



July Menu, Week 3 - PALEO: Grocery List

Serves 4

1. Meal 1: Superfood Salad w/ Chicken
2. Meal 2: Lemon-Parsley Salmon w/ Tomato, Cucumber & Red Onion Salad
3. Meal 3: Chinese Pork Stir Fry over Cauliflower Rice
4. Meal 4: Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper
5. Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella
6. Breakfast: Very Berry Muffins
7. Snack: Prosciutto w/ Melon
8. Dessert: Fresh Cherries



Herbs

1 bulb garlic (2,3)
 1 bunch basil (5)
 1 bunch parsley (1,2)
 ~2" knob ginger (3)



Fruits

3 lemons (1,2)
 4c cherries (8)
 1 cantaloupe (7)
 1 very ripe medium banana (6)
 ½ pint blueberries (6)
 ½ pint raspberries (6)



Dairy (optional)

8oz mini mozzarella balls (5)



Pantry

2T coconut aminos (3)*
 ~7T honey (2,3,6)
 1tsp fish sauce, optional (3)*
 ½c almond butter (6)*
 1T baking powder (6)
 2tsp vanilla extract (6)*
 Parchment muffin liners, optional (6)



Veggies

1 bunch green onions (3)
 1 head cauliflower (3)
 (OR sub 1 bag cauliflower rice)
 1 cucumber (2)
 4 roma tomatoes (2)
 2 beefsteak tomatoes (5)
 1 avocado (1)
 1 bunch bok choy (3)
 1 bunch radishes (1)
 1-2 large zucchini (4)
 4 bell peppers (3,4)
 (mixed colors)
 8oz sliced mushrooms (3)
 2 red onions (2,4)
 1 bunch green kale (1)
 1 head romaine lettuce (1)
 5oz mixed greens (5)



Meats

4 bison strip steaks,
 5-7oz ea (4)
 (OR sub grassfed beef steak)
 1½# pork loin roast (3)
 (OR sub pre-cut ¼" slices)
 8 slices prosciutto (7)*
 1# boneless, skinless chicken
 breasts (1)



Nuts & Seeds

¼c sliced almonds (1)
 ½c raw cashews (1)
 ¼c dried cranberries (1)*
 1tsp sesame seeds (3)
 1c ground flax meal/seeds (6)
 (like Bob's Red Mill brand)



Oils & Vinegars

~1½c olive oil
 ⅓c coconut oil (6)
 ~2T toasted sesame oil (3)*
 ¼c balsamic vinegar (5)
 3T rice vinegar (2,3)
 1tsp apple cider vinegar (1)



Spices

2T steak seasoning (4)*
 1T oregano (4)
 1T cinnamon (6)



Seafood

4 salmon fillets, 4-6oz ea (2)



Eggs

5 eggs, omega-3 (6)

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



July Menu, Week 3 - PALEO: Prep Day

Preheat oven to 350 F. (1,6)



Chicken: Season 1# chicken breasts w/ S&P. Bake for 20-30 minutes (or grill) until cooked, 165 F. Cool & slice for salad. [*] (1)

Almonds: Toast ¼c sliced almonds on sheet pan for ~5 mins or until golden brown. Cool & store. [*] (1)



Cashews: Place ½c cashews in a med bowl. Bring ½c water to a boil and pour over cashews. Add ½tsp salt and soak for ~1 hr. (1)



Stir Fry: Slice 1 bell pepper into strips and green onions for ~¼c. Slice whites & greens of bok choy (removing bottom ~2"). [*] (3)

Tomato & Cuke: Thinly slice 4 roma tomatoes, 1 cucumber & ¼ of a red onion (save remaining for grilled veg, below).

Toss tomato, cucumber & red onion w/ 3T olive oil + 1T rice vinegar. Option to add ~1T fresh chopped parsley. [*] (2)

Grilled Veg: Thinly slice 1-2 zucchinis (¼" thick), cut 3 bell pepper into ~8 slices each, slice 1¾ red onion into thick "rings". [*] (4)

Superfood Salad: Cut 1 bunch kale and 1 head romaine lettuce into bite-sized pieces. Store in bag w/ damp paper towel. [*] (1)

Radishes: Thinly slice ~1c radishes. If you have remaining radishes, store for snacking. [*] (1)

Cantaloupe: Slice cantaloupe into 8 pieces, removing rind and seeds. Wrap each piece of melon with a slice of prosciutto. [*] (7)

Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop, making sure it is completely dry and set aside (3)

Garlic & Ginger: Mince 3 cloves garlic. Peel and grate ginger to equal ~1T. Set aside. (3)

Pork: Slice pork thin (~¼" thick). [*] (3)



Very Berry Muffins (6)

In a food processor or blender, combine the following until well combined:

- 1 very ripe medium banana
- 5 large eggs, room temperature
- ½c almond butter
- 1c ground flax meal/seeds
- 1T baking powder
- 4T honey
- 2tsp vanilla extract
- 1T cinnamon
- ½tsp salt
- ½c coconut oil, melted
- ¼c water

Grease a muffin pan or line w/ parchment liners. Fill ~¾ the way full (these will not rise much).

