



October Menu, Week 4 - Paleo: Grocery List

Serves 4

1. Meal 1: Lemon Garlic Baked Salmon w/ Whole Roasted Carrots & Asparagus
2. Meal 2: Maple Mustard Chicken w/ Baked Potatoes & Swiss Chard
3. Meal 3: Pesto Pork Chops w/ Roasted Mushrooms, Broccoli & Tomatoes
4. Meal 4: Grassfed Beef Chili
5. Salad: Mixed Greens w/ Apples, Cherries, Cheddar & Almonds
6. Breakfast: Strawberry Colada Smoothie
7. Snack: Carrots Dipped in Pesto
8. Dessert: Dark Chocolate Apricots



Herbs, etc.

1 bunch basil (3,7)
1 head garlic (2,3,4,7)



Fruits

4 lemons (1,3,7)
2 apples (5)
2 bananas (6)



Dairy (optional)

4-6oz cheddar cubes (5)
2-4oz parmesan cheese (3,7)
4oz shredded jack cheese (4)



Pantry

1/2c grainy mustard (2)*
28oz can fire roasted diced tomatoes (4)*
1/2c almond butter (6)*
1 can coconut milk (6)
1c dark chocolate chips or discs (70%+ preferred) (8)
~4c chicken broth (3,4,7)*
1/4c maple syrup (2)
2tsp vanilla (6)



Veggies

~2# carrots (1,7)
1 bunch asparagus (1)
2 bunches Swiss chard (2,4)
1 head broccoli (3)
1 pint cherry tomatoes (3)
1 red bell pepper (4)
16oz sliced mushrooms (3)
1 yellow onion (4)
4 baking potatoes (2)
5oz tub mixed greens (5)



Meats

1# grass-fed, organic lean ground beef (4)
4-8 pork chops (3)
(thin cut, boneless)
8 boneless, skinless chicken thighs (2)



Nuts & Dried Fruits

1c walnuts (3,7)
1/2c sliced almonds (5)
1/2c dried cherries (5)*
1c dried apricots (8)*
2T chia seeds (6)



Herbs & Spices

~2T chili powder (4)*
1 dried chipotle pepper (4)
(OR sub ancho/other dried pepper)
~1/4tsp garlic powder (1)



Fish

4 salmon fillets, 4-6oz ea (1)



Oils & Vinegars

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



Freezer

2 cups frozen strawberries (6)

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



October Menu, Week 4 - Paleo: Prep Day

Pre-heat oven to 350 F. (1,2)



Potatoes: Pierce 4 baking potatoes with a fork. Bake at 350 F for 55-65 mins or until soft & cooked through. Cool. [*] (2)

Carrots: Toss 1# whole carrots (peeling optional) in 1T olive oil + S&P. Bake ~1-1½ hours until roasted & just browned. Cool. [*] (1)



Chipotle: Boil 3c water in a small pan, remove from heat, add 1 dried chipotle pepper and cover w/ lid. Allow to re-hydrate. (4)



Banana: Cut 2 bananas into quarters & freeze in single layer on small sheet pan. (6)

Garlic: Finely chop 4-6 cloves garlic, set aside 1T for chili (4), 1tsp for chard (2) & 1 peeled clove for pesto (3,7). (2,3,4,7)

Chili: Dice 1 yellow onion & 1 red bell pepper for chili, set aside. (4)

Chard: Remove leaves from chard stems. Finely chop chard stems and set aside for use in chili (4).

Finely chop chard leaves, place in a container w/ 1tsp chopped garlic. [*] (2)

Asparagus: Remove bottom 2-3" from 1 bunch asparagus. Toss remaining spears w/ 1-2T olive oil + S&P to taste. [*] (1)

Lemons: Thinly slice 2 lemons for salmon. [*] (1)

Broccoli: Cut 1 head broccoli in bite-sized pieces. [*] (3)

Carrots: Cut remaining 1# carrots into 2-inch sticks for snacking. [*] (7)



Chili (4)

In lg soup pot, sauté ground beef over med heat, breaking meat apart. Add diced bell pepper, onion, chard stems & 1T garlic, sauté for 10 min. Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).

Place chipotle in a blender with 2-3 cups of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili). Add pureed chili to sautéed veggies.

Add 28oz fire roasted diced tomatoes, 2T chili powder & 3½c chicken broth. Bring to a boil then lower to low-medium heat, stirring occasionally. Add water or broth as needed (make sure to reserve ¼c broth for pesto).

