



Paleo Now and Later Menus

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Paleo Now and Later Menu

Shopping List

These ingredients are doubled to make one meal now and freeze one for later.

Day 1: Smoky, Sweet and Tangy Pork Wraps
Day 2: Date, Beef and Vegetable Stew
Day 3: Cashew Ginger Chicken with Bok Choy
Day 4: Lemon Basil Bay Scallops with Spinach
Day 5: Creamy Paleo Vegetable Soup

SHOPPING LIST:

PROTEIN

3 pounds beef roast [D2]
3 pounds pork shoulder [D1]
3 pounds boneless skinless chicken breast meat [D3]
3 pounds freshwater bay scallops (or buy frozen) [D4]

CONDIMENTS

Balsamic vinegar (2 tablespoons) **Additional [D1,D2,D5]
Cider vinegar (1 teaspoon) [D2]
Whole grain mustard (2 tablespoons) [D1]
Raw honey (1/4 cup) [D1]
**Extra virgin olive oil [D2,D5]

CANNED GOODS

Chicken broth (if not using homemade) (2 cups) [D3]
Beef broth (if not using homemade) (3 cups) [D2]
Vegetable broth (if not using homemade) (6 cups) [D4,D5]
Tomato sauce (1 cup) [D1]
1 (4-oz.) can diced green chilies [D1]
Red grape juice (1/2 cup) [D2]
Unsweetened coconut milk (2 cups) [D3]
Coconut cream (1 cup) [D5]

SPICES

Sea salt [D1,D2,D3,D4,D5]
Black peppercorns [D2,D3,D4,D5]
Ground cumin [D1]
Chili powder [D1]
Rosemary [D2]
Oregano [D2,D5]
Basil [D2,D4,D5]
Crushed red pepper flakes [D5]

PRODUCE

Yellow onions (10 cups diced) [D1,D2,D3,D4,D5]
Garlic (23 cloves) **Additional [D1,D2,D3,D4,D5]
Leeks (1 cup sliced) [D4]
Sweet potatoes (2 cups diced) [D2]
Carrots (4 cups sliced) [D2,D3,D5]
Parsnips (1 cup diced) [D2]
Butternut squash (2 cups diced) [D5]
Cauliflower (4 cups chopped) **Additional [D1,D4,D5]
Broccoli (2 cups chopped) **Additional [D1,D5]
Tomatoes (2 1/2 cups diced) [D1]
Gingerroot (1 tablespoon grated) [D3]
Spinach (8 cups torn) (4 for Now and 4 for Later) [D4]
Bok choy (8 cups chopped) (4 for Now and 4 for Later) [D3]
Swiss chard (4 cups chopped) [D5]
Romaine lettuce (8 large leaves) (4 for Now and 4 for Later) [D1]
Lemons (1/2 cup juice) [D4]
Limes (7 tablespoons juice) [D1,D3,D5]
Dates (2 cups chopped) [D2]
**Cherry tomatoes [D1]
**Baby carrots [D1,D4]
**Green beans [D4]
**Zucchini, yellow squash and snow peas [D3]
**Lettuce (not Iceberg, no nutrition) [D2,D5]
**Salad veggies (your choice) [D2,D5]

DRY GOODS

Cashews (2 tablespoons crushed) [D3]

FREEZER

3 pounds freshwater bay scallops (if not using fresh) [D4]

OTHER

Gallon-sized zipper-topped freezer bags



Smoky, Sweet and Tangy Pork Wraps

Serves 4 (twice)

INGREDIENTS:

3 pounds pork shoulder	1/2 teaspoon sea salt
2 cups diced yellow onions	3 tablespoons lime juice
1 (4-oz.) can diced green chilies	2 tablespoons whole grain mustard
3 cloves garlic, pressed	2 tablespoons balsamic vinegar
2 1/2 cups diced tomatoes	1 cup tomato sauce
1 tablespoon ground cumin	1/4 cup raw honey
2 tablespoons chili powder	8 large Romaine lettuce leaves



COOKING INSTRUCTIONS:

Place all ingredients (except Romaine) in a large slow cooker. Cover and cook on LOW for 6 to 8 hours. About 1 hour before serving, carefully remove pork from slow cooker to a cutting board or plate and shred with 2 forks; return to slow cooker and blend with juices. To serve, arrange about 1/2 cup of shredded pork mixture in each lettuce leaf.

