



October Menu, Week 1 - Paleo: Grocery List

Serves 4

1. Meal 1: Pumpkin Seed Crusted Chicken w/ Vegan Broccoli Soup
2. Meal 2: Lemon-Basil Shrimp w/ Italian Side Salad
3. Meal 3: Beef & Butternut Squash Tagine
4. Meal 4: Turkey Taco Soup
5. Salad: Mixed Greens w/ Pomegranate, Walnuts & Blue Cheese
6. Breakfast: Swiss Chard, Mushroom, Onion & Goat Cheese Frittata
7. Snack: Cocoa Cashew Butter Banana "Sushi"
8. Dessert: Cranberry-Pecan Baked Pears



Herbs

- 1 bunch basil (2)
- 1 lg bulb garlic (1,2,4,6)



Fruits

- 1 pomegranate (5)
- (OR 1 bag fresh pom kernels)
- 4 just soft pears (8)
- 4 small bananas (7)
- 1 lemon (2)



Dairy (optional)

- 4oz blue cheese crumbles (5)
- 4oz goat cheese crumbles (6)
- 1c cheddar cheese (4)
- 1c sour cream/ Greek yogurt (4)



Pantry

- 3c tomato puree (3,4)*
- 4c veggie broth (1,2,4)*
- 1tsp vanilla (8)*
- 2tsp dijon mustard (2)*
- 1/4c cashew butter (7)*
- 1/4c cocoa nibs (7)



Veggies

- 1 bunch swiss chard (6)
- 2-3# butternut squash (3)
- (OR 1 bag pre-cut if available)
- 1 head broccoli (1)
- 1 cucumber (2)
- 1 pint cherry tomatoes (2)
- 2x 8oz sliced mushrooms (4,6)
- 2 avocados, optional (4)
- 1 red bell pepper (4)
- 1 green bell pepper (4)
- 1 yellow bell pepper (4)
- 1 jalapeño (4)
- 2 carrots (4)
- 3 yellow onions (1,3,4)
- 1 red onion (6)
- 1 head romaine lettuce (2)
- 5oz tub mixed greens (5)



Meats

- 4 boneless, skinless chicken breasts (1)
- 1# beef sirloin (3)
- (grassfed, cut into 1" cubes)
- 1# ground turkey breast (4)



Eggs

- 12 eggs (1,6) (omega-3)



Oils & Vinegars

- ~3/4c olive oil
- 1/4c coconut oil (8)
- 1/4c balsamic vinegar (5)



Seafood

- 1# shrimp (2)
- (peeled & deveined)



Nuts & Dried Fruits

- 1c cashews (1)
- 1/2c walnuts (5)
- 1/4c shelled pistachios (7)
- 1/2c pecans (8)
- 1c pumpkin seeds (1)
- 5 large medjool dates (8)
- 1/4c dried cranberries (8)*
- 1/4c dried apricots (3)



Spices

- ~1 1/2T cinnamon (3,8)
- 1T turmeric (3)
- 2T cumin (1,3)
- 2T paprika (1,3)
- 1/4tsp cayenne (1)
- 2T taco seasoning (4)*

*Note: read ingredient list to avoid added gluten, sugars & msg.



October Menu, Week 1 - Paleo: Prep Day

Pre-heat oven to 350 F. (3,6)



Tagine: Slice 1 yellow onion into long strips. Chop ¼c dried apricots. Peel butternut squash, remove seeds, cut into 1" cubes. (3)
Broccoli Soup: Roughly chop broccoli & 1 yellow onion (these will eventually be pureed). (1)
Taco Soup: Finely chop: 1 yellow onion, 2 carrots, 3 bell peppers, 2 cloves garlic, 1 jalapeño (discard seeds). (4)
Frittata: Remove chard leaves from stem. Finely chop stem, set aside. Roughly chop leaves, set aside. Thinly slice red onion and chop 4 cloves garlic, set aside. (6)
Salad: Roughly chop ½c walnuts. Cut pomegranate in half, place first half in a bowl of water in sink, remove kernels from white pith & strain. Repeat with second half. (5)
Italian Salad: Chop romaine lettuce in bite-size pieces. Dice cucumber & halve or quarter cherry tomatoes. Store together. [*](2)



Beef Tagine (3)

Whisk together: 1T cumin + 1T turmeric + 1T paprika + 1tsp cinnamon. Rub spices into beef cubes.
Heat 1tsp olive oil over med-high heat in a large stockpot. Add yellow onion slices & spiced beef cubes; sauté for 3-4 minutes.
Add ¼c chopped dried apricots + 1c tomato puree + 1c water, cover and place in oven for ~1.5 hours.
Add butternut squash, cover and bake another 1-2 hours, covered. Cool. [*] (3)



Broccoli Soup (1)

Heat 1tsp olive oil in large pot over med-high heat. Add 1 roughly chopped onion + broccoli + 2 peeled garlic cloves; sauté for 2-3 min. Add 1c veggie broth + 3c water (or water to just cover veggies). Bring to a low simmer, cook for 30 min then set aside to cool. In a separate small pot bring 1c water to boil. Remove from heat and add 1c cashews. Allow to soak, set aside. (1)

