



# May Menu, Week 3 - PALEO: Grocery List

Serves 4

1. Meal 1: Asparagus "Risotto"
2. Meal 2: Cilantro Citrus Chicken over Mixed Greens w/ Cucumber & Avocado
3. Meal 3: Grassfed Beef & Mushroom "Tacos"
4. Meal 4: Mexican Jicama Shrimp Saute
5. Salad: Mixed Greens w/ Strawberries, Pecans & Feta
6. Breakfast: Strawberry-Mango Smoothies w/ Almond Butter
7. Snack: Carrots & Sunflower Butter
8. Dessert: Blueberry Crisp



## Herbs

1 bulb garlic (1,3,4)  
1 large bunch cilantro (2,4)



## Fruits

1# strawberries (5)  
5 limes (2,4)  
2 oranges (2)  
1 lemon (1)



## Dairy (optional)

4oz feta crumbles (5)  
4oz shredded cheddar (3)  
2oz parmesan (1)  
2½T grassfed butter (4)  
(OR sub coconut oil)



## Pantry

1 can lite coconut milk (6)\*  
½c almond butter (6)\*  
½c sunflower butter (7)\*  
(OR sub almond butter)  
1tsp vanilla extract (8)\*  
2tsp honey, optional (2)



## Veggies

1 head cauliflower (1)  
(OR sub 1 bag cauli rice)  
1 bunch asparagus (1)  
1 cucumber (2)  
1# carrots (7)  
~1# jicama bulb (4)  
(OR sub 1# red potatoes)  
1 red bell pepper (4)  
5-6 avocados (2,3,4)  
1 jalapeño (4)  
1 large tomato (3)  
1 pint cherry tomatoes (2)  
8oz sliced mushrooms (3)  
2 med red onions (1,3,4)  
10oz tub mixed greens (2,5)  
1 head romaine lettuce (3)  
(OR other lettuce for wraps)



## Meats

4 boneless, skinless chicken  
breasts, 5-7oz each (2)  
1½# grassfed ground beef (3)  
4oz chopped pancetta (1)\*  
(OR sub bacon)



## Nuts & Dry Fruit

2c walnuts (8)  
½c chopped pecans (5)  
1c medjool dates, ~8 (8)



## Seafood

1-1½# frozen shrimp (4)  
(peeled & deveined)



## Frozen

2c frozen strawberries (6)  
2c frozen mangos (6)  
4c frozen blueberries (8)



## Spices

2T chili powder (3)\*  
(OR sub taco seasoning\*)  
1tsp cumin (4)  
½tsp oregano (4)



## Oils & Vinegars

~1½c olive oil  
½c coconut oil (8)  
¼c balsamic vinegar (5)

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



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

Preheat oven to 375 F. (2)



### Cilantro Citrus Dressing (2)

Blend the following until cilantro is finely chopped:

- 1c olive oil
- ¼c lime juice (~4 limes)
- ¼c orange juice (~2 oranges)
- 2 handfuls cilantro (remaining cilantro is chopped below for ~¼c)
- 2tsp honey, optional
- 1tsp salt

Store half for salad dressing. [\*] (2)

Marinate 4 chicken breasts in remaining dressing for a minimum of 30 minutes. (2)



**"Risotto":** Remove core, leaves, & any dark spots from 1 cauliflower. Make sure it's completely dry and coarsely chop. Place chopped cauliflower in food processor or blender, pulse until rice-sized (do in small batches). Be careful not to go too far or it will become mushy. Set aside. (1)



**Strawberries:** Remove stems from 8oz (half package) of strawberries and slice into small, bite-sized pieces. Set aside. (5)  
(Note: use any remaining strawberries in the smoothie (6) or save for snacking)

**Carrots:** Chop carrots into sticks for snacking, peeling optional. [\*] (7)

**Chicken Salad:** Chop cucumber into bite-sized pieces. Cut 1 pint cherry tomatoes in half (or quarters for larger tomatoes). [\*] (2)

**Asparagus:** Remove & discard bottom 2" of asparagus. Finely chop remaining, set aside. (1)

**Shrimp Sauté:** Peel and dice jicama into ½" cubes. Dice 1 red bell pepper & 1 med red onion and mince jalapeño (with or without seeds depending on desired spice level). Set jicama aside separately. (4)

**Tacos:** Finely chop 1 tomato. [\*] (3)

**Cilantro:** Finely chop remaining cilantro for ~¼c. [\*] (4)

**Garlic:** Mince 7-9 cloves garlic, set aside ⅓ for risotto (1) & ⅓ for tacos (3) and ⅓ for shrimp sauté (4). (1,3,4)

**Red Onion:** Finely dice 1 red onion. Set aside ½ for risotto and other ½ for tacos. (1,3)



### Jicama Shrimp Sauté (4)

Add 1½T butter (or coconut oil) to a large skillet over medium heat.

