



May Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Roasted Sea Bass w/ Mango Salsa, Cauliflower Rice & Cucumber
2. Meal 2: Cajun Turkey Burgers w/ Roasted Carrots & Parsnips
3. Meal 3: Pan Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Orange Slices
4. Meal 4: "Soy" Marinated Chicken Thighs w/ Cauliflower Rice & Sautéed Spinach
5. Salad: Mango, Avocado & Macadamia Nut Salad
6. Breakfast: Moroccan Hash
7. Snack: Carrot Sticks
8. Dessert: Almond Butter Brownies



Herbs

1 bunch green onions (1,2)
1 bulb garlic (2,4)



Fruits

4 oranges (3)
1 lemon (5)
1 lime (1)
2 large mangos (1,5)



Nuts

1/2c macadamia nuts (5)



Pantry

1/2c coconut aminos (4)
1tsp honey (5)
~18oz jar almond butter (8)*
1/2c chocolate chips, optional (8)
1/2c cocoa powder (8)
1tsp vanilla extract (8)*
1tsp baking soda (8)
1c maple syrup (8)



Veggies

1# carrots (2,7)
3 large parsnips (2)
2 large zucchini (3)
2 heads cauliflower (1,4)
(OR sub 2 bags cauli rice)
1 large cucumber (1)
2 avocados (2,5)
1 jalapeño (1,2)
1 pint cherry tomatoes (3)
8oz sliced mushrooms (3)
2 large yellow onions (1,4,6)
1 red onion (1,2,5)
2 med sweet potatoes (6)
1 bunch swiss chard (6)
(OR sub 5oz spinach)
5oz arugula (5)
10oz spinach (4)
lettuce for burger wraps (2)



Meats

1# ground turkey, 85% lean (2)
4-8 thin-cut, boneless pork chops (3)
1-2# boneless, skinless chicken thighs (4)
1# ground lamb (6)
(OR sub ground beef)



Spices

1/4c Cajun seasoning (2)*
1T thyme (2)
~3T cinnamon (3,6,8)
2T turmeric (3,6)
2T cumin (3,6)
2T ground ginger (3,6)
2T coriander (3,6)
2T paprika (3,6)
1T chili powder (3,6)*
~1/4tsp ground nutmeg, optional (3,6)



Oils & Vinegars

~3/4c olive oil
2T coconut oil (1,4)
4T white vinegar, optional (6)



Seafood

4 Chilean sea bass fillets, 5-7oz each (1)
(OR sub tilapia, salmon, etc.)



Eggs

6-10 eggs (omega-3) (6,8)

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



May Menu, Week 2 - PALEO: Prep Day

Preheat oven to 325 F. (8)



Mangos: Peel and finely chop 2 mangos, set aside. (1,5)

Oranges: Cut 4 oranges into wedges. [*] (3)

Cucumber: Slice 1 cucumber into preferred shape to serve as a side with sea bass. [*] (1)

Carrot & Parsnip: Slice 2-4 carrots & 3 parsnips into ~1" slices. Toss with 1T olive oil, 1T thyme, S&P. [*] (2)

Note: Slice remaining carrots into sticks for snacking. [*] (7)

Moroccan Veggies: Slice 2 zucchini in half lengthwise & then cut into ¼" thick "half coins or moons". Combine with 1 pint cherry tomatoes and 8oz sliced mushrooms. Toss all veggies with 3T olive oil and S&P to taste. [*] (3)

Hash: Finely dice 1 yellow onion. Peel & finely chop 2 sweet potatoes. Remove stems from 1 bunch swiss chard and discard, then finely chop remaining leaves. Set chopped veggies aside. (6)

Red Onion: Finely dice 1 red onion. Set aside ¼ for salad (5), ¼ for salsa (1) & ½ for Cajun burgers (2). (1,2,5)

Garlic: Finely chop 6-8 garlic cloves, ~2T. Set aside ~1T for Cajun burgers (2) and store ~1T for spinach [*] (4). (2,4)

Green Onion: Finely chop green onion white part only for burgers (2) and green onion tops (green part) for salsa (1). Set aside. (1,2)

Yellow Onion: Finely dice 1 yellow onion. Store for cauli rice (½ for D1 and ½ for D4). [*] (1,4)

Jalapeño: Finely chop 1 jalapeño, set aside ½ for burgers (2) & ½ for salsa (1). Caution using seeds & ribs - they contain heat! (1,2)

Cauliflower: Remove core, leaves, & any dark spots from 2 heads. Make sure cauliflower is dry, coarsely chop, and set aside. (1)



Cauliflower Rice (1,4)

Place 1 cauliflower head, chopped, in food processor. (May have to do in multiple batches.) Pulse until it is a small rice-like texture. Careful not to go to far or it will become mushy. Repeat w/ 2nd cauliflower head. [*] (1,4)



Brownies (8)

Combine wet ingredients: 1 jar (~18oz) of almond butter + 1c maple syrup + 2 eggs + 1tsp vanilla.

In separate bowl, combine: ½c cocoa powder + 1tsp baking soda + 1tsp cinnamon.

Stir together wet & dry ingredients until combined. Option to mix in ½c chocolate chips.

