

Paleo Menu-Mailer Shopping List – Four Servings



Volume 13, Week 32

MENU:

Day 1: Grilled Chicken Berry Salad, Serve with steamed broccoli
Day 2: Ribeye with Seasoned Grilled Vegetables, with a side of Faux-Tay-Toes and Garlicky Stir-Fried Baby Spinach
Day 3: Peach and Pork Skewers with Cilantro Vinaigrette, add Cauli-Rice and Shredded Brussels Sprouts
Day 4: Balsamic Oregano Tuna Steaks, with Zucchini Pasta
Day 5: Hawaiian Turkey Burgers, serve with baby Spinach-Beet Salad and steamed Broccoli
Day 6: Zesty Tomato Sauce Chicken Thighs, add a Big Salad tossed with Leanne's Basic Vinaigrette

SHOPPING LIST:

PROTEIN

Skinless boneless chicken breasts (2) [D1]
Ribeye steaks (4, 6 to 8 ounces) [D2]
Pork tenderloin (1 pound) [D3]
Tuna steaks (4, 6 ounce) [D4]
Ground Turkey (1 1/2 pounds) [D5]
Boneless skinless chicken thighs (2 pounds) [D6]

DRY GOODS Coconut flour [D4]

PRODUCE

Spring mix lettuce (4 cups) [D1]
Green bell peppers (3) [D1, D3, D5]
Onions (2 large, 2 small) [D1, D2, D3, D6]
Blueberries (1/2 cup) [D1]
Strawberries (1/2 cup) [D1]
Avocado (1 large) [D1]
Zucchini (3 large) [D2] **Additional [D4]
Peaches (2 large) [D3]
Cilantro (1 bunch) [D3]
Lemons (2) [D3, D6]
Garlic (1 large head) [D3, D4, D6] **Additional [D2, D6]
Oregano (1 bunch) [D4]
Kale (4 cups) [D4]
Green onion (1 bunch) [D5]
Ginger root (1 small piece) [D5]
Pineapple (1) [D5]
Romaine lettuce (1 large head) [D5]
Carrot (1 large) [D6]
Celery (1 medium stalk) [D6] **Cauliflower [D2, D3, D4] **Baby spinach [D2] **Brussels sprouts [D3] **Baby spinach [D5] **Beets [D5] **Broccoli [D1][D5] **Lettuce (not iceberg) [D6] **Salad veggies of your choosing [D6]

CANNED GOODS

Unsweetened coconut cream (14 ounces) [D1]
Diced tomatoes (14 ounces) [D6]
Low sodium chicken broth (14 ounces) [D6] **Additional [D3]

CONDIMENTS

Dijon mustard [D1]
Apple cider vinegar [D1]
Raw honey [D1, D3]
Olive oil [D2, D3, D4]
Coconut aminos [D2]
Balsamic vinegar [D4]
Your favorite Paleo barbeque sauce [D5]

SPICES

Sea salt (keep on hand)
Black peppercorns (keep on hand)
Chili powder [D2]
Garlic powder [D2]
Dried parsley [D6]
**Dried basil [D6]
**Dried oregano [D6]

DAIRY/DAIRY CASE

Eggs (half dozen) [D1]
Ghee [D2]

FREEZER

Unsweetened peaches (2 cups) [D3]

OTHER

Bamboo skewers [D3]



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.

[D1] - [D6] = Day 1, Day 2, Day 3, etc.

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

Grilled Chicken Berry Salad

Day 1 - Serves 4

INGREDIENTS:

2 large boneless skinless chicken breasts
Sea salt and freshly ground black pepper to taste
4 cups spring mix lettuce
1/2 large bell pepper, sliced
1/4 cup chopped onion
1/2 cup blueberries

1/2 cup sliced strawberries
4 large hard boiled eggs, sliced
1/2 large avocado
1/4 cup unsweetened coconut cream
2 tablespoons Dijon mustard
1 1/2 tablespoons apple cider vinegar
1 tablespoon raw honey

COOKING INSTRUCTIONS: Preheat outdoor grill to medium high.

Season chicken with salt and pepper and grill for 8 to 10 minutes on each side, until chicken is white in the center.

In a large bowl, toss the next 6 ingredients (lettuce through eggs). Slice Chicken and place on top of the tossed salad.

In a food processor, blend the avocado, coconut cream, Dijon mustard, vinegar, honey and salt and pepper. Blend until smooth, pour over the salad and serve.