Add diced jicama + ¼c water. Cook, covered, ~10 mins until tender, stirring occasionally. If using potatoes, cook time may increase. Remove lid and add ½tsp salt + 1tsp cumin + ½tsp pepper + ½tsp oregano. Stir to coat evenly.

Move jicama to one half of the skillet. Add 1T of butter (or coconut oil) to the empty side.

Add 1 diced red onion + 1 diced bell pepper + 1 minced jalapeño. Cook ~2 minutes or until softened.

Add 3 cloves minced garlic. Cook for another minute. Cool. [\*] (4)



### **"Risotto" (1)**

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

Add 2-3 minced garlic cloves, ½ chopped red onion & 4oz chopped pancetta (or bacon), sauté 5 min, stirring.

Add chopped asparagus & chopped cauliflower rice. Cook another 3-5 minutes.

Season w/ zest of 1 lemon + juice from lemon (~1 tsp, to taste) + S&P. Allow to cool. [\*] (1)

### **Tacos (3)**

Place 1½# ground beef in a large sauté pan over medium high heat, breaking apart meat.

Add ½ chopped onion + 2-3 minced garlic cloves + 8oz sliced mushrooms + 2T chili powder, cook 8-10 mins more. Cool. [\*] (3)



### **Chicken (2)**

Remove from marinade and bake for 30-35 min or cooked through. Cool. [\*] (2)



### **Blueberry Crisp (8)**

Place in a blender:

- ½c coconut oil
- 1c medjool dates, pits removed (~8)
- 2c walnuts
- 1tsp vanilla
- ¼tsp salt

Blend until roughly chopped.

Place 4c frozen blueberries in a small baking dish and top w/ crisp. [\*] (8)



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

In a container layer the following:

- 2.5oz mixed greens
- ½ of sliced strawberries
- ¼c chopped pecans
- 2oz feta crumbles

Repeat layers. [\*] (5)



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

Whisk together:

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

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



# May Menu, Week 3 - PALEO: Dish Day

## Day 1

### Asparagus "Risotto" (1)

1. Heat 1tsp olive oil in lg sauté pan. Add risotto & cook until heated through, 6-8 mins. Option: top w/ fresh grated parmesan.

## Day 2

### Cilantro Citrus Chicken over Mixed Greens w/ Cucumbers & Avocado (2)

1. Let cilantro citrus dressing come to room temp.
2. Slice cooked chicken and 2 avocados.
3. Place 5oz mixed greens into a large bowl. Top w/ sliced chicken, chopped cucumber, cherry tomatoes and avocado.
4. Toss dressing into salad (or top each individual serving with ~1T dressing).

## Day 3

### Grassfed Beef "Tacos" (3)

1. Put beef filling in a large sauté pan over med-high heat and reheat for ~5 minutes.
2. Slice 2 avocados.
3. Fill lettuce wraps w/ meat & shredded cheddar (optional). Serve w/ tomato & sliced avocado.

**Note: defrost shrimp in fridge overnight for D4.**

## Day 4

### Mexican Jicama Shrimp Saute (4) \*note: defrost shrimp in fridge for ~12 hours\*

1. Add 1T olive oil to large pan over medium heat, add jicama mixture and cook ~2 mins to reheat. Push mixture to one side of pan.
2. Add thawed shrimp and cook for 1-2 mins/ side until pink. Cooking time varies on size of shrimp - watch to not overcook shrimp.
3. Remove pan from heat. Squeeze juice of 1 lime over top and mix in 1/4c minced cilantro.
4. Slice 1-2 avocados and serve with Shrimp Saute.

## Salad

### Mixed Greens w/ Strawberries, Pecans & Feta (5)

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

## Breakfast

### Strawberry-Mango Smoothies w/ Almond Butter (6)

1. Place in a blender: 1 1/2c water + 1 1/2c coconut milk + 2c frozen strawberries + 2c frozen mango + 1/2c almond butter.
2. Blend until smooth. Add liquid as needed. Yields 4 servings. May need to blend in 2 batches depending on blender size.

## Snack

### Carrots & Sunflower Butter (7)

1. Enjoy carrots + 2T sunflower butter per serving.

## Dessert

### Blueberry Crisp (8)

1. Bake 375 F for ~30 minutes or warmed/ bubbly and crisp is beginning to brown.