



June Menu, Week 1 - PALEO: Grocery List

Serves 4

1. Meal 1: Grilled Balsamic Pork Chops w/ Asparagus & Honeydew Slices
2. Meal 2: Southwestern Steak Salad w/ Salsa "Ranch"
3. Meal 3: Cod Picatta w/ Mashed Cauliflower
4. Meal 4: Chicken Spaghetti Squash Chow Mein
5. Salad: Spinach, Raspberries, Sliced Almonds & Goat Cheese
6. Breakfast: Chocolate Cherry Decadence Smoothie Bowl
7. Snack: Veggies w/ Salsa "Ranch"
8. Dessert: Paleo Cookie Dough Bites



Herbs

~2" knob ginger (4)
 1 bulb garlic (4)
 1 bunch parsley (3)
 1 bunch cilantro (2)



Fruits

1 pint raspberries (5)
 1 honeydew melon (1)
 2-3 lemons (3)



Dairy (optional)

4oz goat cheese crumbles (5)



Pantry

¼c almond butter (6)*
 1T honey (4)
 1 can lite coconut milk (2,6,7)*
 ¼c coconut aminos (4)*
 ½c mayo (2,7)*
 ½c salsa (2,7)*
 4T capers (3)
 3T cocoa powder (6)
 ¼c maple syrup (8)*
 2c almond flour (8)
 ½c mini chocolate chips (6,8)*
 (¼c optional for smoothie)
 1tsp vanilla extract (8)*
 ½c unsweetened coconut flakes, optional (6)



Veggies

1 bunch green onions (2)
 1c bean sprouts, optional (4)
 1 lg or 2 sm spaghetti squash (4)
 1 bunch celery (4,7)
 1# carrots (4,7)
 2 red bell peppers (2,4)
 2 yellow bell peppers (2)
 2 avocados (2)
 1 bunch asparagus (1)
 1 head cauliflower (3)
 1 small onion (4)
 1 small cabbage (4)
 (OR sub 2c shredded cabbage)
 5oz spinach (5)
 10oz spring mix (2)



Meats

4-8 thin-cut pork chops (1)
 1-1½# grassfed ribeye steak (2)
 1# boneless, skinless chicken thighs (4)



Nuts & Dried Fruit

½c sliced almonds (5)
 ½c chopped hazelnuts, optional (6)
 (OR chopped nut of choice)
 1T chia seeds, optional (6)



Seafood

4 cod fillets, 4-6oz each (3)



Spices

½tsp cinnamon (6)
 1tsp dried dill (2,7)
 ½tsp onion powder (2,7)
 ½tsp garlic powder (2,7)
 Pinch red pepper flakes (2,7)



Oils & Vinegars

~1½c olive oil
 ½c balsamic vinegar (1,5)
 ¼c coconut oil (8)
 1T rice vinegar (4)*
 2T toasted sesame oil (4)*



Frozen

20oz dark sweet cherries (6)
 ~3-5oz collard greens (6)
 (OR sub greens of choice)
 ½c pomegranate arils, optional (6)

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

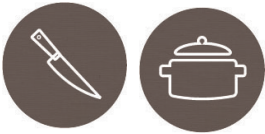


June Menu, Week 1 - PALEO: Prep Day

Preheat oven to 350 F. (4)



Spaghetti Squash: Pierce spaghetti squash several times w/ a knife. Roast whole for ~1½ hrs for 2 small or ~2 hrs for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Set aside to cool. Take halved spaghetti squash (cooked & cooled) and remove seeds. Then scoop out squash. Add 1T toasted sesame oil + S&P. [*] (4)



Mashed Cauliflower: Roughly chop 1 cauliflower and place in a large steamer or soup pot. Boil or steam cauliflower in 3-4" of water for ~15-20 minutes or a knife inserts easily. Drain and set aside to cool. (3)



Honeydew: Cut 1 honeydew in half, scoop out seeds, then cut into wedges or slices. [*] (1)

Parsley: Finely chop 2T for mashed cauliflower. Set aside. (3)

Asparagus: Cut ends off 1 bunch of asparagus (bottom 2-3"), discard. Toss w/ 1T olive oil, S&P. [*] (1)

Southwestern Salad: Chop 1½ red & 2 yellow bell peppers into sm pieces. Slice green onions (whites & greens) into ¼" slices. [*] (2)

Chow Mein: Dice 1 yellow onion. Slice 2 stalks celery, ½ red bell pepper into strips & 2 carrots into thin matchsticks. [*] (4)

Snack: Slice remaining celery & carrots into sticks for snacking. [*] (7)

Ginger & Garlic: Mince 6 cloves garlic for ~3T. Grate ginger for ~1T. Set aside. (4)

Cabbage: Shred 1 head cabbage for ~2c (best done w/ food processor). [*] (4)

Cilantro: Chop cilantro for ~¼c. [*] (2)



Chow Mein sauce (4)

Whisk together:

¼c coconut aminos + ~3T minced garlic + ~1T grated ginger + 1T rice vinegar + 1T honey + 1T toasted sesame oil. (4)

Mix 1T Chow Mein sauce (and then store remaining) with 1# boneless, skinless chicken thighs. Line baking sheet with parchment paper and bake chicken w/ sauce for ~25-35 minutes until internal temp reaches 165 F. Cool, then slice and store. [*] (4)



Ribeye (2)

Preheat grill to medium heat (~375-400 F). Season ribeye steak with S&P.