Turkey Taco Soup (4)

In a large soup pot over med-high heat, add:
1tsp olive oil + chopped veggies (1 onion, 2 carrots, 3 bell peppers, 2 cloves garlic, 1 jalapeño) + 8oz mushrooms + ground turkey.
Cook for ~10 mins, breaking meat apart. Add 2T taco seasoning. Add 2c tomato puree + 2½c broth, turn to low, cook 30min. [*] (4)



Frittata (6)

In a large sauté pan, over medium heat, add 1T olive oil + sliced red onion + ¼tsp salt. Sauté for 15 min, stirring occasionally. Add chard stems + 8oz sliced mushrooms + 4 cloves garlic, chopped, and cook 10 minutes. Add chard leaves and cook a final 10 minutes, set aside. In a large bowl, whisk together 10 eggs + pepper + ½tsp salt. Stir in cooled veggies. Oil a 9x13" pan w/ olive oil. Pour eggs mixture in pan. Bake in 350 F oven for 25 min. Top w/ goat cheese, return to oven 2-3min or cheese is melted. [*] (6)



Lemon-Basil Marinade (2)

Blend the following on high:

1T lemon zest + 1T lemon juice + 1T olive oil + 1/2c veggie broth + 2-3 large handfuls of basil leaves + 1 clove garlic + 2tsp dijon mustard. Store 1/4c marinade to use as dressing for side salad. Store the remaining for shrimp marinade. [*] (2)

Broccoli Soup (1)

Blend the following on high until smooth:

Soaked cashews + soaking water + cooked broccoli, onions & broth mixture. Add water if needed for consistency. May need to do in batches. Season w/ S&P. [*] (1)

Baked Pears (8)

Blend the following until roughly chopped:

1/4c coconut oil + 5 large medjool dates, pits removed + 1/4c dried cranberries + 1/2c pecans + 1tsp vanilla. Set aside. (8)

Pumpkin Seed Crust (1)

Blend the following until sand-like consistency is reached: 1c pumpkin seeds + 1/4tsp salt + 1/4tsp cayenne + 1T cumin + 1T paprika. (1)



Pumpkin Seed Chicken (1)

Whisk 2 eggs, place in shallow bowl. Place crust in separate bowl. Dredge chicken in eggs & then pumpkin seeds. [*] (1)

Baked Pears (8)

Cut 4 pears in half and scoop out center seeds. Place 1T (heaping) of filling into each pear; sprinkle pears w/ 1T cinnamon. [*] (8)

Italian Side Salad (2)

In large bowl, mix: romaine lettuce + 1 pint chopped tomatoes + 2c chopped cucumber (option: use extra in below salad). [*] (2)

Salad (5)

Layer in container as follows:

- 1/2 tub mixed greens
- 1/2 pomegranate kernels
- 2oz blue cheese crumbles
- 1/4c chopped walnuts

Repeat layers. [*] (5)



Balsamic Dressing (5)

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

KEY

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



October Menu, Week 1 - Paleo: Dish Day

Day 1

Pumpkin Seed Crusted Chicken w/ Vegan Broccoli Soup (1)

1. Preheat oven to 375 F.
2. Bake chicken for 25 minutes for smaller breasts, up to 40 minutes for larger breasts, or until cooked to 165 F.
3. Heat broccoli soup on stovetop over low-medium heat until bubbly, heated through.

Day 2

Lemon-Basil Shrimp w/ Italian Side Salad (2) (requires marinating shrimp for 30 mins to 1 hr.)

1. Marinate 1# shrimp for 30 mins to 1 hour. Bring remaining 1/4c lemon-basil marinade (for dressing) to room temp and shake well.
2. Preheat oven to 425 F.
3. Bake shrimp for 12 minutes or cooked through. Serve w/ Italian side salad topped with lemon-basil dressing .

Day 3

Beef & Butternut Squash Tagine (3)

1. Reheat tagine in 375 F oven, covered for 55-65 min or heated through.

Day 4

Turkey Taco Soup (4)

1. Reheat on stovetop over low-medium until bubbly and heated through.
2. Option to top with: sliced avocado + cheddar cheese + sour cream or Greek yogurt.

Salad

Mixed Greens w/ Pomegranate, Walnuts & Blue Cheese (5)

1. Bring balsamic dressing to room temp (20-30min), shake well and serve over salad.

Breakfast

Swiss Chard, Mushroom, Onion & Goat Cheese Frittata (6)

1. Preheat oven to 350 F.
2. Reheat frittata, covered, for 15-20 min or heated through OR option to re-heat individual slices in microwave or toaster oven.

Snack

Cocoa Cashew Butter Banana "Sushi" (7)

1. Roughly chop ~1/4c pistachios.
2. Spread 1T cashew butter in a thin layer on top of each banana.
2. Evenly sprinkle 1T chopped pistachios +1T cacao nibs on top of the cashew butter layer.
3. With a sharp knife, slice bananas into "sushi" rounds.

Dessert

Cranberry-Pecan Baked Pears (8)

1. Bake at 375 F for 30 minutes or until soft (less ripe/ firmer pears require longer baking time, but cover to avoid burning).