



# June Menu, Week 2 - PALEO: Grocery List

Serves 4

1. Meal 1: Grilled Ginger-Lime Flank Steak w/ Onions, Bell Peppers & Plums
2. Meal 2: Zesty Lemon Shrimp w/ Mashed Potatoes & Broccoli
3. Meal 3: Summer "Pasta" Salad
4. Meal 4: Garlic Butter Chicken w/ Spinach & Bacon
5. Salad: Arugula, Watermelon & Feta Salad
6. Breakfast: Mushroom & Kale Frittata Muffins
7. Snack: Chocolate Bliss Energy Bites
8. Dessert: Watermelon



## Herbs

1 small bunch basil (2,3)  
 1 bulb garlic (2,3,4)  
 ~3" knob ginger (1)



## Fruits

1 watermelon (5,8)  
 4 plums (1)  
 3 lemons (2,3,4)  
 3 limes (1)



## Dairy (optional)

8oz feta crumbles (3,5)  
 2T grassfed butter (2,4)  
 1/4c milk (2)  
 (OR sub water, broth)



## Pantry

1/2c chicken broth (4)\*  
 1/4c sliced kalamata olives (3)  
 1/4c cocoa/ cacao powder (7)  
 1/2tsp vanilla extract (7)\*  
 1/4tsp almond or peppermint extract, optional (7)  
 2T nut milk of choice (7)  
 (OR sub water)  
 12 paper muffin liners (6)  
 (OR silicone muffin tin)



## Veggies

1 large head broccoli (2)  
 2 pints cherry tomatoes (3)  
 4 bell peppers, mixed colors (1)  
 3x 8oz tubs sliced mushrooms (3,6)  
 3-4 large zucchini (3)  
 (OR sub 1 container zoodles)  
 4 russet potatoes (2)  
 (OR sub 1 head cauliflower)  
 1 red onion (1,5)  
 8oz chopped kale (6)  
 5oz arugula (5)  
 10oz spinach



## Meats

1-1 1/2# grassfed flank steak (1)  
 2# bone-in, skin-on chicken thighs (4)  
 1 package bacon (4,6)\*



## Nuts & Dried Fruit

1/2c sliced almonds (5)  
 1/2c pinenuts, optional (3)  
 1c medjool dates, ~8 (7)  
 1c roasted cashews (7)  
 1T chia seeds (7)



## Seafood

1-1 1/2# shrimp, peeled, deveined, tails removed (2)



## Oils & Vinegars

~2c olive oil  
 1/4c balsamic vinegar (5)



## Eggs

12 eggs, omega 3 (6)

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



## June Menu, Week 2 - PALEO: Prep Day

Preheat oven to 375 F. (3,4,6)



**Bacon:** Place bacon on foil-lined baking sheet. Bake for 15-20 mins until crispy. Reserve 2T bacon fat for DD. Crumble 4 pieces for spinach (4) and store rest for breakfast (6). [\*] (4,6)



**Plums:** Halve 4 plums and remove pits. Brush cut side lightly w/ olive oil. [\*] (1)

**Bell Peppers:** Quarter 4 bell peppers (removing stems/ seeds) brush skin side lightly w/ olive oil. [\*] (1)

**Zucchini Noodles:** Use spiralizer or mandolin to make "spaghetti-like" zucchini noodles (can also cut by hand). [\*] (3)

**Red Onion:** Thinly slice ~2T for salad, set aside (5). Cut remaining into thick circles (to grill) & brush w/olive oil [\*] (1). (1,5)

**Ginger:** Grate 2-3T fresh ginger for steak marinade. Set aside. (1)

**Garlic:** Mince 4 cloves garlic. [\*] (4)

**Broccoli:** Cut into small 1/2" pieces. Toss w/ 1-2 T olive oil + S&P. [\*] (2)

**Potatoes:** Peel 4 russet potatoes (or 1 head cauliflower) & cut into 1-2" cubes (rough cut is fine, these will be mashed). (2)

**Watermelon:** Cut 1c into small 1/2" cubes, set aside for salad (5). Cut remaining into wedges for dessert (8). [\*] (5,8)



### Mashed Potatoes (2)

Place cut potatoes in large pot & cover w/ water. Bring to a boil reduce heat to medium and cook for 30-35 min or until soft. Drain and return to pan. Add S&P + 1/4c water (use milk or broth if desired) + 1T butter (optional).

Mash until smooth (if using cauliflower, blend). Cool. [\*] (2)



### Frittata Muffins (6)

In a large pot, place 8oz chopped kale + 8oz sliced mushrooms + 1 1/2c water.

