



# August Menu, Week 3 - Paleo: Grocery List

Serves 4

1. Meal 1: Pesto Salmon w/ Purple Potatoes & Asparagus
2. Meal 2: Mustard Rosemary Lamb Chops with Summer Vegetable Ribbon Salad
3. Meal 3: Balsamic Marinated Chicken w/ Grilled Eggplant, Tomato & Mozzarella Stacks
4. Meal 4: B.L.T.A. Burgers w/ Roasted Carrots & Parsnips
5. Salad: Mixed Greens w/ Pears, Dried Cherries, Cucumbers, Pecans & Bacon
6. Breakfast: Paleo Banana Bread Granola
7. Snack: Plums
8. Dessert: Peach Cobbler



## Herbs

1 lg bunch basil (1,2,3)  
 1 bunch rosemary (2)  
 1 head garlic (1,2,3)



## Fruits

2# peaches (8)  
 4 lemons (1,2,3)  
 1-2 pears (5)  
 8 plums (7)  
 1 banana (6)  
 1 pint berries, optional (6)



## Dairy (optional)

~4oz parmesan (1,2,3)  
 4oz fresh mozzarella ball (3)  
 ½c grassfed butter (8)  
 (OR sub with coconut oil)  
 milk/ yogurt of choice (6)  
 (optional to eat w/ granola)



## Pantry

2T Dijon mustard (2)\*  
 1c almond flour (8)  
 1½c large, unsweetened  
 coconut flakes (6,8)  
 1tsp vanilla (6)\*



## Veggies

1 bunch green onions (2)  
 1# carrots (2,4)  
 4 parsnips (4)  
 1 cucumber (5)  
 1 bunch asparagus (1)  
 1 lg eggplant (3)  
 2 zucchini (2)  
 1 yellow squash (2)  
 4 beefsteak tomatoes (3,4)  
 1-2 avocados (4)  
 1½# purple potatoes (1)  
 5oz mixed greens (5)  
 1 head romaine lettuce (4)



## Meats

4-8 lamb chops (2)  
 (bone-in, ~¾" thick)  
 4 boneless, skinless chicken  
 breasts, 5-7oz each (3)  
 1-1½# ground bison (4)  
 (OR sub ground beef)  
 1 package bacon (4,5)\*



## Nuts & Dried Fruits

~1½c medjool dates, ~12 (6,8)  
 2½c walnuts (1,3,6)  
 ½c dried cherries (5)\*  
 2½c pecans (5,6,8)  
 2T flax seeds, optional (6)  
 (OR sub hemp seed)  
 ¼c pine nuts (2)  
 ½c pumpkin seeds (6)  
 (OR sub sunflower seeds)



## Spices

2T cinnamon (6,8)  
 1tsp ground ginger (8)  
 ¼tsp red pepper flakes (2)



## Seafood

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



## Oils & Vinegars

~2¼c olive oil  
 ⅓c coconut oil (6)  
 ½c balsamic vinegar (3,5)

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



## August Menu, Week 3 - Paleo: Prep Day

Preheat oven to 350 F. (2,4,5,6)



**Pine nuts:** Toast  $\frac{1}{4}$ c pine nuts on a sheet pan at 350 F for ~5 mins (watch closely, burns easily). Store at room temperature. [\*] (2)  
**Bacon:** Bake 1 package bacon in single layer for 20-25 mins or until cooked through and just crispy. Crumble half for salad & keep half whole for bugers. [\*] (4,5)



**Peaches:** Remove pits from 2# peaches and dice. Set aside. (8)  
**Purple Potatoes:** Cut  $1\frac{1}{2}$ # purple potatoes into  $\frac{1}{2}$ " pieces, toss w/ 1-2T olive oil + S&P. [\*] (1)  
**Asparagus:** Remove ends from 1 bunch asparagus and discard. Toss remaining spears w/ 2tsp olive oil + S&P. [\*] (1)  
**Eggplant Stacks:** Thin slice 2 beefsteak tomatoes & 4oz mozzarella. Slice 1 eggplant into  $\frac{1}{2}$ " thick rounds. Store 3 separately. [\*] (3)  
**Tomatoes:** Thinly slice remaining 2 beefsteak tomatoes for burgers. [\*] (4)  
**Carrots & Parsnips:** Cut into 4 carrots and 4 parsnips into 1" slices. Toss w/ 1-2T olive oil. Season to taste w/ S&P. [\*] (4)  
**Cucumber:** Cut 1 cucumber into small,  $\frac{1}{4}$ " pieces (option to peel and de-seed if preferred). Set aside for salad. (5)  
**Green Onions:** Chop to make  $\frac{1}{4}$ c. [\*] (2)  
**Lamb:** Finely chop 2T rosemary & 2 cloves garlic. Mix with 2T Dijon mustard +  $\frac{1}{2}$ tsp salt +  $\frac{1}{4}$ tsp pepper. Rub over lamb chops. [\*] (2)  
**Lettuce:** Separate leaves from romaine and store wrapped in a damp paper towel (for lettuce-wrapped burgers). [\*] (4)



### Paleo Banana Bread Granola (6)

In food processor add:

- $1\frac{1}{2}$ c walnuts
- 1c pecans
- $\frac{1}{2}$ c pumpkin or sunflower seeds
- 2T flax or hemp seeds, optional
- 4 medjool dates, pitted (~ $\frac{1}{2}$ c)
- 1c coconut flakes
- 1T cinnamon
- $\frac{1}{2}$ tsp salt

Pulse until nuts and dates are chopped and resemble "oats". Remove mixture from processor and set aside in a bowl.