Grill for ~4-5 mins/ side or internal temp reaches 140 F for medium rare. Adjust cook time based on thickness of steak.

Option to cook on stove top: Heat ½tsp oil in large saute pan over high heat. Sear for ~4 min/ side.

Let steak cool. Then thinly slice and store. [*] (2)

Note: Cook the steak rarer than you usually eat since it will be reheated DD. Steak can be cooked on DD instead of now.



Salsa "Ranch" (2,7)

Blend the following in a blender until smooth:

- 1/2c mayo
- 1/2c lite coconut milk
- 1/2c salsa
- 1tsp dried dill
- 1/2tsp onion powder
- 1/2tsp garlic powder
- pinch of red pepper flakes
- S&P to taste. [*] (2,7)

Cauliflower: Place cooked, drained cauliflower in a food processor/blender, add 1/4c water (or stock), blend until just smooth. Season w/ S&P and top with 2T chopped parsley. [*] (3)



Cookie Dough Bites (8)

Whisk together: 1/4c coconut oil (melted) + 1/4c maple syrup + 1tsp vanilla

Gently stir in: 2c almond flour + 1/4c mini chocolate chips

Roll into 1T sized balls. Store in fridge. Yields 16. [*] (8)

Option: Drizzle with melted chocolate.

Salad (5)

Layer in container as follows:

- 1/2 of spinach
- 1/2 of raspberries
- 1/4c sliced almonds
- 1/2 of goat cheese crumbles

Repeat layers. [*] (5)



Piccatta Sauce (3)

Stir together:

- Zest of 2 lemons (~1tsp)
- 2T lemon juice (~2-3 lemons)
- 4T olive oil
- 4T capers. [*] (3)

Balsamic Dressing (5)

Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste [*] (5)

Balsamic Marinade (for pork) (1)

Whisk together: 1/4c olive oil + 1/4c balsamic vinegar + pepper. [*] (1)

Note: option to begin marinating pork chops now if consuming within the next 24 hours. (1)

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



June Menu, Week 1 - PALEO: Dish Day

Day 1

Grilled Balsamic Pork Chops w/ Asparagus & Honeydew Slices (1) *requires 30 min-24 hours marinating time*

1. Marinate pork chops for 30 min up to 24 hours (in fridge). Preheat grill to med-high or 400 F.
2. Grill chops for 3-4 minutes/ side or reaches internal temp of 145 F (or bake at 400 F for ~10-12 minutes).
3. Grill asparagus directly on grill (perpendicular to grill grates), 5-7 minutes (or bake in oven for 10-12 min at 400 F).

Day 2

Southwestern Steak Salad w/ Salsa "Ranch" (2)

1. Slice 2 avocados.
2. Reheat sliced ribeye in skillet on stove top for a couple minutes or until warm (option to microwave for ~30 seconds).
3. Place 10oz spring mix in bowl. Top with sliced bell peppers, green onions, warmed steak and sliced avocado.
4. Top with chopped cilantro and salsa "ranch". Reserve ½ of "ranch" for snack (7).

Day 3

Cod Picatta w/ Mashed Cauliflower (3)

1. Remove picatta sauce from fridge and bring to room temp.
2. Reheat mashed cauliflower in lg pan over med heat until warmed, stirring often. Add liquid if needed for desired consistency.
3. Heat a large sauté pan to medium-high heat and add 1T oil. Place 4 cod fillets in pan, cook 3-4 minutes.
4. Flip cod fillets and pour picatta sauce over top, cover with lid & cook another 3-4 min or cooked through.

Day 4

Chicken Spaghetti Squash Chow Mein (4)

1. Heat 2T olive oil in a lg skillet over med heat. Add sliced celery & bell pepper, matchstick carrots, & chopped yellow onion.
2. Cook veggies until tender, ~5-7 minutes.
3. Stir in 2c shredded cabbage, 1c bean sprouts (optional) & sliced chicken. Cook 1-2 mins or heated through.
4. Stir in cooked spaghetti squash and remaining chow mein sauce. Toss everything together until heated through.
5. Option to top with a drizzle of coconut aminos or toasted sesame oil.

Salad

Spinach, Raspberries, Sliced Almonds & Goat Cheese (5)

1. Let salad dressing come to room temp (~30 mins) and shake well. Drizzle ~1T over 1 serving of salad.

Breakfast

Chocolate Cherry Decadence Smoothie Bowl (6)

1. In blender, add ½c lite coconut milk + 20oz frozen cherries + 3-5oz frozen greens + 3T cocoa powder + ¼c almond butter + ½tsp cinnamon.
2. Blend on high until smooth, adding additional water as needed for desired consistency.
3. Pour into bowl & add optional toppings as desired (hazelnuts, coconut flakes, chia seeds, dark chocolate chips, frozen pom airts).

Snack

Veggies w/ Salsa "Ranch" (7)

1. Serve sliced carrots, & celery with ½ of salsa "ranch".

Dessert

Paleo Cookie Dough Bites (8)