SERVING SUGGESTION: Serve with steamed broccoli

NUTRITION: Per Serving : 338 Calories; 15g Fat; 36g Protein; 14g Carbohydrate; 3g Dietary Fiber; 280mg Cholesterol; 242mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat; 1/2 Other Carbohydrates.

Ribeye with Seasoned Grilled Vegetables

Day 2 - Serves 4

INGREDIENTS:

4 tablespoons ghee, melted
Sea salt and freshly ground black pepper to taste
4 (6 to 8 ounce) Ribeye steaks
2 large zucchini, sliced into spears

1 large onion, thickly sliced
1 tablespoon olive oil
2 tablespoons coconut aminos
1 teaspoon chili powder
1 teaspoon garlic powder

COOKING INSTRUCTIONS: Preheat outdoor grill to medium high heat.

Rub Ribeyes with ghee, salt, and pepper, and grill for 5 to 7 minutes per side or until cooked to your desired doneness.

In a large bowl mix the remaining ingredients (zucchini through garlic powder) and salt and pepper. Place veggies on the grill and cook for 3 to 5 minutes per side until each side is slightly charred and tender.

Serve each steak with a side of vegetables and enjoy.

SERVING SUGGESTION: Faux-Tay-Toes (Steam cauliflower till tender; drain; mash with grass fed butter, salt and pepper to taste till you get a mashed potatoes texture) and Garlicky Stir-Fried Baby Spinach (Heat 1 tablespoon olive oil in a large skillet over medium heat; add 1 clove pressed garlic and cook for 1 minute. Gradually add 1 (10-oz) package baby spinach; cook, turning with tongs, until slightly wilted; drizzle with a little balsamic vinegar and sprinkle with salt and pepper to taste)

NUTRITION: Per Serving : 1372 Calories; 113g Fat; 78g Protein; 6g Carbohydrate; 2g Dietary Fiber; 296mg Cholesterol; 260mg Sodium. Exchanges: 0 Grain(Starch); 10 1/2 Lean Meat; 1 Vegetable; 15 Fat.

Peach and Pork Skewers with Cilantro Vinaigrette

Day 3 - Serves 4

INGREDIENTS:

1 (1-pound) pork tenderloin, chopped	1 lemon, juiced
1 small onion, chopped	1 tablespoon honey
1 medium bell pepper, chopped	Sea salt and freshly ground black pepper to taste
2 cups frozen unsweetened peaches, thawed	2 tablespoons olive oil
1 cup cilantro, chopped	1 large clove garlic, minced

COOKING INSTRUCTIONS: Preheat outdoor grill to medium high heat.

In a large bowl, mix the pork, onion, pepper and peaches.

In a small bowl, mix the remaining ingredients (cilantro through garlic) to make your dressing.

Pour the dressing over the pork and vegetables and cover. Refrigerate for at least an hour. Thread the pork, onion, pepper and peaches alternately onto skewers.

Heat grill to high heat. Place skewers onto the grill and cook each side for 10 minutes, until the vegetables are tender and the pork is white in the center. Serve warm.

SERVING SUGGESTION: Cauli-Rice (Steam cauliflower till tender; drain; mash with grass fed butter, salt and pepper to taste till you get a mashed potatoes texture. 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) and Shredded Brussels Sprouts

NUTRITION: Per Serving : 277 Calories; 11g Fat; 26g Protein; 19g Carbohydrate; 3g Dietary Fiber; 74mg Cholesterol; 74mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Balsamic Oregano Tuna Steaks

Day 4 - Serves 4

INGREDIENTS:

4 tuna steaks	2 tablespoons chopped oregano
4 tablespoons balsamic vinegar	1 small clove garlic, minced
4 tablespoons olive oil (divided)	Sea salt and freshly ground black pepper to taste
	4 cups chopped kale

COOKING INSTRUCTIONS: In a small bowl mix the vinegar, 2 tablespoons olive oil, oregano, 1 clove minced garlic and salt and pepper.

Place tuna in a large zipper topped plastic bag, pour sauce over the tuna and seal. Place in refrigerator for 2 to 4 hours.

At time of cooking, preheat grill to high heat. Remove tuna from bag and marinade and place tuna on grill. Cook for 6 to 8 minutes on each side until steaks are to desired doneness.

SERVING SUGGESTION: Zucchini Pasta (Julienne or cut large zucchini lengthwise into thin strips; stir-fry in a skillet coated with olive oil over medium-high heat until slightly limp)

NUTRITION: Per Serving : 410 Calories; 23g Fat; 42g Protein; 10g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 96mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat.