Now add to the food processor and blend until smooth:

- 1 banana
- $\frac{1}{3}$ c melted coconut oil
- 1tsp vanilla

Add the nut mixture (from above) back to the food processor and pulse until just combined.

Place mixture on large sheet pan lined with parchment paper and spread out until flat & thin (the mixture should be wet). Bake at 350 F for 10 mins. Remove from oven & stir, breaking apart granola. Bake 5-10 more mins (watch closely - it burns easily!). Remove from oven, cool, break apart as desired and store in an airtight container. Yields ~5c or 10 servings. [\*] (6)



### **Peach Cobbler (8)**

Place in food processor or blender:

- ½c (1 stick) butter or coconut oil **\*\*Note: if using blender & butter, cut butter into quarters before pulsing**
- 1c dates (~8), pits removed
- 1c pecans
- 1c almond flour
- ½c unsweetened coconut flakes
- 1T cinnamon
- 1tsp ground ginger
- ½tsp salt

Pulse until combined and mixture begins to form a ball.

Place diced peaches in a small baking dish (~9x9" pan) and cover w/ cobbler (does not need to cover completely). Cover with foil. [\*] (8)

### **Pesto (1,3)**

Place the following in blender or food processor:

- ½c olive oil
- ¼c water
- 1c walnuts
- 2oz parmesan (size of 1 domino)
- 1 lg garlic clove
- ~1-2c fresh basil leaves
- ½tsp lemon zest + ~2T juice (~2 lemons; add to taste)

Blend until smooth, taste and season as needed w/ salt and/or lemon juice. Spread 2-3T pesto onto each salmon fillet. [\*] (1)

**\*\*Note: if not baking fish within 24 hours, delay adding pesto to salmon until dish day.**

Save remaining pesto for eggplant, tomato & mozzarella stacks. [\*] (3)



### **Bison Burgers (4)**

Season 1-1½# ground bison with S&P. Form into 4 patties. [\*] (4)

### **Salad (5)**

Layer in container as follows:

- ½ of mixed greens
- ½ of chopped cucumber
- ¼c dried cherries
- ¼c pecans (chop if desired)

Repeat layers. [\*] (5)



### **Balsamic Vinaigrette/ Marinade (3,5)**

Whisk together: 1c olive oil + ½c balsamic vinegar + pepper to taste. [\*] (3,5)

### **Vegetable Ribbon Salad Dressing (2)**

Whisk together: ⅓c olive oil + 2T lemon juice (~2 lemons) + ¼tsp red pepper flakes + S&P to taste [\*] (2)

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



# August Menu, Week 3 - Paleo: Dish Day

## Day 1

### **Pesto Salmon w/ Purple Potatoes & Asparagus (1)**

1. Preheat oven to 425 F.
2. Place potatoes (optional: toss w/ 1-2T parmesan) on parchment-lined baking sheet, roast ~35-40 min, tossing halfway through.
3. Place pesto-covered salmon on an oiled baking sheet and bake for ~20 minutes or fish is cooked and flaky.
4. Place asparagus on baking sheet and roast for 10-12 minutes, tossing halfway through cooktime.

## Day 2

### **Mustard Rosemary Lamb Chops w/ Summer Vegetable Ribbon Salad (2)**

1. Preheat grill to medium-high heat. Place veggie ribbon salad dressing on counter to come to room temp.
2. Take lamb chops out of fridge to come up slightly to room temperature.
3. Make large ribbons w/ a peeler from 2 zucchini, 1 carrot and 1 yellow squash. Place in bowl and mix veggie ribbon salad dressing.
4. Grill chops for ~4-5 minutes per side for medium rare. Adjust cook time for desired doneness. Let rest while finishing salad.
5. Chop 1/2c basil and add to salad with toasted pine nuts and 1/2c sliced green onions.
6. Toss to combine and top with 1/4c parmesan cheese (~1 oz), if desired.

## Day 3 \*Marinate for minimum of 30min up to 12 hours (use 1/2 of balsamic marinade, reserve other half for salad (5))\*

### **Balsamic Marinated Chicken w/ Grilled Eggplant, Tomato & Mozzarella Stacks (3)**

1. Preheat grill to med-high heat.
2. Remove chicken from balsamic marinade and grill 5-8 mins/ side or cooked through to 165 F.
3. Brush eggplant w/ olive oil, S&P. Grill eggplant ~5 mins/ side. Layer eggplant, mozzarella, tomato & pesto.

## Day 4

### **B.L.T.A. Burgers w/ Roasted Carrots & Parsnips (4)**

1. Preheat oven to 450 F. Place veggies in a single layer on a baking sheet. Preheat grill or large sauté pan for burgers.
2. Roast veggies for ~30-35 minutes, tossing halfway through cook time.
3. Grill (or cook in sauté pan) burgers for 4-6 mins/ side or desired doneness.
4. Slice 1-2 avocados. Serve burgers in lettuce wraps with bacon, sliced avocado & tomato.

## Salad

### **Mixed Greens w/ Pears, Dried Cherries, Cucumbers, Pecans & Bacon (5)**

1. Bring vinaigrette to room temp, shake well. Reserve 1/2 of dressing for marinade (3).
2. Chop 1-2 pears and add to salad. Drizzle w/ balsamic vinaigrette.
3. Top salad w/ reserved, crumbled bacon.

## Breakfast

### **Paleo Banana Bread Granola (6)**

1. Option to serve granola over milk or yogurt and/or topped with berries.

## Snack

### **Plums (7)**

## Dessert

### **Peach Cobbler (8)**

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