Evenly distribute ½ pint blueberries + ½ pint raspberries into the muffin batter.

Bake for 20-22 minutes or until a toothpick comes out clean. Yields ~12 muffins. [*] (6)



Cauliflower Rice (3)

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice like texture. Careful not to go too far or it can become mushy. [*] (3)

Lemon Parsley Sauce (2)

Place in a blender:

- 1/2c olive oil
- large handful fresh parsley (reserve 1T parsley for Cashew Dressing, 1)
- 1 clove garlic
- juice of 2 lemons
- 1tsp salt
- 1-2tsp honey (optional)

Blend until smooth [*] (2)

Cashew Dressing (1)

In blender, combine:

- Soaked cashews (drained, but keeping extra soaking water)
- 1T fresh parsley
- 1T lemon juice
- 1tsp apple cider vinegar
- 1T olive oil
- S&P, to taste

Blend until smooth adding extra soaking water to thin out consistency, if needed. [*] (1)



Salad (5)

Layer in container as follows:

- 1/2 of mixed greens
- 1/2 of mozzarella balls (drained)
- 1/4c loosely packed basil leaves (I use whole leaves. If they are large, I will store & chop at mealtime.)

Repeat layers. [*] (5)

Bison Steak (4)

Season each fillet well w/ steak seasoning (1-2tsp per fillet). [*] (4)



Balsamic Dressing (5)

Whisk together:

- 1/2c olive oil
- 1/4c balsamic vinegar
- pepper to taste [*] (1,5)

Stir Fry Sauce (3)

Combine the following:

3 cloves minced garlic + 2T rice vinegar + 2T coconut aminos + 2T honey + 1tsp toasted sesame oil + ~1T grated ginger + 1tsp fish sauce, optional. [*] (3)

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



July Menu, Week 3 - PALEO: Dish Day

Day 1

Superfood Salad w/ Chicken (1)

1. Dice 1 avocado.
2. Toss together chopped kale & romaine, 1/4c dried cranberries, 1/4c toasted almonds, 1c sliced radishes, and chopped chicken.
3. Top with diced avocado and cashew dressing.

Day 2

Lemon-Parsley Salmon w/ Tomato, Cucumber & Red Onion Salad (2)

1. Preheat oven to 425 F. Marinate 4 salmon fillets in lemon-parsley sauce while oven preheats (or up to 1 hour).
2. Remove salmon from marinade & bake ~18-20 minutes or cooked through (135 F) and flaky. Serve with cucumber tomato salad.

Day 3

Chinese Pork Stir Fry over Cauliflower Rice (3)

1. Heat 1T toasted sesame (or coconut) oil in lg saute pan and add cauliflower rice.
2. Cover & cook for ~5 mins, stirring frequently, or until cauliflower rice is crisp on outside and tender on inside. Season w/ S&P.
3. Add 2T of oil to lg saute pan over med. Add thinly sliced pork, season w/ S&P. Cook ~2 mins/side until almost all pink gone.
4. Remove pork from pan. Add 8oz sliced mushrooms, sliced bell pepper & bok choy to pan. Cook until veg are tender, ~5-8 min.
5. Return pork to pan and add Stir Fry Sauce. Cook for 2-3 min, stirring occasionally.
6. Reduce heat to low and cook 1-2 min to thicken sauce. Serve over cauli rice & top w/ 1tsp sesame seeds.

Day 4

Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper (4)

1. Preheat grill to med-high or 375 F. Toss zucchini, onion & bell pepper w/ 2T olive oil, S&P & 1T oregano.
2. Grill steaks for ~4-6min/ side depending on size/ desired doneness.
3. Grill veg for 2-3 min & flip cooking another 2-3 min (onions may take longer).

Salad

Mixed Greens w/ Tomatoes, Basil & Mozzarella (5)

1. Let balsamic dressing come to room temp (~30 mins), shake well.
2. Slice beefsteak tomatoes and chop basil leaves (if not already added whole). Add to salad.
3. Drizzle ~1T dressing over 1 serving of salad.

Breakfast

Very Berry Muffins (6)

Snack

Prosciutto w/ Melon (7)

Dessert

Fresh Cherries (8)