



September Menu, Week 3 Paleo: Grocery List

Serves 4

1. Meal 1: Balsamic Chicken w/ Butternut Squash, Cherry & Walnut Spinach Salad
2. Meal 2: Salmon Parchment Packs w/ Mushrooms & Zucchini
3. Meal 3: Smoky Spaghetti Squash Boats w/ Bison
4. Meal 4: Chicken & Artichoke Spezzatino
5. Salad: Arugula w/ Cherry Tomatoes, Avocado & Pine Nuts
6. Breakfast: Lemon Poppy Seed Muffins
7. Snack: Plums
8. Dessert: Dates Stuffed w/ Cashew Butter & Cocoa Nibs



Herbs

1 bulb garlic (4)
1 bunch cilantro (3)



Fruits

1 lemon (6)
8 plums (7)



Dairy (optional)

2oz Cotija cheese (3)
(OR sub 4oz shredded cheddar)



Pantry

32oz chicken broth (4)*
1 can artichoke hearts (4) (in water)
26oz chopped or crushed tomatoes (4)*
15oz can diced tomatoes (3)*
3/4c coconut flour (6)
1/2tsp baking soda (6)
1/2c cashew butter (8)*
1 1/2T cacao nibs (8)
1/2c honey (6)
12 cupcake liners (6)
parchment paper (2)



Veggies

2 carrots (4)
4 zucchini (2)
2 sm (~4#) spaghetti squash (3)
1 butternut squash (1)
(OR 1 bag pre-cut squash)
1 pint cherry tomatoes (5)
1-2 avocados (5)
1 poblano chili pepper (3)
(OR sub green bell pepper)
16oz baby bella mushrooms (2)
(OR button mushrooms)
1 lg red potato, optional (4)
2 yellow onions (3,4)
5oz tub baby spinach (1)
5oz tub arugula (5)



Meats

4 boneless, skinless chicken breasts (1)
1# ground bison (3)
(OR sub ground beef)
1 ea. bone-in, skin on, chicken leg quarter & breast (4)



Nuts & Dried Fruits

1/2c walnuts (1)
1/2c pine nuts (5)
(OR sub sliced almonds)
8-16 medjool dates (8)
1/2c dried cherries (1)*



Seafood

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



Oils & Vinegars

~1 1/4c olive oil
1/2c balsamic vinegar (1,5)
1/2c coconut oil (6)



Spices

2T herbs de Provence (4)*
2T Italian seasoning (1)*
1T poppy seeds (6)
1tsp garlic powder (2,3)
1tsp cumin (3)
2tsp smoked paprika (3)
1tsp oregano (3)



Eggs

5 eggs, omega-3 (6)

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



September Menu, Week 3: Prep Day

Preheat oven to 350 F. (1,3)



Spaghetti Squash: Pierce spaghetti squash with a knife and roast for ~1.5 hours for 2 small (or until a knife easily pierces the skin). Carefully slice squash in half, lengthwise, allowing heat to escape. Place in fridge and allow to cool. Once cooled, remove seeds from the spaghetti squash halves and shred pulp with a fork. [*] (3)

Butternut Squash: Peel & dice 1 butternut squash. Toss with 1T olive oil, S&P. Roast in single layer on baking sheet for ~35 min or cooked through. Cool & set aside. (1)



Soup: Finely chop 2 carrots, 1 yellow onion, 2 cloves garlic & 1 potato. Drain 1 can artichoke hearts and chop. Set aside for soup. (4)

Spaghetti Squash: Chop 1 onion and one seeded poblano. Set aside. (3)

Mushrooms & Zucchini: Cut 16oz baby bellas and 4 zucchini into 1/2" pieces. Toss w/ 1T olive oil. Sprinkle w/ S&P. [*] (2)



Spezzatino Soup (4):

In lg soup pot heat 1tsp olive oil on med heat. Add 1 skin-on chicken breast + 1 skin-on chicken leg quarter. Brown skin-side down for 3-5 mins, flip. Add chopped veggies (1 onion, 2 carrots & 2 garlic cloves). Season w/ S&P & 2T herbs de Provence, cook 3-5 min. Add 1 chopped potato, 32oz chicken broth & 26oz chopped tomatoes. Bring to boil, cover, turn to low, and cook 30 minutes. Remove chicken from pot and allow to cool. Remove meat from bone, discard skin & bone & chop meat in bite-sized pieces. Add chopped chicken & artichokes to pan. Add more broth/ water as needed and season to taste w/ S&P. [*] (4)



