



August Menu, Week 4 - PALEO: Grocery List

Serves 4

1. Meal 1: Maple Mustard Pork w/ Roasted Butternut Squash and Brussels Sprouts
2. Meal 2: Cilantro-Citrus Shrimp w/ Cauliflower Rice & Cucumber Slices
3. Meal 3: Summer "Pasta" w/ Chicken Sausage
4. Meal 4: Chicken & Veggie Stir Fry w/ Cauliflower Rice
5. Salad: Arugula, Watermelon, Mint, Feta & Pistachio
6. Breakfast: Farmer's Market Tart
7. Snack: Figgy Energy Bites
8. Dessert: Watermelon



Herbs

- 1 bunch cilantro (2)
- 1 bulb garlic (2,3,4)
- ~3" knob ginger (4)
- 1 bunch mint (5)
- 1 bunch basil (3)



Fruits

- 2 lemons (2,3)
- 2 limes (2)
- 1 orange (2)
- 1 watermelon (5,8)



Dairy (optional)

- 6oz feta crumbles (3,5)
- 5T butter (6)
- 4oz goat cheese crumbles (6)



Pantry

- ¼c grainy mustard (1)*
- ¼c coconut aminos (4)*
- ¼c sliced kalamata olives (3)
- 3c almond flour (6)
- ½c almond butter (7)*
- 2T maple syrup (1)*



Veggies

- 1 cucumber (2)
- 2-3# butternut squash (1)
(OR 1 bag pre-cut)
- 1# Brussels sprouts (1)
- 1 head broccoli (4)
- 2 heads cauliflower (2,4)
(OR sub 2 bags cauli rice)
- 1 bunch swiss chard (6)
- 1 bunch asparagus (6)
- 2 pints cherry tomatoes (3)
- 2-4 lg zucchini (3)
- 16oz sliced mushrooms (3)
- 4 portobello mushrooms (4)
- 2 reds onion (4,6)
- 1 yellow onion (2,4)
- 5oz arugula (5)



Meats

- 1# raw chicken sausage (3)*
(Italian style or similar)
- 1# boneless, skinless chicken breasts (4)
(OR sub chicken tenders)
- 1-1½# pork tenderloin (1)



Nuts & Dried Fruit

- ½c chopped pistachios (5)
- ½c pinenuts, optional (3)
- 1c dried figs (7)*
- 1c medjool dates, ~8 (7)
- ½c dried cranberries (7)*



Spices

- 1tsp red chili flakes, optional (4)



Seafood

- 1-1.5# shrimp (2)
peeled, deveined, tail removed



Eggs

- 1 egg, omega-3 (6)



Oils & Vinegars

- ~1¾c olive oil
- 5T coconut oil (2,4)
- 1T toasted sesame oil (4)
- ¼c rice vinegar (4)
- ¼c balsamic vinegar (5)

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



August Menu, Week 4 - PALEO: Prep Day

Preheat oven to 350 F. (3,6)



Cucumber: Cut 1 cucumber into slices. [*] (2)

Yellow Onion: Finely chop 1 yellow onion for cauliflower rice [*] (2,4)

Cauliflower: Remove core, leaves, & dark spots from 2 cauliflower. Make sure cauli is completely dry, course chop & set aside. (2,4)

Stir fry: Thinly slice 1 red onion. Cut 1 head broccoli into 2-3" pieces. Slice 4 portobello mushrooms. Peel and grate ginger for ~1T.

Chop garlic for ~1T. Store together. [*] (4)

Zucchini Noodles: From 2-4 zucchini, use spiralizer or mandolin to make "spaghetti-like" zoodles (can also cut by hand). [*] (3)

Butternut Squash & Brussels: If not pre-cut, peel, remove seeds from squash & cut into small, 1" pieces. Cut 1# Brussels sprouts in half. Toss w/ 2T olive oil + S&P. [*] (1)

Tart: Separate Swiss chard stems from chard leaves, setting aside leaves. Chop 1 red onion and the chard stems. Set aside. (6)

Tart: Finely chop 1 bunch asparagus and the Swiss chard leaves. Set aside separately. (6)

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

Chicken: Thinly slice 1# boneless, skinless chicken breast into strips for stir fry. [*] (4)



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

Roast in single layer on 1-2 sheet pans for 30-35 minutes or until tender. Toss halfway through cooktime. Cool, set aside. (3)



Farmer's Market Tart (6)

In a food processor (or blender) pulse the following until dough comes together (or use a fork to combine in a bowl):

3c almond flour + 4T butter or olive oil + 1/8tsp salt + 1 egg.

Press onto bottom of 9x13" pan and bake for 10-15 mins. Remove from oven and set aside.

Melt 1T butter or olive oil over med-low heat. Add 1 chopped red onion + chopped chard stems. Season w/ salt and cook 15 min.

