



June Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumbers & Walnuts
2. Meal 2: Grilled Lemon Tenders w/ Grilled Asparagus & Pineapple
3. Meal 3: Steaks, Baked Sweet Potatoes & Sautéed Swiss Chard
4. Meal 4: Mexican Kabobs
5. Salad: Arugula w/ Peaches, Sliced Almonds & Goat Cheese
6. Breakfast: Strawberry Chia Jam w/ Paleo Pancakes
7. Snack: Seaweed Snack
8. Dessert: Berry Peachy Fruit Salad



Veggies

1 bunch asparagus (2)
 1 cucumber (1)
 1-2 bunches Swiss chard (3)
 1 red & 1 yellow bell pepper (4)
 8oz button mushrooms (4)
 1 pint cherry tomatoes (4)
 4 sweet potatoes (3)
 5oz arugula (5)
 5oz mixed greens (1)



Meats

4 grassfed tenderloin steaks,
 5-7oz each (3)
 ~1-1.5# chicken tenders (2)
 1.5# top round lamb (4)
 (OR sub thick-cut boneless
 pork chops)



Dairy (optional)

4oz goat cheese crumbles (5)
 4oz feta crumbles (1)



Pantry

3T maple syrup (6)*
 1½tsp vanilla extract, optional
 (6)*
 3T coconut flour (6)
 2T unsweetened coconut
 flakes (8)
 ½tsp baking soda (6)
 1-2 pkgs dried seaweed
 snacks (7)*
 (like Gimme, SeaSnax or Annie
 Chun's)



Nuts & Seeds

½c chopped walnuts (1)
 ~¾c sliced almonds (5,8)
 3T chia seeds (6)



Fruits

5 peaches (5,8)
 1# strawberries (1,8)
 1 pineapple (2)
 (OR sub pre-cut slices)
 2 lemons (2)
 4 bananas (6)
 2 limes (4)
 2 pints blackberries (8)



Seafood

4 salmon fillets, 4-6oz ea (1)



Eggs

6 eggs, omega 3 (6)



Oils & Vinegars

~1¾c olive oil
 ½c balsamic vinegar (1,5)



Spices

1½T chili powder (4)*
 4T steak seasoning (3)*
 ½tsp cinnamon (6)
 1T dried herb of choice,
 optional: tarragon, basil,
 oregano, etc. (2)



Frozen

4c frozen strawberries (6)

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



June Menu, Week 4 - PALEO: Prep Day

Preheat oven to 350 F. (3)



Baked Sweet Potatoes: Pierce sweet potatoes with a fork. Wrap in foil & bake for ~60min or until soft/ cooked through. Cool. [*] (3)



Peaches: Chop 5 peaches, set aside 1c for side salad (5) and remaining for dessert (8). (5,8)

Strawberries: Slice 1# strawberries. Set aside 1/2 for Salmon Salad (1) and 1/2 for Berry Salad (8). (1,8)

Cucumber: Finely dice 1 cucumber into bite-sized pieces. Set aside. (1)

Mexican Kabobs: Slice 2 bell peppers in 1" squares and mushrooms in half and store. [*] Slice lamb into 1 1/2" cubes, set aside. (4)

Swiss Chard: Remove leaves from stems discarding stems. Roughly chop leaves. [*] (3)

Asparagus: Remove, discard bottom 2". Toss w/ 1T olive oil, S&P. [*] (2)

Pineapple: Peel, core & cut pineapple into 1/2" thick pineapple slices (if not already pre-sliced). [*] (2)

Lamb: Cut lamb into ~1" cubes, set aside. (4)



Strawberry Chia Jam (6)

In a small pan over med-high heat, add 4c frozen strawberries. Cover and cook 10 minutes.

Mash strawberries with a fork, add 3T chia seeds, 3T maple syrup & 1/2tsp vanilla (optional). Stir, cover and cook 2 more minutes.

Put jam in fridge to cool for at least 30 minutes before using. [*] (6)



Paleo Pancakes (6)

Blend until smooth: 4 bananas + 6 eggs + 1/2tsp baking soda + 3T coconut flour + 1tsp vanilla (optional) + 1/2tsp cinnamon.