TO MAKE FOR THE FREEZER:

Transfer half of the shredded pork mixture to a large bowl and allow it to cool completely. Place cooled mixture in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place thawed shredded pork in a large saucepan and heat through. Serve again in Romaine lettuce leaves.

SERVING SUGGESTION: A relish tray of cherry tomatoes, baby carrots and broccoli and cauliflower florets.

Date, Beef and Vegetable Stew

Serves 6 (twice)

INGREDIENTS:

3 pounds beef roast, cubed	1/2 cup red grape juice
2 cups diced yellow onions	1 teaspoon cider vinegar
1 cup sliced carrots	5 cloves garlic, pressed
2 cups peeled and diced sweet potatoes	1 tablespoon dried rosemary, crushed
2 cups chopped dates	1 tablespoon dried oregano, crushed
3 cups beef broth (preferably homemade)	1 teaspoon sea salt
1 cup water	1/2 teaspoon freshly ground black pepper
	1 cup peeled and diced parsnips



COOKING INSTRUCTIONS:

Place all ingredients, except parsnips, in a large slow cooker. Cover and cook on LOW for 6 to 8 hours. During the last hour of cooking time, add the parsnips and cook until fork-tender, checking them every half hour. Stir to combine ingredients and serve.

TO MAKE FOR THE FREEZER:

Transfer half of the beef stew to a large bowl and allow it to cool completely. Place stew in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place thawed beef stew in a large saucepan and heat through.

SERVING SUGGESTION: A big salad tossed with Leanne's Basic Vinaigrette.

Cashew Ginger Chicken with Bok Choy

Serves 6 (twice)

INGREDIENTS:

3 pounds boneless skinless chicken breast meat, cut into 1-inch strips	2 cups unsweetened coconut milk
2 cups diced yellow onions	2 tablespoons lime juice
2 cups sliced carrots	5 cloves garlic, pressed
1 tablespoon grated gingerroot	1 teaspoon sea salt
2 cups chicken broth (preferably homemade)	1/2 teaspoon freshly ground black pepper
	8 cups chopped bok choy
	2 tablespoons crushed cashews



COOKING INSTRUCTIONS:

Place all ingredients, except bok choy and cashews, in a large slow cooker; stir to combine ingredients. Cover and cook on LOW for 6 to 8 hours. Evenly arrange bok choy on dinner plates and top with chicken mixture; garnish with crushed cashews; serve.

TO MAKE FOR THE FREEZER:

Transfer half of the chicken mixture from the slow cooker to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place thawed ginger chicken in a large saucepan and heat through. Serve again over bok choy garnished with crushed cashews.

SERVING SUGGESTION: Stir-fried zucchini, yellow squash and snow peas.

Lemon Basil Bay Scallops with Spinach

Serves 6 (twice)

INGREDIENTS:

3 pounds freshwater bay scallops	1/2 cup lemon juice
2 cups diced yellow onions	5 cloves garlic, pressed
1 cup sliced leeks	1 tablespoon dried basil
2 cups chopped cauliflower	1 teaspoon sea salt
2 cups vegetable broth (preferably homemade)	1/2 teaspoon freshly ground black pepper
1 cup water	8 cups torn fresh spinach



COOKING INSTRUCTIONS:

Place all ingredients, except spinach, in a large slow cooker; stir to combine ingredients. Cover and cook on HIGH for 1 to 2 hours or until vegetables are fork-tender and scallops are done. Evenly arrange spinach on dinner plates and top with hot Lemon Basil Scallops.

TO MAKE FOR THE FREEZER:

Transfer half of the Lemon Basil Scallops mixture to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place thawed scallops in a large saucepan and heat through. Serve again with spinach.

SERVING SUGGESTION: Steamed baby carrots and steamed green beans.

Creamy Paleo Vegetable Soup

Serves 4 (twice)

INGREDIENTS:

2 cups seeded, peeled and diced butternut squash
2 cups diced yellow onions
1 cup sliced carrots
2 cups chopped cauliflower
2 cups chopped broccoli
4 cups vegetable broth (preferably homemade)
2 tablespoons lime juice

5 cloves garlic, pressed
1 tablespoon dried oregano
1/4 teaspoon crushed red pepper flakes
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
4 cups chopped Swiss chard
1 cup coconut cream



COOKING INSTRUCTIONS:

Place first 12 ingredients (squash through pepper) in a large slow cooker; stir to combine. Cover and cook on LOW for 5 to 8 hours or until vegetables are fork-tender. Add Swiss chard and continue to stir until wilted. Stir in coconut cream; blend well. Serve.

