinach + 1 can chopped artichoke hearts + 1/2c sliced kalamata olives, cook for 2 more min. Set aside/ cool. (4)



**Eggs:** Place 10 eggs in a pot & cover w/ water. Bring to a boil for ~5 mins. Cover w/ lid & remove from heat for 20 mins. [\*] (1,7)

**Shrimp:** Bring a med pot of water to a boil. Add 1-1 1/2# shrimp & cover. Remove from heat and cook 10 mins or just cooked. [\*] (1)



## Frittata (4)

In a large bowl, whisk together 8 eggs.

Stir in: Cooled, sautéed veggies (from above) + 4oz feta crumbles (optional) + S&P, to taste.

Put into oiled 9x9" dish or pie pan and bake at 350 F for 40-45 mins or until no longer jiggly (will vary depending on depth of dish).

Allow frittata to cool. [\*] (4)



### **Granola (6)**

In a food processor or blender, place the following:

- 1c medjool dates, ~8 (pits removed)
- 2c pecans
- 1c walnuts
- ½c dried cranberries
- ¼c coconut oil (or butter)

Blend until chopped and combined.

Place in a single layer on a baking sheet. Bake at 350 F for 15-20 minutes or until just toasted. Allow to cool.

Store in air-tight container at room temperature for up to 1 week or in the fridge for up to 2 months. [\*] (6)



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

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

- ~2.5oz of baby spinach
- ½ of segments from 2 oranges
- ½ chopped fennel bulb

Repeat layers. [\*] (5)

### **Chicken (2)**

Whisk together:

- ¼c grainy mustard
- 2T honey
- 1T olive oil

Pour over chicken breasts. [\*] (2)

### **Grassfed Steaks (3)**

Coat each steak w/ ~1T steak seasoning. [\*] (3)



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

Whisk together:

- ½c olive oil
- ¼c balsamic vinegar
- pepper [\*] (5)

### **Red Wine Vinaigrette (1)**

Whisk together:

- ½c olive oil
- ¼c red wine vinegar
- ½T dried basil
- pepper [\*] (1)

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



# May Menu, Week 1 - PALEO: Dish Day

## Day 1

### Shrimp Cobb Salad (1)

1. Bring red wine vinaigrette to room temp (~20 min). Slice 2 avocados. Peel & quarter 4 hardboiled eggs.
2. Toss chopped romaine + tomatoes with avocado + shrimp + eggs + crumbled bacon + blue cheese. Top w/red wine vinaigrette.

## Day 2

### Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus (2)

1. Preheat oven to 375 F.
2. Place sweet potatoes in single layer on sheet pan. Roast 30-40 mins or just browned & tender. Toss halfway through cooking.
3. Place chicken in baking pan and bake for ~35 mins or cooked through until meat thermometer reaches 165 F.
4. Place asparagus on baking sheet in single layer and roast for 10-12 mins, tossing halfway through cook time.

## Day 3

### Grassfed Steaks w/ Baked Potatoes & Broccoli (3)

1. Preheat oven to 400 F. Place baked potatoes in oven for ~20 minutes or completely reheated.
2. Place broccoli in a single layer on sheet pan. Roast for ~20 minutes, tossing halfway through cook time.
3. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 mins/ side or until color develops.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

## Day 4

### Mediterranean Frittata (4)

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

## Salad

### Spinach Salad w/ Oranges, Fennel & Avocado (5)

1. Let balsamic vinaigrette come to room temp, shake well. Dice 1-2 avocados.
2. Toss balsamic vinaigrette into salad (or add 1T/ serving). Top with diced avocados.

## Breakfast

### Grain-Free Cranberry Pecan Granola (6)

1. Option to serve with yogurt or milk of choice and/or serve with sliced bananas or berries of choice.

## Snack

### Hard Boiled Eggs (7)

1. One serving = 2 eggs.

## Dessert

### Banana Nice Cream (8)

1. In a food processor or blender, add 2 frozen bananas (8 quarter pieces) + ½c frozen cherries and blend on high until smooth.
2. Yields ~2 servings, repeat as desired for additional servings.

\*\*Note: it may help to allow fruit to defrost at room temp for 3-5 min before blending.