



# October Menu, Week 2 - Paleo: Grocery List

Serves 4

1. Meal 1: Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara
2. Meal 2: Carrot & Snow Pea Stir Fry w/ Almonds & Cauliflower Rice
3. Meal 3: Parsley Roasted Chicken w/ Acorn Squash & Sautéed Kale
4. Meal 4: Shrimp, Sausage & Veggie Gumbo
5. Salad: Crunchy Chopped Salad
6. Breakfast: Avocado Boats w/ Poached Eggs
7. Snack: Carrots & Snow Peas Dipped in "Ranch"
8. Dessert: Sunbutter Bites



## Herbs

- 1 bunch parsley (3,5,7)
- 2 bulbs garlic (2,3,4,5,7)
- 2-3" knob fresh ginger (2)
- 1 sm bunch cilantro, optional (6)



## Veggies

- 1 bulb fennel (5)
- ~4# spaghetti squash (1)
- 2 acorn squash (3)
- 2 bunches kale (3)
- 1# carrots (2,7)
- ~3c snow peas (2,7)
- 2 tomatoes (6)
- 1 bunch celery (4,5)
- 1 head cauliflower (2)
- (OR sub 1 bag cauli rice)
- 2 green bell peppers (4)
- 2 bell peppers (5)
- (mix of red, orange or yellow)
- 2 yellow onions (1,2,4)
- 2 avocados (6)
- 8oz sliced mushrooms (1)
- 1# baking potatoes (4)
- 5oz bag chopped romaine (5)



## Fruit

- 2 lemons (3)



## Meats

- 1# grass-fed, organic ground beef, 95% lean (1)
- 1 link (3oz) raw andouille pork sausage (4)
- 4 bone-in, skin-on chicken leg quarters (3)
- 4 slices bacon (6)



## Seafood

- 1# shrimp (4)
- (peeled, deveined)



## Eggs

- 4 eggs (6)



## Dairy (optional)

- 4oz parmesan cheese (1)



## Nuts & Dried Fruits

- 1/2c almonds (2)
- 1c (~8-10) medjool dates (8)
- 1/2c hemp seeds (8)
- 1/2c dried cranberries, optional (8)\*



## Oils & Vinegars

- ~1 3/4c olive oil
- ~2T coconut oil (3)
- 1T toasted sesame oil (2)
- 1/4c rice vinegar (2)
- 3T apple cider vinegar (5,6,7)



## Frozen

- 12-16oz cut okra (4)



## Pantry

- 25.5 oz tomato sauce (1)\*
- 4c chicken broth (4)\*
- 1/4c coconut aminos (2)
- 1 can full fat coconut milk (5,7)
- 1c sunflower seed butter (8)\*
- 1c shredded coconut (8)
- (unsweetened)
- 3/4c chocolate chips, optional (8)
- 1/2c cacao nibs, optional (8)



## Herbs & Spices

- 1tsp cinnamon (8)
- 3T herbs de provence (1)
- (OR Italian herb blend)
- ~2tsp Creole seasoning (4)\*

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



## October Menu, Week 2 - Paleo: Prep Day

Preheat oven to 375 F (1,6)



### Spaghetti Squash (1)

Pierce the spaghetti squash with a knife and roast for ~1.5 hours for 2 small or ~2 hours for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool. Remove seeds, then scoop out squash. [\*] (1)

**Bacon:** Place bacon on foil-lined sheet. Bake for 15-20 min until crispy. Crumble into small pieces. Use any remaining bacon to top salad (5). [\*] (6).



**Onion:** Dice 2 onions, set aside 1/3 for marinara sauce (1), 1/3 for gumbo (4), & store 1/3 for cauliflower rice. [\*] (2) (1,2,4)

**Garlic:** Finely chop ~10 cloves garlic (~4T), 1T for gumbo (4), 1T for stirfry (2), 1T for kale (3) & 1T for tomato sauce. (1) (1,2,3,4)

**Acorn Squash:** Cut 2 squash in half, remove & discard seeds. Rub inside of squash w/ ~1tsp coconut oil ea., season w/ S&P. [\*] (3)

**Stir Fry:** Peel & grate ginger (~1-1.5T). Cut 4 carrots into bite-sized pieces, store w/ ~2c snow peas, ginger & 1T garlic. [\*] (2)

**Carrots & snow peas:** Cut remaining carrots into 2-in sticks. Store w/ remaining snow peas. [\*] (7)

**Peppers & Celery:** Finely dice 4 bell peppers + 6 stalks celery. Set aside 2 chopped green peppers + 4 stalks chopped celery for gumbo and 2 chopped red, orange or yellow bell peppers and 2 chopped celery stalks for salad. (4,5)

**Salad:** Finely chop 1 bulb fennel (white part). Toss with 2 chopped peppers, 2 chopped celery stalks & 1 bag chopped romaine. [\*] (5)

**Tomatoes:** Finely chop 2 tomatoes. [\*] (6)

**Cauliflower:** Remove core, leaves, & any dark spots. Make sure it's completely dry and coarsely chop. Set aside. (2)

**Kale:** Remove leaves from stem. Discard stems and roughly chop leaves. Store with 1T chopped garlic. [\*] (3)

**Gumbo:** Peel & cut 1# baking potatoes into 1/2" pieces. (4)



### Gumbo (4)

In a large stock pan over med-high heat, sauté 1 link (~3oz) raw andouille sausage, for 2-3 minutes, breaking apart meat.