TO MAKE FOR THE FREEZER:

Transfer half of the vegetable soup from the slow cooker to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place thawed soup in a large saucepan and heat through.

SERVING SUGGESTION: A big salad tossed with Leanne's Basic Vinaigrette.

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.

Shopping List

These ingredients are doubled to make one meal now and freeze one for later.

Day 1: Asian Flank Steak

Day 2: Italian Turkey Meatballs

Day 3: Pork Roast with Apple and Endive

Day 4: Mango Orange Beef with Dandelion Greens

Day 5: Smokin' Salsa Chops

SHOPPING LIST:

PROTEIN

3 pounds lean beef roast [D4]
3 pounds beef flank steak [D1]
3 pounds lean pork roast [D3]
8 (4-oz.) boneless pork chops [D5]
3 pounds lean ground turkey [D2]

CONDIMENTS

Olive oil (or use coconut oil) (2 tablespoons) [D5]
Balsamic vinegar (2 tablespoons) **Additional [D2,D5]
Salsa (3 cups) [D5]
Tamari (1/4 cup) [D1]
Raw honey (2 tablespoons) [D1]
**Extra virgin olive oil [D2,D5]

SPICES

Sea salt [D1,D2,D3,D4,D5]
Black peppercorns [D1,D2,D3,D4,D5]
Ground ginger [D1]
Crushed red pepper flakes [D1]
Basil [D2,D5]
Oregano [D2,D5]
Marjoram [D2,D3]
Anise seeds [D3]
Caraway seeds [D3]
Ground fennel [D3]
Ground allspice [D4]
Ground cumin [D5]
Cayenne pepper [D5]

PRODUCE

Yellow onions (4 cups minced plus 2 cups chopped) [D2,D3,D4]
Red onions (2 cups diced) **Additional [D1,D2]
Garlic (23 cloves) **Additional [D1,D2,D3,D4,D5]
Green bell peppers (4 cups chopped) [D1,D5]
Red bell peppers (1 cup chopped) [D1]
Jalapenos (2) [D5]
Spinach (8 cups torn) (4 for Now and 4 for Later) [D2]
Dandelion greens (6 cups) [D4]
Endive (8) [D3]
Cilantro (1 cup chopped) [D1]
Limes (2 tablespoons juice) [D1]
Oranges (3 cups sliced) [D4]
Apples (3 cups chopped) [D3]
Mango (3 cups chopped) [D4]
**Sweet potatoes [D4]
**Butternut squash [D3]
**Eggplant [D2]
**Baby Brussels sprouts [D3]
**Cauliflower [D1]
**Broccoli [D1]
**Avocados [D5]
**Cherry tomatoes [D2]
**Mixed baby greens [D2]
**Lettuce (not Iceberg, no nutrition) [D5]
**Salad veggies (your choice) [D5]

CANNED GOODS

Beef broth (if not using homemade) (6 1/2 cups) [D1,D2,D4]
Vegetable broth (if not using homemade) (4 cups) [D3,D5]
Tomato sauce (3 cups) [D2]
Coconut milk, unsweetened (1 cup) [D1]

OTHER

Gallon-sized zipper-topped freezer bags



Asian Flank Steak

Serves 6 (twice)

INGREDIENTS:

3 pounds beef flank steak, cut diagonally into 1/2-inch strips	2 tablespoons lime juice
2 cups diced red onions	2 tablespoons raw honey
2 cups chopped green bell pepper	5 cloves garlic, pressed
1 cup chopped red bell pepper	2 teaspoons ground ginger
3 cups beef broth (preferably homemade)	1/4 teaspoon crushed red pepper flakes
1 cup unsweetened coconut milk	1 teaspoon sea salt
1/4 cup tamari	1/2 teaspoon freshly ground black pepper
	1 cup chopped cilantro



COOKING INSTRUCTIONS:

Place all ingredients, except cilantro, in a large slow cooker. Cover and cook on LOW for 5 to 8 hours. Stir in cilantro; blend well. Serve.

TO MAKE FOR THE FREEZER:

Transfer half of the mixture to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place thawed Asian beef in a large saucepan and heat through.

SERVING SUGGESTION: Steamed broccoli spears 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).