Continue to cook for 30 mins -1 hour. Season to taste w/ chili powder, S&P. Remove from heat & cool before storing. [*] (4)

Note: the chili yields up to 8 servings, option to freeze ½ of the chili to use at a later date.



Apricots (8)

Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.

Dip 1c dried apricot halves into chocolate and place onto parchment or foil. Allow to cool. [*] (8)



Pesto (3,7)

Place the following in blender or food processor:

- 1/2c olive oil
- 1/4c chicken broth
- 1c walnuts
- 2oz parmesan (size of 2 dominos), optional
- 1 peeled garlic clove
- ~1c fresh basil leaves
- ~2-3T lemon juice (~2 lemons, add to taste)

Blend until smooth, taste and season as needed w/ salt and/or lemon juice. (3,7)



Strawberry Colada Smoothie (6)

Assemble the following in 1 quart freezer bag:

- 4 frozen banana quarters (1 whole)
- 1c frozen strawberries

Repeat for a total of 2 bags. [*](6)

Salad (5)

Layer the following:

- 1/2 tub mixed salad greens
- 1/4c sliced almonds
- 1/4c dried cherries
- 2oz cheddar cubes

Repeat layers. [*] (5)



Balsamic Dressing (5)

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

Maple-Mustard Marinade (2)

Whisk together: 1/2c grainy mustard + 1/4c maple syrup + 1/4c olive oil + 1/2tsp salt. [*] (2)

KEY

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



October Menu, Week 4 - Paleo: Dish Day

Day 1

Lemon-Garlic Salmon w/ Whole Roasted Carrots & Asparagus (1)

1. Preheat oven to 400 F. Place whole roasted carrots in a baking pan and reheat in oven for ~20 minutes.
2. Place 4 salmon fillets on a lined baking sheet. Sprinkle with garlic powder (~ $\frac{1}{4}$ tsp total) + S&P & top with a layer of lemon slices.
3. Place asparagus on same baking sheet as salmon.
4. Roast salmon & asparagus for ~13-15 minutes or salmon is flaky and just cooked through. Toss asparagus halfway through cooking.

Day 2

Maple-Mustard Chicken w/ Baked Potatoes & Swiss Chard (2) **marinate chicken for minimum of 30 mins to 12 hrs**

1. Marinade chicken for 30 mins up to 12 hours.
2. Preheat oven to 375 F. Remove chicken from marinade, place in baking pan and bake for 30-40 minutes or until cooked through.
3. Reheat potatoes in oven until warmed through (option to wrap in foil to prevent drying). Season w/ S&P.
4. Heat 1tsp oil in large sauté pan over med-high heat, add garlic and chard leaves, sauté for 5-10 min, season w/ S&P.

Day 3

Pesto Pork Chops w/ Roasted Mushrooms, Broccoli & Tomatoes (3)

1. Preheat oven to 400 F. Brush 1-2T pesto on each pork chop and place in single layer on baking sheet. Store $\frac{1}{2}$ c pesto for snack (7).
2. Place sliced mushrooms, cherry tomatoes & chopped broccoli in single layer on baking sheet, drizzle w/ olive oil, S&P.
3. Roast veggies for 30-35 mins, tossing halfway through cooking.
4. Bake pork chops for ~10-15 minutes, depending on thickness, or until pork is cooked through (145 F).

Day 4

Grassfed Beef Chili (4)

1. Place in large pot on stove top, re-heat 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. Option to serve topped w/ jack cheese.

Salad

Mixed Greens w/ Apples, Cherries, Cheddar & Almonds (5)

1. Chop 1-2 apples and add to salad immediately before serving.
2. Allow salad dressing to come to room temp before serving. Shake well and drizzle over salad, ~1-2T/ serving.

Breakfast

Strawberry Colada Smoothie (6)

1. In a blender add 1 smoothie bag from freezer + $\frac{1}{4}$ c almond butter + $\frac{1}{2}$ can coconut milk + $\frac{1}{2}$ c water + 1tsp vanilla + 1T chia seeds.
2. Blend until smooth. Add water as needed for consistency.
Note: this recipe yields 2 servings. Repeat for additional 2 servings.

Snack

Carrots Dipped in Pesto (7) **Reminder: reserve 1c pesto for pork chops. **

Dessert

Dark Chocolate Apricots (8)