Cover & cook over medium heat for 20 min, adding water if needed. Season w/ S&P and set aside to cool. (6)



### "Pasta" Veggies (3)

Toss 2 pints cherry tomatoes, 16oz sliced mushrooms + 1-2T olive oil + S&P.

Roast at 375 F in single layer on 1-2 sheet pans for 25-30 minutes. Cool, set aside. (3)

### Frittata Muffins (6)

Whisk 12 eggs. Stir in cooked & drained (if needed) kale & mushrooms. Season w/ S&P.

Pour into lined muffin pan. Yields ~12.

Bake at 375 F for ~15-17 min or eggs are set and no longer jiggle. Cool and store in fridge or freezer. [\*] (6)



### Chocolate Bliss Energy Bites

Combine the following ingredients into a food processor (blender works okay but food processor is best) until well combined:

- 1c roasted cashews
- 1c medjool dates, pitted (~8)
- 1T chia seeds
- ¼c cocoa/ cacao powder
- ½tsp vanilla extract
- ¼tsp almond or peppermint extract, optional
- 2T nut milk of choice or water

Form into 1 inch balls. If you wet your hands it makes it easier to form into balls. If you do not have almond extract you can sub for peppermint extract and they taste like thin mints! [\*] (7)

### Lemon Basil Sauce (2,3)

In blender blend:

- ½c olive oil
- 2 cloves garlic
- small bunch basil
- juice of 2 lemons (~4T)
- S&P

Set aside ½ of sauce for Summer "Pasta" (3, below) and store ½ of sauce for Shrimp Marinade. [\*] (2)

### Summer Pasta (3)

Toss roasted veggies + ½ of Lemon Basil Sauce + ¼c sliced kalamata olives + 4oz feta crumbles + ½c pine nuts, optional. [\*] (3)



### Steak Marinade (1):

Whisk together:

- ½c olive oil
- 2-3T fresh grated ginger
- 2-3T lime juice (~3 limes)
- ½T salt
- fresh ground pepper

Add 1-1½# flank steak to marinate for 4-48 hours. [\*] (1)

### Salad (5)

Layer in container as follows:

- ½ of arugula
- 1T sliced red onion
- ½c chopped watermelon
- ¼c sliced almonds
- 2oz feta crumbles, optional

Repeat layers. [\*](5).



### Balsamic Dressing (5)

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

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



## June Menu, Week 2 - PALEO: Dish Day

### Day 1

#### Grilled Ginger-Lime Flank Steak w/ Onions, Bell Peppers & Plums (1)

1. Pre-heat grill to med heat. Remove steak from marinade and grill for 4-6 minutes per side for medium rare.
2. Grill bell peppers, skin side down, & red onion 4-8 minutes or until beginning to blister/ soften.
3. Grill plums cut side down for ~5 minutes.
4. Allow steak to rest 5-10 mins before cutting. Cut meat very thin against the grain. Season bell peppers & onions w/ S&P.

### Day 2

#### Zesty Lemon Shrimp w/ Mashed Potatoes & Broccoli (2)

1. Marinate 1-1½# shrimp in ½c reserved Lemon Basil sauce for 30 minutes up to 1 hour. Preheat oven to 425 F.
2. Warm mashed potatoes in oven, covered, ~30-40 minutes.
3. Place shrimp & broccoli on sheet pans. Roast broccoli for ~20-25 mins and shrimp ~8-10 min (or until shrimp are cooked).

### Day 3

#### Summer "Pasta" Salad (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high. Add zucchini noodles, and cook 2-3 minutes.
2. Add roasted veggie mixture and sauté until heated through, 5-6 minutes.

### Day 4

#### Garlic Butter Chicken w/ Spinach & Bacon (4)

1. Heat large skillet over medium heat. Add 2T bacon fat (or olive oil) and season chicken thighs with S&P.
2. Place chicken skin side down in pan. Cook ~12 min, flip & repeat until both sides are crispy & brown. Remove chicken, set aside.
3. Add 1T butter (or olive oil) and 4 cloves minced garlic. Cook ~1 min. Add ½c chicken broth and 1tsp lemon juice.
4. Reduce to med low and add chicken back to skillet. Cook 5-10 min until chicken reaches internal temp of 165 F.
5. Remove chicken from pan. Add 10oz spinach to sauce, cook over med until wilted. S&P to taste and top with bacon crumbles.

### Salad

#### Arugula, Watermelon & Feta Salad (5)

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

### Breakfast

#### Mushroom and Kale Frittata Muffins (6)

1. Reheat in toaster oven for 5-7 min or heated through (or microwave).

### Snack

#### Chocolate Bliss Energy Bites (7)

### Dessert

#### Watermelon (8)