Italian Turkey Meatballs

Serves 6 (twice)

INGREDIENTS:

3 pounds lean ground turkey	1 tablespoon dried oregano
2 cups minced yellow onions	1 tablespoon dried marjoram
3 cups tomato sauce	5 cloves garlic, pressed
2 tablespoons balsamic vinegar	1 teaspoon sea salt
1/2 cup beef broth (preferably homemade)	1/2 teaspoon freshly ground black pepper
2 tablespoons dried basil	8 cups torn fresh spinach



COOKING INSTRUCTIONS:

Combine turkey and onion and shape into 1-inch balls. Place meatballs in a large slow cooker and cover with remaining ingredients, except spinach. Cover and cook on LOW for 6 to 8 hours. Give mixture a good stir then serve 4 or 5 meatballs and some of the sauce over the spinach (the heat will wilt the spinach perfectly).

TO MAKE FOR THE FREEZER:

Transfer half of the meatballs and sauce from the slow cooker to a large bowl and allow mixture to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place thawed meatballs in a large saucepan and heat through. Again, serve over the spinach.

SERVING SUGGESTION: Grilled eggplant and a salad of mixed baby greens, sliced red onion and halved cherry tomatoes tossed with Leanne's Basic Vinaigrette.

Pork Roast with Apple and Endive

Serves 6 (twice)

INGREDIENTS:

3 pounds lean pork roast	1 tablespoon dried marjoram
2 cups minced yellow onions	5 cloves garlic, pressed
3 cups vegetable broth (preferably homemade)	1 teaspoon sea salt
2 tablespoons anise seeds	1/2 teaspoon freshly ground black pepper
1 teaspoon caraway seeds	8 endive, washed well, drained and halved
1 teaspoon ground fennel	3 cups chopped apple (peeled is optional)



COOKING INSTRUCTIONS:

Place first 10 ingredients (pork roast through black pepper) in slow cooker. Cover and cook on LOW for 6 to 8 hours. During the last hour of cooking time, pull the roast apart. Raise slow cooker heat setting to HIGH; stir endive halves and apple and cook for 1 hour or until endive and apple are tender. Stir and serve.

TO MAKE FOR THE FREEZER:

Transfer half of the roast, endive, apple and some of the sauce from the slow cooker to a large bowl and allow mixture to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place pork and sauce in a large saucepan and heat through.

SERVING SUGGESTION: Baked butternut squash and steamed baby Brussels sprouts.

Mango Orange Beef with Dandelion Greens

Serves 4 (twice)

INGREDIENTS:

3 pounds lean beef roast	5 cloves garlic, pressed
2 cups chopped yellow onions	1 teaspoon sea salt
3 cups beef broth (preferably homemade)	1/2 teaspoon freshly ground black pepper
3 cups sliced oranges, seeded, not peeled	3 cups chopped mango
2 tablespoons ground allspice	6 cups fresh dandelion greens



COOKING INSTRUCTIONS:

Place first 8 ingredients (beef roast through black pepper) in a slow cooker. Cover and cook on LOW for 6 to 8 hours. During the last hour of cooking, pull the roast apart. Raise slow cooker heat setting to HIGH; stir in chopped mango and cook for 30 minutes. Stir in dandelion greens and cook just until wilted. Remove oranges before serving.

TO MAKE FOR THE FREEZER:

Transfer half of the beef roast mixture and some sauce from the slow cooker to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place beef roast mixture in a large saucepan and heat through.

SERVING SUGGESTION: Add baked sweet potatoes.

Smokin' Salsa Chops

Serves 4 (twice)

INGREDIENTS:

8 (4-oz.) boneless pork chops
2 teaspoons ground cumin
1/2 teaspoon cayenne pepper
2 tablespoons olive oil, or use coconut oil
1 cup vegetable broth (preferably homemade)

3 cups salsa
2 cups chopped green bell pepper
2 jalapenos, de-seeded and chopped
3 cloves garlic, pressed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper



COOKING INSTRUCTIONS:

Season both sides of chops evenly with the cumin and cayenne. Heat the oil in a skillet over medium- high heat; add pork chops and brown (in 2 batches) for 1 to 2 minutes per side; transfer to a large slow cooker. Carefully add the broth to the skillet and whisk up all of the browned bits from the bottom of the pan; immediately pour over the pork chops in the slow cooker then top with remaining ingredients. Cover and cook on LOW for 8 hours. Stir and serve, being careful to not let the very tender pork chops fall apart!

TO MAKE FOR THE FREEZER:

Transfer 4 pork chops, half of the peppers and some sauce from the slow cooker to a large bowl and allow mixture to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place chops with sauce and veggies in a large saucepan and heat through.