Bake in an oiled 9x13" pan at 325 F for ~25-30 mins or until cooked through/ top bounces back when pressed gently. Cool. [*] (8)



Moroccan Spice Blend: Combine: 2T cumin + 2T ground ginger + 2T coriander + 2T cinnamon + 2T paprika + 2T turmeric + 1T chili powder + ~1tsp fresh ground pepper + ¼tsp salt + ¼tsp ground nutmeg, optional. [*](3,6)



Cajun Burgers: Heat 1T olive oil in a large sauté pan, over med-high heat, add chopped veggies (½ jalapeño, 1T garlic, ½ red onion, white part of green onions) + ¼c Cajun seasoning. Sauté 3-5 minutes, stirring occasionally. Set aside to cool. (2)

Moroccan Hash (6)

In a saute pan over mid-high heat, add 1# ground lamb and 1 finely diced yellow onion, breaking apart lamb. Season w/ 1-2T Moroccan spice blend. Add 2 chopped sweet potatoes and chopped swiss chard leaves. Turn heat to medium and cover with a lid. Cook ~10-15 minutes or until sweet potatoes are cooked through. Remove lid and season to taste as needed. Cool. [*] (6)



Salsa (1)

Combine:

- ½c chopped mango (save remaining for salad, 5)
- ½ of a jalapeño, chopped (use seeds/ribs for heat, otherwise discard)
- ¼ red onion, diced
- chopped green onion tops
- juice of 1 lime
- salt to taste. [*] (1)

Salad (5)

Layer in salad tub, as follows:

- 2.5oz arugula
- ½ of remaining chopped mango
- ¼c macadamia nuts (option to chop before adding to salad, if desired)
- half of remaining chopped red onion

Repeat layers. [*] (5)

Moroccan Pork Chops (3)

Rub ½tsp Moroccan seasoning mix on each pork chop. [*](3)

Note: if you have extra Moroccan seasoning mix, it's great to toss into popcorn, make spiced nuts, or use as a rub on chicken.

Burgers (2)

In a bowl, mix sautéed Cajun veggies into 1# ground turkey (recommend using hands). Form into 4 patties. [*] (2)

Chicken (4)

Marinate chicken thighs in ½c coconut aminos. [*] (4)



Dressing (5)

Whisk together:

- ¼c olive oil
- juice 1 lemon (~1T)
- 1tsp honey
- S&P to taste [*] (5)

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



May Menu, Week 2 - PALEO: Dish Day

Day 1

Roasted Sea Bass w/ Mango Salsa & Cauliflower Rice & Cucumber (1)

1. Preheat oven to 425 F.
2. Place sea bass on a baking sheet and bake for ~20min or until fish is flaking and cooked through. Season w/ S&P.
3. Heat 1T coconut oil in large sauté pan, add ½ chopped yellow onion & sauté ~10 min until translucent. Add the cauliflower rice.
4. Cover and cook ~ 5min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
5. Serve w/ mango salsa & sliced cucumber.

Day 2

Cajun Turkey Burgers w/ Roasted Carrots & Parsnips (2)

1. Preheat oven to 400 F. Place carrots & parsnips in oven and roast for 25-30 minutes, tossing halfway through cook time.
2. Cook burgers on a grill (outdoor or indoor) for ~4-5min/ side. Or bake in 425 F oven ~20-25min.
3. Slice 1 avocado. Serve burgers in lettuce wraps topped w/ avocado slices.

Day 3

Pan Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Orange Slices (3)

1. Preheat oven to 400 F. Place veggies in a single layer on a sheet pan, roast for 30-35 minutes. Toss halfway through cook time.
 2. Heat 1-2tsp olive oil in sauté pan over med-high heat. Sear each pork chop for 3-4 minutes per side for thin-cut, boneless chops.
- **Note: Adjust cooking time as needed for larger chops.
3. Serve with orange wedges.

Day 4

"Soy" Marinated Chicken Thighs w/ Cauliflower Rice & Sautéed Spinach (4)

1. Preheat oven to 400 F. Remove chicken from marinade and bake in a single layer for 35-40 minutes or cooked through to 165 F.
2. Heat 1T coconut oil in lg sauté pan, add ½ chopped yellow onion, sauté ~10 min until translucent. Add cauliflower rice.
3. Cover and cook ~5 mins stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
4. Heat 1tsp olive oil in a lg sauté pan over med-high heat. Add 1T chopped garlic & 10oz spinach. Cook 5-7 min & season w/ S&P.

Salad

Mango, Avocado & Macadamia Nut Salad (5)

1. Let salad dressing come to room temp (~30min) and shake well. Drizzle 1-2T/ serving of salad.
2. Cut 1 avocado and add to salad.

Breakfast

Moroccan Hash (6)

1. Reheat in large sauté pan over med-high heat, 6-8 min or heated through. Top with 1-2 poached/fried eggs per person.
- To Poach Egg: Bring a pot of water + 1T vinegar to just boiling, lower heat and add eggs. Cook for ~5min or desired doneness.
OR Pan Fried Egg: Heat 1-2tsp oil or butter in a sauté pan over med, add eggs, cover with a lid & cook until desired doneness.

Snack

Carrot Sticks (7)

Dessert

Almond Butter Brownies (8)