



5 For the Freezer Paleo

Paleo – 5 For the Freezer Menu

Day 1: Grilled Salmon Burgers

Day 2: Szechuan Roasted Chicken

Day 3: Provencal Lamb Skewers

Day 4: Mushroom and Bacon Crusted Sirloin

Day 5: Roasted Pork with Curried Fruits



Assembly Shopping List

PROTEIN

8 whole chicken legs, skinless [R2]
4 (7 ounce) New York sirloin steaks [R4]
1 1/2 pounds leg of lamb [R3]
1 1/2 pounds pork loin roast [R5]
1 1/2 pounds salmon fillets [R1]

CONDIMENTS

Coconut Aminos [R2]
Honey [R2, R3]
Unsweetened Ketchup [R2]
Dijon Mustard [R1, R2]
Red Pepper Sauce [R1]
Balsamic Vinegar [R3, R4]

DRY GOODS

Coconut flour (1/4 cup) [R1]

DAIRY/DAIRY CASE

Egg (2) [R1]

PRODUCE

Garlic clove (2) [R2]
Shallot (1) [R1]
Celery (1 rib) [R1]
Red bell pepper (1 small) [R1]
Fresh ginger root (2 teaspoons minced) [R2]
Fresh dill (1 tablespoon chopped) [R1]
Lemon (1) [R3]
Fresh lemon juice (1 tablespoon) [R1]

SPICES

Sea salt [R1, R2, R3, R4, R5]
Freshly ground black pepper [R1, R2, R3, R4, R5]
5 spice powder [R2]
Dried oregano [R3]
Thyme leaves [R5]
Ground coriander [R5]
Ground cinnamon [R5]
Ground cumin [R5]
Ground allspice [R5]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes.

Purchase the quantity to meet your family's needs.

[R1] – [R5] = Recipe 1, Recipe 2, Recipe 3, etc...

Each recipe is assigned a Recipe which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

At Time of Cooking Shopping List

PROTEIN

Bacon (5 strips) [R4]

CONDIMENTS

Coconut Oil [R1, R3, R4]

Ghee [R4, R5]

Honey [R5]

Dijon Mustard [R1]

Apple Cider Vinegar [R5]

**Extra Virgin Olive Oil [R1]

**Olive Oil [R1, R2]

**Balsamic Vinegar [R1]

SPICES

Sea salt [R2, R3]

Freshly ground black pepper [R3]

White pepper [R4]

Yellow curry powder [R5]

**Sea salt [R1]

**Freshly ground black pepper [R1]

**Chili powder [R1]

DRY GOODS

Dried apricots (1/2 cup chopped) [R5]

Dried cherries (1/2 cup) [R5]

Dried apple rings (1/2 cup chopped) [R5]

Golden raisins (1/2 cup) [R5]

PRODUCE

Garlic clove (16) [R3, R4]

Shallot (1) [R5]

Cherry tomatoes (12) [R3]

White mushrooms (12 small) [R3]

Assorted mushrooms (1 pound) [R4]

Zucchini (1 small) [R3]

Fresh cilantro (2 tablespoons chopped) [R2]

Fresh rosemary (1 tablespoon chopped) [R3]

Fresh parsley (1 1/2 tablespoon chopped) [R4]

Lemon (1) [R1]

Lime (1) [R2]

**Cauliflower [R2, R3, R5]

**Broccoli [R4]

**Red bell pepper [R2]

**Zucchini [R2]

**Yellow squash [R2]

**Green beans [R3]

**Sweet Potatoes [R1, R4]

**Beets [R1]

**Baby spinach [R1]

DAIRY/DAIRY CASE

Unsweetened apple juice (1/2 cup) [R5]

OTHER

Wooden Skewers [R3]



Grilled Salmon Burger

Recipe 1 – Serves 4

ASSEMBLE:

Ingredients:

2 eggs, beaten	
1 tablespoon Dijon mustard	1 rib celery, diced
1 tablespoon chopped fresh dill	1 shallot, minced
1 tablespoon fresh lemon juice	1 small red bell pepper, diced
1 teaspoon sea salt	1 1/2 pounds salmon fillet, cut into very small cubes
1 teaspoon freshly ground black pepper	1/4 cup coconut flour
1/2 teaspoon red pepper sauce	

To Assemble: In a large bowl, whisk together eggs, mustard, lemon juice, salt, pepper, and red pepper sauce.