SERVING SUGGESTION: Sliced avocados and a big salad tossed with Leanne's Basic Vinaigrette.

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.

Shopping List

These ingredients are doubled to make one meal now and freeze one for later.

Day 1: Honey Dijon Turkey Meatloaf

Day 2: TexMex Chicken Wraps

Day 3: Apricot Beef Salad

Day 4: Mediterranean Style Shrimp Stew with Swiss Chard

Day 5: Creamy Italian Chicken and Kale Soup

SHOPPING LIST:

PROTEIN

3 pounds lean beef roast [D3]
16 (4-oz.) boneless skinless chicken breast halves [D2,D5]
3 pounds lean ground turkey [D1]
3 pounds medium shrimp, peeled and deveined (or buy frozen) [D4]
Eggs (2) [D1]

CONDIMENTS

Dijon mustard (1/4 cup) [D1]
Salsa (3 cups) [D2]
Raw honey (1/4 cup) [D1]
**Extra virgin olive oil [D2]
**Balsamic vinegar [D2]

CANNED GOODS

Chicken broth (if not using homemade) (3 cups) [D2,D5]
Beef broth (if not using homemade) (3 cups) [D3]
Vegetable broth (if not using homemade) (4 cups) [D4]
Crushed tomatoes (2 cups) [D1]
2 (14.5-oz.) cans diced tomatoes [D5]
Tomato sauce (2 tablespoons) [D1]
2 (14-oz.) cans unsweetened coconut milk [D5]

SPICES

Sea salt [D1,D2,D3,D4,D5]
Black peppercorns [D1,D2,D3,D4,D5]
Dry mustard [D1]
Ground cumin [D2]
Chili powder [D2]
Crushed red pepper flakes [D2]
Marjoram [D4,D5]
Oregano [D2,D4,D5]
Basil [D2,D5]

PRODUCE

Yellow onions (4 cups chopped plus 3 cups diced) [D1,D2,D3,D4]
Garlic (23 cloves) **Additional [D1,D2,D3,D4,D5]
Butternut squash (3 cups chopped) [D4]
Turnips (2 cups chopped) [D4]
Green bell peppers (2 cups diced) [D1,D2]
Avocados (1 cup diced) (1/2 for Now and 1/2 for Later) **Additional [D2,D3]
Gingerroot (1 tablespoon grated) [D3]
Swiss chard (8 cups chopped) [D4]
Kale (8 cups chopped) [D5]
Mixed salad greens (16 cups) (8 for Now and 8 for Later) [D3]
Romaine lettuce (8 leaves) (4 for Now and 4 for Later) [D2]
Lemons (1/2 cup juice plus 1 tablespoon zest) (plus 8 optional wedges - 4 for Now 4 for later) [D4]
Limes (8 wedges) (4 for Now 4 for Later) [D3]
**Baby carrots [D1,D5]
**Cauliflower [D4,D5]
**Asparagus [D1]
**Cucumber [D3]
**Cherry tomatoes [D5]
**Vine-ripened tomatoes [D3]
**Spinach [D2]

DRY GOODS

Almonds (1/2 cup ground) [D1]
Dried apricots (3 cups chopped) [D3]

FREEZER

3 pounds medium shrimp, peeled and deveined (if not using fresh) [D4]

OTHER

Gallon-sized zipper-topped freezer bags



DO-AHEAD TIP: Grind almonds (grind in a mill, blender or food processor).

Honey Dijon Turkey Meatloaf

Serves 6 (twice)

INGREDIENTS:

3 pounds lean ground turkey
2 teaspoons dry mustard
1/2 cup ground almonds
2 eggs, beaten
2 cups crushed tomatoes
1 cup diced green bell pepper

1 cup diced yellow onions
3 cloves garlic, pressed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 tablespoons tomato sauce
1/4 cup Dijon mustard
1/4 cup raw honey



COOKING INSTRUCTIONS:

In a large bowl, combine first 10 ingredients (ground turkey through black pepper); blend well then place in a lightly oiled large slow cooker and shape into a loaf on the bottom. Cover and cook on LOW for 6 to 8 hours or until done. In a small bowl, whisk together tomato sauce, Dijon mustard and honey until well combined; spread mixture evenly over the top of the meatloaf. Cover and cook on HIGH for 15 minutes or on LOW for 30 minutes. Allow meatloaf to rest for 15 minutes before slicing.

