



# July Menu, Week 1 - PALEO: Grocery List

Serves 4

1. Meal 1: Spiced Tuna Steaks w/ Sauteed Peppers & Avocado Salsa
2. Meal 2: Peachy Pork Tenderloin Medallions w/ Roasted Zucchini
3. Meal 3: Asian Turkey Lettuce Wraps w/ Dipping Sauce & Sesame Roasted Asparagus
4. Meal 4: Mexican Grassfed Beef & Potato Hash
5. Salad: Red, White & Blue Salad
6. Breakfast: Stuffed Sweet Potatoes w/ Sausage & Eggs
7. Snack: Rosemary Spiced Almonds
8. Dessert: Almond Butter-Banana "Ice Cream"



## Herbs

1 bunch cilantro (1,2,3,4)  
 ~2" knob ginger (2,3)  
 1 bulb garlic (1,2,3)  
 1 bunch rosemary (6,7)



## Fruits

1 pint raspberries (5)  
 1 pint blackberries (5)  
 4 small peaches (2)  
 4 large bananas (8)  
 2 limes (1)



## Dairy (optional)

4-6oz feta crumbles (5)



## Pantry

2T almond butter (8)\*  
 1 can water chestnuts (3)  
 3T coconut aminos (3)\*  
 1tsp honey, optional (3)  
 1/2tsp vanilla extract (8)\*



## Veggies

1 bunch green onions (3,4)  
 2 large carrots (3)  
 1 bunch asparagus (3)  
 4 avocados (1,4)  
 1 beefsteak tomato (4)  
 2 lg zucchini (2)  
 2x 8oz sliced mushrooms (3,4)  
 4 red bell peppers (1,3)  
 1# large red potatoes (4)  
 (OR sub sweet potatoes)  
 2 medium sweet potatoes (6)  
 1 yellow onion (3,4)  
 3 lg red onions (1,2)  
 1 head romaine lettuce (3,4)  
 5oz mixed greens (5)



## Meats

1# pork tenderloin (2)  
 2# ground turkey, 85-93% lean (3,6)  
 1 # grassfed ground beef (4)



## Seafood

4 ahi tuna steaks (1)  
 (OR sub salmon)



## Eggs

4 eggs, omega-3 (6)



## Nuts

1/2c sliced almonds (5)  
 2c raw, whole almonds (7)



## Oils & Vinegars

~3/4c olive oil  
 3T toasted sesame oil (3)  
 2T rice vinegar (3)  
 1/4c balsamic vinegar (5)  
 ~1/2c apple cider vinegar (1,2)



## Spices

1tsp red chili flakes, optional (3)  
 ~4T chili powder (4,7)\*  
 1tsp cinnamon (8)  
 1T sesame seeds (3)  
 2tsp paprika (1)  
 4tsp ground cumin (1)  
 1tsp ground ginger (6)  
 1tsp garlic powder (6)  
 1tsp dried thyme (6)  
 2tsp dried sage (6)



# July Menu, Week 1 - PALEO: Prep Day

**Preheat oven to 375 F. (6,7)**



**Sweet potatoes:** Wrap 2 sweet potatoes in foil. Bake at 375 F for 50-60min or until soft/ cooked through. Remove & cool. (6)



**Bananas:** Cut 4 lg bananas into quarters. Place in single layer on baking sheet and freeze for 1 hr. Store in container until DD. [\*] (8)

**Lettuce Head:** Remove 8-16 large leaves, store in large baggie. [\*] (3) Finely chop any remaining lettuce for hash. [\*] (4) (3,4)

**Beefsteak Tomato:** Chop 1 tomato for hash. [\*] (4)

**Asparagus:** Chop off & discard lower 2-3". Toss tops w/ 1T toasted sesame oil + 1T sesame seeds. [\*] (3)

**Zucchini:** Cut 2 large zucchini into bite-sized pieces and toss w/ 1-2T olive oil + S&P. [\*] (2)

**Rosemary:** Finely chop ½tsp for breakfast (6) and 1T for snack (7). (6,7)

**Garlic:** Finely chop ~8-10 cloves. Store 1T for peppers. [\*] (1) Set aside ½ remaining for peach sauce (2) & ½ for wraps (3). (1,2,3)

**Peppers & Onions:** Slice 2 red peppers and 2 red onions into thin strips. Toss with 2tsp paprika + 2tsp cumin + 1T chopped garlic + 2T apple cider vinegar. [\*] (1)

**Ginger:** Peel and finely grate ginger. Set aside 1T for peach sauce and 1T lettuce wraps. (2,3)

**Peach Sauce:** Finely chop 1 red onion. Roughly chop 4 peaches, set aside. (2)

**Cilantro:** Finely chop leaves. Set aside ¼ for peach sauce & ¼ for lettuce wraps (2,3). Store the rest for salsa & hash. [\*] (1,4) (1,2,3,4)

**Yellow Onion:** Finely chop 1 yellow onion, set aside ½ for wraps (3) & ½ for hash (4). (3,4)

**Red Potatoes:** Peel & cut 1# potatoes into 1" pieces. Set aside for hash. (4)

**Wraps:** Finely chop 2 carrots & 2 bell peppers. Drain 1 can water chestnuts, finely chop. (3)

Note: if you have remaining carrots, chop into sticks for snacking.

**Green Onion:** Chop 2 green onions, store for hash. [\*](4) Chop remaining green onions, keeping whites & greens separate (3). (3,4)

**Pork:** Thinly slice the pork tenderloin into medallions (~12 pieces). [\*] (2)



## Almonds (7)

Mix together:

1T olive oil + 1T chopped rosemary + 1tsp chili powder + ¾tsp salt + dash of black pepper + 2c raw, whole almonds.