Cook now on pancake griddle (or sauté pan), on med heat, 2-3 min/ side. [*] (6)

Option: Keep batter in fridge & make "fresh" pancakes at breakfast.



Berry Peachy Fruit Salad (8)

Combine remaining chopped peaches, 1/2# sliced strawberries, and 2 pints blackberries. [*] (8)

Side Salad (5)

Layer in container as follows:

- 1/2 of arugula
- 1/2c diced peaches
- 1/4c sliced almonds
- 2oz goat cheese crumbles, optional

Repeat layers. [*] (5)



Salmon Salad (1)

Layer in container as follows:

- 1/2 of mixed greens
- 1/4c chopped walnuts
- 1/4# sliced strawberries
- 1/2 chopped cucumber
- 2oz crumbled feta, optional

Repeat layers. [*] (1)

Lemon Chicken (2)

Whisk together:

- juice & zest of 2 lemons
- 1/2c olive oil
- 1T salt
- fresh ground pepper

Optional: add 1T dried herb of choice: tarragon, basil, oregano, etc . [*] (2)

Mexican Kabob marinade (4)

Mix together 1T olive oil + 1 1/2T chili powder + juice of 2 limes. [*] (4)

**Note: if eating within 24 hours, you may start marinating the lamb cubes now.

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



Balsamic Dressing (1,5)

Combine: 1c olive oil + 1/2c balsamic vinegar + pepper to taste. [*] (1,5)

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



June Menu, Week 4 - PALEO: Dish Day

Day 1

Salmon over Mixed Greens w/ Strawberries, Cucumbers & Walnuts (1)

1. Let balsamic vinaigrette come to room temp and shake well before serving. Reserve ½ for Side Salad (5).
2. Preheat oven to 425 F. Season salmon w/ S&P and bake for 18-20 minutes (or option to grill).
3. Divide salad into 4 bowls and top each w/ 1 baked salmon fillet & drizzle w/ 1-2 T vinaigrette.
4. Prep D2: Marinate chicken tenders in refrigerator for up to 24 hours.

Day 2

Grilled Lemon Chicken Tenders w/ Asparagus & Pineapple (2) ****marinate 30 mins - 24 hours****

1. Preheat grill or oven to 400 F. Marinate chicken for at least 30 minutes.
2. Grill asparagus & pineapple for 5-6 minutes, flipping occasionally. (If baking, bake asparagus 8-10 min and eat pineapple fresh)
3. Grill chicken for 2-3 min/ side OR bake for 12-15 min. Internal temp should reach 165 F (depends on size of tenders).

Day 3

Steaks, Baked Sweet Potatoes & Sautéed Swiss Chard (3)

1. Preheat oven to 400 F. Place potatoes in oven for ~20 minutes or heated through.
 2. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
 3. Meanwhile, heat 2tsp oil in a 2nd sauté pan. Cook chard ~5 min, season w/ S&P OR option: cook in steak pan while steak rests.
 4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).
Option: cook steaks & reheat potatoes on the grill.
- **Note:** Option to start marinating lamb for Mexican Kabobs (D4) tonight for tomorrow's meal.

Day 4

Mexican Kabobs ****marinate lamb 2-24 hours and soak wooden skewers prior to grilling****

1. Marinate lamb for 2-24 hours.
2. If using wooden skewers, soak in water for 30 mins prior to using.
3. Skewer mushrooms, bell peppers, cherry tomatoes and lamb.
4. Grill (or broil) for ~15 minutes, flipping kabobs every ~5 min.

Salad

Arugula w/ Peaches, Sliced Almonds & Goat Cheese (5)

1. Let balsamic vinaigrette come to room temp (~30min), shake well.
2. Drizzle ~1T over each serving of salad. Note: make sure to reserve ½ for Salmon Salad (1).

Breakfast

Strawberry Chia Jam w/ Paleo Pancakes

1. If using batter, preheat pancake griddle or sauté pan on med heat, and cook 2-3 min/ side.
2. OR reheat pre-made pancakes in a sauté pan for 1-2 min/ side.
3. Top with Strawberry Jam.

Snack

Seaweed Snack (7)

Dessert

Berry Peachy Fruit Salad (8)

1. Top salad with 2T coconut flakes and 2T sliced almonds.