To the same bowl, add celery, shallot, red pepper, and salmon. Mix to combine. Next add coconut flour and stir. Form salmon mixture into 4 patties.

On a baking sheet, place patties and put in freezer until frozen. Place patties in a 1-gallon freezer bag. Seal bag, squeezing out excess air.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1/2 tablespoon Dijon mustard	
1/2 tablespoon coconut oil, melted	1 lemon, cut into wedges

Cooking Instructions: Preheat grill on medium heat.

In a small bowl, whisk together mustard and coconut oil.

Using a pastry brush, coat each side of the thawed salmon burgers with the mustard and oil mixture.

Place patties on the grill and cook for 6 minutes and then flip. Continue cooking another 6 minutes or until the burgers are fully cooked.

Squeeze lemon wedges over each burger and serve.

SERVING SUGGESTION: Sweet Potato Fries and Baby Spinach-Beet Salad

Baby Spinach-Beet Salad: Remove stems from baby spinach; roughly slice then place in a large bowl. Slice cooked or raw beets into "matchsticks" and arrange over baby spinach. Drizzle with extra virgin olive oil and balsamic vinegar.

Sweet Potato Fries: Peel sweet potatoes and cut into "fries"; toss with olive oil and bake on a cookie sheet in a preheated 425-degree oven, turning once, until tender; season to taste with salt, pepper and chili powder.

Szechuan Roasted Chicken

Recipe 2 – Serves 4

ASSEMBLE:

Ingredients:

1/2 cup coconut aminos	
2 tablespoons unsweetened ketchup	2 teaspoons minced fresh ginger root
1 tablespoon Dijon mustard	1 1/2 teaspoons 5 spice powder
2 tablespoons Honey	1 1/2 teaspoons freshly ground black pepper
2 cloves garlic, minced	8 whole chicken legs, skinless

To Assemble: In a large bowl, whisk together coconut aminos, ketchup, mustard, honey, garlic, ginger, 5 spice powder, and pepper.

To the same bowl, add chicken legs and let sit at room temperature for 15 minutes. Place chicken and marinade in a 1-gallon freezer bag. Seal bag, squeezing out excess air.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 teaspoon sea salt	
1 lime, zested	2 tablespoons chopped fresh cilantro

Cooking Instructions: Preheat oven to 375 degrees.

In a colander, drain thawed chicken from marinade. Season chicken with salt and lime zest.

On a baking sheet, place chicken legs. Place in oven and roast for 20 to 25 minutes or until chicken thighs are fully cooked.

Top roasted chicken with cilantro and serve.

SERVING SUGGESTION: Cauli-Rice with Stir-Fried Sliced Zucchini, Yellow Squash and Red Bell Peppers

Stir-Fried Vegetables: Heat 2 tablespoons olive oil in a large skillet over medium-high heat; add sliced zucchini, yellow squash and red bell pepper; cook and stir until tender-crisp.

Cauli-Rice: Process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork.

Provençal Lamb Skewers

Recipe 3 – Serves 4

ASSEMBLE:

Ingredients:

1 1/2 pounds leg of lamb, cut into cubes of equal size	1 teaspoon Honey
1 teaspoon balsamic vinegar	1 lemon, zested
	1 teaspoon dried oregano

To Assemble: In a large bowl, combine lamb, vinegar, honey, lemon zest, and oregano. Coat lamb well. Place the lamb and marinade into a 1-gallon freezer bag. Seal bag, squeezing out excess air.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

Wooden skewers	
12 cherry tomatoes	1 tablespoon coconut oil, melted
12 small white mushrooms, stems removed	1 teaspoon sea salt
12 cloves garlic	1 teaspoon freshly ground black pepper
1 small zucchini, cubed into cubes	1 tablespoon chopped fresh rosemary

Cooking Instructions: Onto each skewer, thread thawed cubed lamb, cherry tomatoes, mushrooms, cloves garlic, and zucchini cubes. Drizzle each skewer with melted coconut oil and season with salt, pepper, and rosemary.