TO MAKE FOR THE FREEZER:

Allow remaining half of meatloaf to cool completely then place it in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag and seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place meatloaf in an oiled baking dish and bake in a preheated 350-degree oven for 20 to 30 minutes or until heated through.

SERVING SUGGESTION: Steamed asparagus and steamed baby carrots.

TexMex Chicken Wraps

Serves 6 (twice)

INGREDIENTS:

8 (4-oz.) boneless skinless chicken breast halves
1 tablespoon ground cumin
2 tablespoons chili powder
1/2 teaspoon crushed red pepper flakes
1 cup chicken broth (preferably homemade)
3 cups salsa

2 cups diced yellow onions
1 cup diced green bell pepper
5 cloves garlic, pressed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
8 large Romaine lettuce leaves
1 cup diced avocado



COOKING INSTRUCTIONS:

Place chicken in a large slow cooker; add cumin, chili powder and crushed red pepper flakes; toss a little to combine. Add next 7 ingredients (broth through black pepper). Cover and cook on LOW for 6 to 8 hours. Shred chicken with 2 forks then stir into slow cooker juices. Arrange a portion of chicken mixture and diced avocado in each of 4 lettuce leaves; fold and wrap. Enjoy!

TO MAKE FOR THE FREEZER:

Transfer half of the chicken and sauce mixture from the slow cooker to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag then seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place chicken mixture and diced avocado in 4 lettuce leaves; wrap and serve.

SERVING SUGGESTION: A big spinach salad tossed with Leanne's Basic Vinaigrette.

Apricot Beef Salad

Serves 4 (twice)

INGREDIENTS:

3 pounds lean beef roast	5 cloves garlic, pressed
2 cups chopped yellow onions	1 teaspoon sea salt
3 cups beef broth (preferably homemade)	1/2 teaspoon freshly ground black pepper
3 cups chopped dried apricots	16 cups mixed salad greens
1 tablespoon grated gingerroot	8 lime wedges



COOKING INSTRUCTIONS:

Place first 8 ingredients (beef roast through black pepper) in a slow cooker. Cover and cook on LOW for 6 to 8 hours. During the last hour of cooking time, pull the roast apart. Arrange about 2 cups of salad greens on each dinner plate and top with beef. Serve each with a wedge of lime.

TO MAKE FOR THE FREEZER:

Transfer half of the roast and sauce from the slow cooker to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag then seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place beef mixture in a large saucepan and heat through. Serve again over 8 cups of mixed greens with 4 wedges of lime.

SERVING SUGGESTION: Serve sliced cucumber, vine-ripened tomatoes and avocados on the side.

Mediterranean Style Shrimp Stew with Swiss Chard

Serves 6 (twice)

INGREDIENTS:

2 cups chopped yellow onions	1 tablespoon lemon zest
4 cups vegetable broth (preferably homemade)	5 cloves garlic, pressed
1/2 cup lemon juice	1 teaspoon sea salt
3 cups peeled, seeded and chopped butternut squash	1/2 teaspoon freshly ground black pepper
2 cups peeled and chopped turnips	8 cups chopped Swiss chard
1 tablespoon dried marjoram	3 pounds medium shrimp, peeled and deveined
2 tablespoons dried oregano	8 lemon wedges (optional)



COOKING INSTRUCTIONS:

Place first 11 ingredients (onion through black pepper) in a slow cooker. Cover and cook on LOW for 4 to 6 hours or until squash is fork-tender. Stir in Swiss chard and cook until wilted. Stir in shrimp and cook for 3 to 5 minutes or until shrimp are cooked through. Garnish each serving with a lemon wedge if desired.

TO MAKE FOR THE FREEZER:

Transfer half of the shrimp and sauce mixture from the slow cooker to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; press the air out of the bag then seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place shrimp and sauce mixture in a large saucepan and heat through. Serve again with 4 lemon wedges if desired.

SERVING SUGGESTION: Serve over 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.)

Creamy Italian Chicken and Kale Soup

Serves 6 (twice)

INGREDIENTS:

8 (4-oz.) boneless skinless chicken breast halves	2 (14.5-oz.) cans diced tomatoes
3 tablespoons dried oregano	2 cups chicken broth (preferably homemade)
3 tablespoons dried basil	2 teaspoons sea salt
1/2 tablespoon dried marjoram	1 teaspoon freshly ground black pepper
5 cloves garlic, pressed	8 cups chopped kale
2 (14-oz.) cans unsweetened coconut milk	



COOKING INSTRUCTIONS:

Place all ingredients, except kale, in a slow cooker. Cover and cook on LOW for 6 to 8 hours or until chicken is done. Shred chicken and add chopped kale; stir until kale has wilted; serve.