Add 16oz sliced mushrooms and cook 10 min (add 2-3T water as needed to prevent burning). Season w/ salt.

Add 1 bunch finely chopped asparagus, cook 5 min. Add 1 bunch finely chopped swiss chard leaves, cook 5 min. S&P to taste.

Top crust w/ cooked veggies + 4oz goat cheese crumbles (optional). Return to oven for ~10 mins until cheese melts. Cool. [*] (6)



Figgy Energy Bites (7)

In blender or food processor add: 1c dried figs (no stems) + 1c medjool dates (pitted) + 1/2c dried cranberries. Pulse until combined.

Stir in 1/2c almond butter. Roll mixture into 1T balls. Place in single layer on baking sheet and freeze. Yields ~24.

Note: you can later transfer frozen bites into a container or baggy and freeze. [*] (7)



Summer "Pasta" (3)

Chicken Sausage: Remove sausage from casing & sauté 8-12 min, breaking apart, until cooked through. Cool, set aside.

Lemon Basil Sauce: In blender blend: ¼c olive oil + 1 clove garlic + large handful fresh basil + juice of 1 lemon (~2T) + S&P.

Toss pasta w/ roasted veg + lemon basil sauce + ¼c sliced kalamata olives + optional 4oz feta crumbles & ½c pine nuts. [*] (3)



Cauliflower Rice (2,4)

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it reaches small rice like texture. Careful not to go too far or it will be mushy. [*] (2,4)

Shrimp Marinade (2)

Blend the following until smooth:

- zest and juice of 2 limes
- zest and juice of 1 orange
- zest and juice of 1 lemon
- large handful cilantro
- ½c olive oil
- ½c water
- 2tsp salt
- 2 cloves garlic, peeled. [*] (2)



Maple-Mustard Marinade: Whisk together ¼c grainy mustard + 2T maple syrup. Evenly coat a 1-1½# pork tenderloin. [*] (1)

Salad (5)

Layer in container as follows:

- ½ of arugula
- small handful mint leaves (gently tear into small pieces)
- ½c cubed watermelon
- ¼c chopped pistachios
- 2oz feta crumbles, optional

Repeat layers. (5) [*]



Balsamic Dressing (5): Combine: ½c olive oil + ¼c balsamic vinegar + pepper. [*] (5)

Stir Fry Sauce (4): Combine: ¼c coconut aminos + ¼c rice vinegar + 1T toasted sesame oil. [*] (4)

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



August Menu, Week 4 - PALEO: Dish Day

Day 1

Maple Mustard Pork w/ Roasted Butternut Squash and Brussels Sprouts (1)

1. Preheat oven to 400 F.
 2. Place butternut squash and Brussels sprouts on baking sheet and roast for 30-35 min.
 3. Remove pork from marinade and place in baking pan; roast 20-25 min or until internal temperature is 145 F.
- Note: If using frozen shrimp for D2, remove from freezer and place in the refrigerator tonight or first thing tomorrow morning.

Day 2

Cilantro-Citrus Shrimp w/ Cauliflower Rice & Cucumber Slices (2)

1. Place shrimp in marinade for at least 30 minutes (up to 2 hours) prior to cooking. Preheat oven to 400 F.
2. Heat ½ chopped onion & ½ cauli rice (reserve ½ for stir fry), in lg sauté pan w/ 2T coconut oil over med-high heat for 6-8 min.
3. Bake shrimp for ~10 minutes or until just pink/ cooked through.

Day 3

Summer "Pasta" w/ Chicken Sausage (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high. Add zucchini noodles, and cook 2-3 minutes.
 2. Add veggie & chicken sausage mixture and sauté until heated through, 5-6 minutes.
- Note: Start marinating chicken leg quarters for Day 4.

Day 4 *Note: marinate 12-48 hrs in advance*

Chicken & Veggie Stir Fry w/ Cauliflower Rice (4)

1. Heat 2T coconut oil in a large sauté pan, add remaining chopped onion & cauliflower rice and cook 6-8 minutes. Season w/ S&P.
2. Add 1T coconut oil to another sauté pan over med-high heat. Add chicken, garlic, ginger & onions. Sauté 3-4 minutes.
3. Add broccoli & mushrooms, sauté for 6-8 minutes.
4. Add stir fry sauce and cook another 2-3 minutes. Option to season w/ red chili flakes. Serve over cauliflower rice.

Salad

Arugula, Watermelon, Mint, Feta & Pistachio (5)

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

Breakfast

Farmer's Market Tart (6)

1. Reheat in 350 F oven for 30 minutes (can also be served cold).

Snack

Figgy Energy Bites (7)

1. Remove 3-4 bites per person from freezer, defrost, and enjoy!

Dessert

Watermelon (8)