Bake on a foil-lined baking sheet for ~10 minutes, until toasted and aromatic. Watch closely to prevent burning.

Store in airtight container in pantry. [\*] (7)



## Peach Sauce (2)

Add the following to a large sauté pan over medium-high heat:

1tsp olive oil + ~2-3 cloves chopped garlic + 1T grated ginger (option: start w/ ½T and gradually add more up to 1T) + 1 red onion, finely chopped + ½tsp salt

Sauté for 5 minutes.

Add 4 chopped peaches and ¼c apple cider vinegar.

Cook on low for 30 minutes, stirring occasionally. Allow to cool. Stir in ¼ of the chopped cilantro. [\*] (2)



#### Hash (4)

Place 1# ground beef in a large sauté pan over medium high heat, breaking apart meat.

Add to pan ½ chopped yellow onion + 1# cut potatoes (uncooked) + 8oz sliced mushrooms + 3T chili powder, cook for 10-15 min. Add ½c water (use beef broth for more flavor), cover & cook until potatoes are soft. Cool. [\*] (4)

#### Asian Turkey Lettuce Wraps (3)

In large sauté pan heat 1tsp olive oil, add 1# ground turkey + finely chopped veggies (½ yellow onion, 2 carrots & 2 bell peppers) + ~2-3 chopped garlic cloves + ~1T grated ginger + white part of green onions + 8oz sliced mushrooms.

Cook for ~10-12 minutes, breaking apart ground turkey.

Add 1 can chopped water chestnuts, ¼ chopped cilantro, gr onion tops, 1T toasted sesame oil, 1T coconut aminos, 1T rice vinegar. Cool. [\*] (3)

#### Stuffed Sweet Potatoes w/ Turkey Sausage (6)

Place 1# ground turkey into a large saute pan over med-high heat.

Add 1tsp ground ginger + 1tsp garlic powder + 1tsp dried thyme + 2tsp dried sage + ½tsp salt.

Cook the turkey sausage mixture for ~8-10 min until cooked through, breaking meat into pieces.

Once sweet potatoes are cool, cut in half, lengthwise, and scoop out the middle without breaking the skin.

Mash sweet potato in bowl and add cooked turkey sausage, ½tsp chopped rosemary and S&P to taste.

Add the mixture back to sweet potato shell and store in airtight container in fridge. [\*] (6)



#### Red, White & Blue Salad (5)

Layer the following in a container:

- ½ of mixed greens
- ½ pint blackberries
- ½ pint raspberries
- 2-3oz feta crumbles
- ¼c sliced almonds

Repeat layers. [\*] (5)



#### Balsamic Dressing (5)

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

#### Dipping Sauce for Lettuce Wraps (3)

Whisk together:

- 1T toasted sesame oil
- 1T rice vinegar
- 2T coconut aminos.
- 1tsp red chili flakes, optional
- 1tsp honey, optional [\*](3)

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



# July Menu, Week 1 - PALEO: Dish Day

## Day 1

### Spiced Tuna Steaks w/ Sauteed Peppers & Avocado Salsa (1)

1. Pat 4 tuna steaks dry and sprinkle with 2tsp cumin powder and S&P. Set aside.
2. In saute pan, heat 2T olive oil over med-high.
3. Add onions + peppers & cook ~5-7 min, stirring occasionally, until softened & slightly browned.
4. While peppers cook, cut 2 avocados into a bowl. Add ~4T chopped cilantro, juice of 1 lime + S&P to taste. Mash, leaving chunky.
5. Heat another pan w/ 2T olive oil over med-high heat. Add tuna steaks, turn heat down to medium.
6. Drizzle tuna with juice of 1 lime and cook about 2-3 minutes per side, more if you like it well done and less if rare.
7. Spoon pan sauce over tuna steaks and plate topped with peppers & onions and avocado salsa.

## Day 2

### Peachy Pork Tenderloin Medallions w/ Roasted Zucchini (2)

1. Preheat oven to 425 F.
2. Place pork & zucchini parchment-lined sheet pans. Roast both for ~15-20 minutes.
3. Serve pork w/ peach sauce (can be served warmed or cold) and zucchini on the side.

## Day 3

### Asian Turkey Lettuce Wraps & Sesame Roasted Asparagus (3)

1. Preheat oven to 400 F. Roast asparagus in single layer on baking sheet for 12-15 minutes.
2. Reheat filling in a sauté pan over med-high heat for 5-10 minutes or heated through.
3. Serve ~1/4c filling in a folded lettuce leaf w/ dipping sauce & asparagus on the side.

## Day 4

### Mexican Grassfed Beef & Potato Hash (4)

1. Reheat hash in a mid-high sauté pan, covered, for 10-12 minutes or heated through. Add water/ broth if needed.
2. Slice 2 avocados.
3. Top hash w/ chopped green onions, cilantro, tomato, lettuce & avocados.

## Salad

### Red, White & Blue Salad (5)

1. Allow vinaigrette to come to room temp. Shake vinaigrette well & drizzle over salad.

## Breakfast

### Stuffed Sweet Potatoes w/ Sausage & Eggs (6)

1. Preheat oven to 400 F. Place sweet potatoes on parchment lined sheet tray.
2. Create a divot for the egg. Break one egg into each divot. Cook for 15 minutes until yoke is set.

## Snack

### Rosemary Spiced Almonds (7)

## Dessert

### Almond Butter-Banana "Ice Cream" (8)

1. In a blender or food processor blend the following until smooth: 4 large frozen bananas + 2T almond butter + 1/2tsp vanilla + 1tsp cinnamon. Serve immediately.
2. Store any remaining in a freezer-safe container. Be sure to soften for 1 hour before serving.