TO MAKE FOR THE FREEZER:

Transfer half of the soup from the slow cooker to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag then seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place soup in a large saucepan and heat through.

SERVING SUGGESTION: A relish tray of baby carrots, cherry tomatoes and cauliflower florets.

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.

Shopping List

These ingredients are doubled to make one meal now and freeze one for later.

Day 1: Paleo Wannabe Wonton Veggie Soup
Day 2: Easy Citrus Flounder with Vegetables
Day 3: Easy Peasy Peach Pork Chops
Day 4: Citrus Moroccan Chicken and Olives
Day 5: Slow Cooker Paleo Stuffed Peppers

SHOPPING LIST:

PROTEIN

8 (4-oz.) boneless pork chops [D3]
2 pounds boneless skinless chicken breast meat [D4]
2 pounds lean ground turkey [D5]
3 pounds flounder fillets (or buy frozen) [D2]

CONDIMENTS

Tamari (1/2 cup) [D1]
Green olives (2 cups sliced) [D4]
Raw honey (6 tablespoons) [D1,D2,D3]
**Extra virgin olive oil [D4,D5]
**Balsamic vinegar [D4,D5]

CANNED GOODS

Chicken broth (if not using homemade) (3 cups) [D1]
Beef broth (if not using homemade) (1/2 cup) (1/4 for Now
1/4 for Later) [D5]
Vegetable broth (if not using homemade) (9 cups)
[D2,D3,D4]
Tomato sauce (1 1/2 cups) [D5]

SPICES

Sea salt [D1,D2,D3,D4,D5]
Black peppercorns [D1,D2,D3,D4,D5]
Basil [D2,D4,D5]
Fennel seeds [D3]
Paprika [D4]
Ground cumin [D4]
Ground ginger [D4]
Ground turmeric [D4]
Ground cinnamon [D4]
Oregano [D4,D5]
Marjoram [D5]

PRODUCE

Yellow onions (8 cups diced plus 2 cups chopped)
[D1,D2,D3,D4,D5]
Garlic (24 cloves) **Additional [D1,D2,D3,D4,D5]
Sweet potatoes (4 cups chopped) **Additional [D1,D3]
Celery (1 cup sliced plus 1 cup diced) [D1,D2]
Carrots (5 cups sliced) [D1,D2,D4,D5]
Butternut squash (2 cups chopped) [D1]
Parsnips (2 cups chopped) [D1,D2]
Turnips (2 cups chopped) [D1]
Broccoli (2 cups chopped) [D5]
Green bell peppers (2 cups chopped) [D3]
Bell peppers (any color) (8 medium) [D5]
Gingerroot (1 tablespoon grated) [D1]
Spinach (8 cups torn) **Additional [D2,D4]
Bok choy (8 cups chopped) [D1]
Lemons (1 1/2 cups sliced) [D2,D4]
Limes (1/2 cup sliced plus 2 tablespoons juice) [D1,D2]
Oranges (1 cup sliced) [D2]
Peaches (3 cups sliced) [D3]
**Mushrooms, red bell peppers, snow peas [D1]
**Asparagus [D2]
**Green beans [D3]
**Lettuce (not Iceberg, no nutrition) [D5]
**Salad veggies (your choice) [D5]

DRY GOODS

Golden raisins (1 cup) [D4]

FREEZER

3 pounds flounder fillets (if not using fresh) [D2]

OTHER

Gallon-sized zipper-topped freezer bags



Paleo Wannabe Wonton Veggie Soup

Serves 6 (twice)

INGREDIENTS:

2 cups peeled, seeded and chopped butternut squash
1 cup peeled and chopped parsnips
2 cups peeled and chopped turnips
1 cup sliced carrots
1 cup diced celery
1 cup peeled and chopped sweet potatoes
2 cups diced yellow onions
1 tablespoon grated gingerroot

1/2 cup tamari
2 tablespoons raw honey
2 tablespoons lime juice
5 cloves garlic, pressed
3 cups chicken broth (preferably homemade)
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
8 cups chopped bok choy



COOKING INSTRUCTIONS:

Place all ingredients except bok choy in a slow cooker. Cover and cook on LOW for 4 to 6 hours or until vegetables are fork-tender. Add bok choy and stir until wilted; serve.