On a baking sheet, place skewers. Place in oven and broil skewers for 5 minutes and then turn. Broil 7 minutes more, until vegetables and garlic are tender. Continue to broil for up to 20 minutes if well done lamb is desired.

SERVING SUGGESTION: Steamed Green Beans and Cauli-Rice (Process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork.)

Mushroom and Bacon Crusted Sirloin

Recipe 4 – Serves 4

ASSEMBLE:

Ingredients:

4 (7 ounce) New York style sirloin steaks	1 teaspoon sea salt
1 tablespoon balsamic vinegar	1 teaspoon freshly ground black pepper

To Assemble: Use a pastry brush, coat the steaks on each side with the balsamic vinegar and then season with salt and pepper. Place steaks in a 1-gallon freezer bag. Seal bag, squeezing out excess air.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

2 tablespoons coconut oil	
3 tablespoons ghee	5 bacon, cooked crispy and crumbled
1 pound assorted mushrooms, chopped	1 1/2 tablespoons chopped fresh parsley
4 cloves garlic, minced	1 teaspoon ground white pepper

Cooking Instructions: Preheat oven to 425 degrees.

In a sauté pan, heat coconut oil over medium high heat. Sear thawed steaks until lightly browned, 1 minute on each side. Remove steaks and place on a baking sheet.

Using the same sauté pan, drain coconut oil and add ghee. Over medium heat, sauté mushrooms and garlic, stirring often for 10 to 12 minutes, until mixture is nearly dry. Add bacon, parsley, and white pepper; stir.

Using a spoon, place mushroom and bacon mixture onto each steak. Place steaks in oven and cook for 12 minutes or until the mushroom and bacon mixture becomes a light golden brown crust. If you desire your steaks more well done, continue cooking as needed.

SERVING SUGGESTION: Baked Sweet Potatoes with Steamed Broccoli

Roasted Pork and Curried Fruits

Recipe 5 – Serves 4

ASSEMBLE:

Ingredients:

1 teaspoon salt	1/2 teaspoon ground cumin
1 teaspoon freshly ground black pepper	1/4 teaspoon thyme leaves
1/2 teaspoon ground coriander	1/4 teaspoon ground allspice
1 teaspoon ground cinnamon	1 1/2 pounds pork loin roast

To Assemble: In a small bowl, stir together salt, pepper, coriander, cinnamon, cumin, thyme, and allspice.

Coat pork loin roast with the spice mixture and place into a 1-gallon freezer bag. Seal bag, squeezing out excess air.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 tablespoon ghee	1/2 cup golden raisins
1 shallot, minced	1 1/2 tablespoons yellow curry powder
1/2 cup chopped dried apricots	1 1/2 tablespoons apple cider vinegar
1/2 cup dried cherries	2 tablespoons Honey
1/2 cup chopped dried apple rings	1/2 cup unsweetened apple juice

Cooking Instructions: Preheat oven to 375 degrees.

On a baking sheet, place thawed pork roast and cook in oven for 20 to 25 minutes or until a meat thermometer registers 165 degrees.

In a medium sauce pan, heat ghee over medium heat. Sauté minced shallot until soft, 3 to 4 minutes. Add apricots, cherries, apples, raisins, and curry powder. Stir and cook for 3 to 4 minutes. Next add vinegar, honey, and apple juice. Reduce heat to low, simmer fruits for 10 to 12 minutes, until soft and the liquid has nearly evaporated. Remove from heat and keep warm.

Serve pork roast sliced with curried fruit spooned over top.

SERVING SUGGESTION: Cauli-Rice (Process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork.)