Add chopped veggies (2 green bell peppers, 1/2 onion, 4 stalks celery) + 1T garlic + 2tsp Creole seasoning and sauté 7-8 minutes.

Add 2c water + 4c chicken broth, bring to boil & lower to simmer for 15-20 minutes.

Add frozen cut okra + 1# peeled, deveined shrimp + chopped potatoes. Increase heat to medium, bring to rapid simmer.

Then lower heat to low and simmer another 20-30 min, add more water/ broth if needed for desired consistency.

Season to taste w/ additional Creole seasoning, S&P. Remove from heat & cool before storing. [\*] (4)



### Marinara Sauce (1)

In a large sauté pan, add 1# ground beef + 1T garlic + chopped 1/2 onion + 8oz sliced mushrooms. Sauté 15 min, breaking apart meat and stirring occasionally. Add ~25.5oz tomato sauce + 3T herbs de Provence + S&P. Stir to combine, cool. [\*] (1)



### Sunbutter Bites (8)

In food processor combine the following until smooth:

- 1c dates (~8-10), pitted
- 1c shredded, unsweetened coconut
- ½c hemp seeds
- 1c sunflower seed butter
- 1tsp cinnamon

Option to fold in any combination of ¾c chocolate chips, ½c cocoa nibs or ½c dried cranberries.

Drop by 1T onto parchment lined baking sheet and freeze in a single layer.

Once frozen, you can store in a container or baggy (these also work at room temp/ refrigerated, but my preference is frozen!).

Yields ~28-30. [\*] (8)

### Parsley Marinade (3)

Place the following in a blender:

- ½c olive oil
  - large handful fresh parsley
  - 2 whole cloves garlic (peeled)
  - juice of 2 lemons (~2T)
  - 1T salt & fresh ground pepper
- Blend until just smooth. [\*] (3)

### "Ranch" Dressing (5,7)

Blend the following in a blender until smooth:

1c olive oil + 2 peeled garlic cloves + 1 can full fat coconut milk + 2T apple cider vinegar + ¼tsp each salt & pepper

Add 1 large handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped.

\*\*\*Don't over-blend the parsley or it may become bitter.

Ranch dressing will be used for both the Chopped Salad and for dipping carrots & snow peas for snack. [\*] (5,7)

### Cauliflower Rice (2)

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 to far or it will be mushy. [\*] (2)



### Stir Fry Sauce (2)

Whisk together: ¼c coconut aminos + ¼c rice vinegar + 1T sesame oil [\*] (2)

## KEY

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



# October Menu, Week 2 - Paleo: Dish Day

## Day 1

### Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara (1)

1. Preheat oven to 350 F.
  2. Place spaghetti squash and marinara in oven-safe containers and reheat in oven for ~50-60 min, stirring sauce halfway through.
  3. Serve spaghetti squash topped w/ marinara. Option to grate parmesan over top.
- Note: if storing dish in glass containers, simply re-heat in oven in these glass containers.

## Day 2

### Carrot & Snow Pea Stir Fry w/ Almonds & Cauliflower Rice (2)

1. Heat 1T olive oil in large sauté pan add the chopped onion & sauté ~10 min until translucent. Add the cauliflower rice.
2. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.
3. Add ½T olive oil to another sauté pan over medium high heat. Add garlic, ginger, carrots & snow peas, sauté for 10 minutes.
4. Add stir-fry sauce and cook another 2-3 minutes. Top with almonds. Serve over cauliflower rice.

## Day 3

### Parsley Roasted Chicken w/ Acorn Squash & Sautéed Kale (3) \*marinates 1hr-24hrs before cooking\*

1. Marinate chicken quarters for 1 hour up to 24 hours (in fridge). Remove from marinade and place in single layer in baking pan.
2. Preheat oven to 400 F. Roast chicken & acorn squash halves, uncovered, 45-55 min.
3. During final 5 min of cooking, heat 1tsp olive oil in large sauté pan and cook kale/garlic for 3-5 min, season w/ S&P.

## Day 4

### Shrimp, Sausage & Veggie Gumbo (4)

1. Place in large pot on stove top, reheat over med-high until bubbly, turn heat to med or low, stirring occasionally, until heated through, ~20-30 minutes. Add water or broth as needed for desired consistency.

## Salad

### Crunchy Chopped Salad (5)

1. Shake "Ranch" dressing well and drizzle over salad, ~1-2T/ serving.
- \*Note: Ranch dressing is also used to dip for carrots & snow peas snack.

## Breakfast

### Avocado Boats w/ Poached Eggs (6)

1. Slice 2 avocados in half lengthwise. Roughly chop cilantro (optional).
2. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove.
3. Top each avocado half w/ poached egg + crumbled bacon + chopped tomato + cilantro (optional). Season w/ S&P.

## Snack

### Carrots & Snow Peas Dipped in "Ranch" (7)

1. Dip carrots & snow peas in Ranch dressing.
- Note: Ranch dressing is also used for the Crunchy Chopped Salad.

## Dessert

### Sunbutter Bites (8)