Hawaiian Turkey Burgers

Day 5 - Serves 4

INGREDIENTS:

1 1/2 pounds ground turkey
1/4 cup coconut flour
1/4 cup minced bell pepper
1/4 cup chopped green onion

1 teaspoon grated ginger
Sea salt and freshly ground black pepper to taste
4 pineapple slices
4 tablespoons prepared barbecue sauce
8 large romaine lettuce leaves

COOKING INSTRUCTIONS: Preheat outdoor grill to medium high.

In a large bowl, mix the first 6 ingredients (turkey through salt and pepper). Form turkey into patties.

Place turkey burgers onto grill. Cook for 8 to 10 minutes on each side, and then place the pineapple slice on top of the burger and cook for 5 more minutes.

Use lettuce leaves as buns and slather burgers with 1 tablespoon barbecue sauce each and serve!

SERVING SUGGESTION: 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) and steamed Broccoli.

NUTRITION: Per Serving : 706 Calories; 17g Fat; 51g Protein; 108g Carbohydrate; 39g Dietary Fiber; 90mg Cholesterol; 397mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 8 Vegetable; 4 Fruit; 0 Fat; 0 Other Carbohydrates

Zesty Tomato Sauce Chicken Thighs

Day 6 - Serves 4

INGREDIENTS:

1 (14 ounce) can diced tomatoes
1 teaspoon lemon zest
2 tablespoons lemon juice
1/2 cup low sodium chicken broth
1 large carrot, chopped

1 medium stalk celery, chopped
1 small onion, chopped
1 tablespoon dried parsley
2 teaspoons minced garlic
Sea salt and freshly ground black pepper to taste
2 pounds boneless skinless chicken thighs

COOKING INSTRUCTIONS: In a large crock cooker, add all the ingredients and stir well. Cover and cook on LOW for 6 to 8 hours until the chicken is very fork tender. Serve warm.

SERVING SUGGESTION: One Big Salad tossed with Leanne's Basic Vinaigrette (In a large bowl, toss together torn lettuce (not Iceberg - no nutrition) and salad veggies of your choice. In a small bowl, whisk together 3 tablespoons extra virgin olive oil, 1 tablespoon balsamic vinegar, 1 clove pressed garlic and a pinch of dried basil and oregano; drizzle dressing over salad.)

NUTRITION: Per Serving : 206 Calories; 5g Fat (24.0% calories from fat); 28g Protein; 11g Carbohydrate; 2g Dietary Fiber; 107mg Cholesterol; 202mg Sodium. Exchanges: 4 Lean Meat; 2 Vegetable; 0 Fruit.

Paleo Diet and Menu-Mailer Tips and Hints

The Paleo Menu-Mailer is different than any of our other Menu-Mailers in that it is based on the "hunter/gatherer" principle which provides you with good, basic, healthy food.

I strongly suggest you use organic in-season vegetables, organic free-range chicken and eggs, grass-fed beef, pastured pork and wild fish as much as possible. If you don't eat pork, simply substitute chicken and slightly adjust cooking times.

We use a soy sauce substitute from time to time called Coco-Aminos. I would suggest you order it online if it is unavailable at your grocery store or health food store. I bought mine at Amazon.com—not cheap, but it lasts a good long while.



And a few words of caution: Be aware of the possible presence of gluten (wheat) in many condiments and canned goods (vinegars, mustards, Worcestershire sauce, spice mixes, broths, ketchup, salsa, pasta sauce, canned tomatoes, tomato sauce, and tomato paste, to name a few). I like to make my own broths and spice mixes, and read all labels in detail to get around this.

Although we provide Serving Suggestions with each recipe, I strongly suggest adding a nice big green salad with all the fixin's (make sure you add good fats like, avocado, nuts or even bacon!) to each meal OR a bowl of Mitochondria Miracle Soup...OR even a little of both! These extra veggies will help round out your meals and give you extra micronutrients.

As with other Menu-Mailers, the Serving Suggestions are double-asterisked (**) on the Shopping Lists and are entirely optional.

Leanne's Basic Vinaigrette

Makes 1/4 cup

3 tablespoons extra virgin olive oil

1 tablespoon balsamic vinegar

1 clove garlic, pressed

Pinch of dried basil

Pinch of dried oregano

Mix all together, use 1 tablespoon per salad.