Lemon Poppy Seed Muffins (6)

In a large bowl, whisk together:

5 eggs + 1/2c honey + 1/2c coconut oil (melted)

Stir in:

3/4c coconut flour + 1/2tsp salt + 1/2tsp baking soda

Fold in:

1T poppy seeds + zest of 1 lemon (save lemon for juicing for pesto in next step).

Lightly oil a muffin tin or use muffin liners. Fill muffin cups until 4/5 full. Bake at 350° for 20-25 minutes. Cool completely. [*] (6)



Smoky Spaghetti Squash Boats w/ Bison (3)

In large skillet, heat 1T olive oil over medium heat. Add chopped poblano and onion, saute until softened, about 2 min. Add ground bison, salt, smoked paprika, cumin, 1/2tsp garlic powder and oregano. Cook until bison is cooked through. Add drained diced tomatoes, cook until warm and any liquid begins to thicken. Cool. [*] (3)



Spinach Salad: (1)

Layer the following:

- 1/2 tub spinach
- 1/4c walnuts
- 1/4c dried cherries
- 1/2 diced/ cooked butternut squash (cooled)

Repeat layers. [*] (1)

Salad (5): Layer the following:

- 1/2 tub arugula
- 1/2 cherry tomatoes
- 1/4c pine nuts (or sliced almonds)

Repeat layers. [*] (5)

Dates: Remove pits from 8-16 dates and stuff each date 1-2tsp cashew butter and 1/2tsp cacao nibs. [*] (8)



Balsamic Dressing (5)

Combine: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste. [*] (5)

Balsamic Marinade (1)

Combine: 1/2c olive oil + 1/4c balsamic vinegar + 2T Italian seasoning + 1T salt & fresh ground pepper .

Place 4 chicken breasts in marinade for 1 hr up to 24 hrs. If not cooking chicken within 24 hours, hold off on marinating. [*] (1)

KEY

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



September Menu, Week 3: Dish Day

Day 1

Balsamic Chicken w/ Butternut Squash, Cherry & Walnut Spinach Salad (1)

1. Preheat oven to 375 F. Place chicken in a baking pan & bake for 35 min or cooked through (165 F).
2. Option to reserve any leftover salad for Day 2 meal.
3. Shake balsamic vinaigrette and drizzle over salad (1-2T per serving). Reserve ½ for side salad (5).

Day 2

Salmon Parchment Packs w/ Mushrooms & Zucchini (2)

1. Preheat oven to 425 F.
2. Place each piece of salmon on parchment paper or aluminum foil. Sprinkle each fillet with S&P and ¼tsp garlic powder.
3. Divide mushrooms & zucchini evenly over each salmon fillet.
4. Fold parchment pack and bake for ~18-20 mins or cooked through (internal temp = 135 F) and flaky.

Note: tutorial on parchment pack folding at: <http://prepdish.com/salmonpouch/>

Day 3

Spaghetti Squash Stuffed with Smoky Bison (3)

1. Preheat oven to 350 F.
2. Roughly chop cilantro for ~1 cup.
3. Stuff each squash evenly with bison mixture. Cover and cook until heated through, about 20 min.
4. Top each squash evenly with grated ½oz Cotija cheese (optional) and ¼c cilantro.

Day 4

Chicken & Artichoke Spezzatino (4)

1. Reheat on stove top, on low, until bubbly/ heated through, stirring occasionally.

Salad

Arugula w/ Cherry Tomatoes, Avocado & Pine Nuts (5)

1. Chop avocado and add to salad immediately before serving.
2. Shake dressing well and drizzle over salad, ~1-2T/ serving.

Breakfast

Lemon Poppy Seed Muffins (6)

Snack

Plums (7)

Dessert

Dates Stuffed w/ Cashew Butter & Cacao Nibs (8)

1. Option to heat dates in the oven for ~10 minutes (but also good cold). Serving size: 2-4 dates.