TO MAKE FOR THE FREEZER:

Transfer half of the soup from the slow cooker to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag then seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place soup in a large saucepan and heat through.

SERVING SUGGESTION: Serve stir-fried mushrooms, red bell pepper and snow peas on the side.

Easy Citrus Flounder with Vegetables

Serves 4 (twice)

INGREDIENTS:

1 cup peeled and chopped parsnips
1 cup sliced carrots
1 cup sliced celery
2 cups diced yellow onions
1 cup sliced oranges, not peeled
1/2 cup sliced limes, not peeled
1/2 cup sliced lemons, not peeled
2 tablespoons raw honey

1 tablespoon dried basil
5 cloves garlic, pressed
3 cups vegetable broth (preferably homemade)
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
3 pounds flounder fillets, cut into pieces
8 cups torn fresh spinach



COOKING INSTRUCTIONS:

Place all ingredients, except flounder and spinach, in a slow cooker. Cover and cook on LOW for 3 to 4 hours or until vegetables are fork-tender. Stir in flounder then cover and cook for another 15 to 30 minutes or until fish flakes easily when tested with a fork. Add spinach and cook until wilted. Discard fruit slices and serve.

TO MAKE FOR THE FREEZER:

Transfer half of the flounder, vegetables and sauce from the slow cooker to a large bowl and allow mixture to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag then seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place flounder with veggies in a large saucepan and heat through.

SERVING SUGGESTION: Serve steamed asparagus on the side.

Easy Peasy Peach Pork Chops

Serves 4 (twice)

INGREDIENTS:

8 (4-oz.) boneless pork chops
3 cups peeled and chopped sweet potatoes
2 cups chopped yellow onions
2 cups chopped green bell pepper
3 cups peeled, pitted and sliced peaches
2 tablespoons raw honey

1 tablespoon fennel seeds
4 cloves garlic, pressed
3 cups vegetable broth (preferably homemade)
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper



COOKING INSTRUCTIONS:

Place pork chops in a large slow cooker; top with veggies, then remaining ingredients. Cover and cook on LOW for 6 to 8 hours. Using a slotted spoon, carefully remove 4 very tender pork chops to dinner plates; arrange half of the veggies and peaches on the side.

TO MAKE FOR THE FREEZER:

Transfer remaining 4 pork chops, veggies, peaches and sauce to a large bowl and allow mixture to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag then seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place in the freezer.

To heat, thaw overnight in the fridge. The next day, place pork chops, veggies, peaches and sauce in a large saucepan and heat through.

SERVING SUGGESTION: Baked sweet potatoes and steamed green beans.

Citrus Moroccan Chicken and Olives

Serves 4 (twice)

INGREDIENTS:

2 pounds boneless skinless chicken breast meat, cut into 1/2-inch strips
1 tablespoon paprika
2 teaspoons ground cumin
2 teaspoons ground ginger
1 teaspoon ground turmeric
1 teaspoon ground cinnamon
4 cloves garlic, pressed

1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 cup sliced lemons
2 cups sliced carrots
2 cups diced yellow onions
2 cups sliced green olives
1 cup golden raisins
3 cups vegetable broth (preferably homemade)



COOKING INSTRUCTIONS:

Place chicken strips in a slow cooker and toss with paprika, cumin, ginger, turmeric, cinnamon, garlic, salt and pepper (trust me – it's good!). Layer lemons, carrots, onions, olives and raisins (in that order) on top; pour broth over all. Cover and cook on LOW for 6 to 8 hours or until chicken is done. Stir, remove lemon slices and serve.

TO MAKE FOR THE FREEZER:

Transfer half of the Moroccan chicken mixture from the slow cooker to a large bowl and allow it to cool completely. Place contents in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag then seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To heat, thaw overnight in the fridge. The next day, place Moroccan chicken mixture in a large saucepan and heat through.

SERVING SUGGESTION: A big spinach salad tossed with Leanne's Basic Vinaigrette.

Slow Cooker Paleo Stuffed Peppers

Serves 6 (twice)

INGREDIENTS:

2 pounds lean ground turkey
2 tablespoons dried oregano
1 tablespoon dried basil
2 teaspoons dried marjoram
6 cloves garlic, pressed
1 1/2 cups tomato sauce
1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper
2 cups chopped broccoli
2 cups diced yellow onions
1 cup sliced carrots
8 medium bell peppers (any color), tops removed (but set aside), de-seeded and de-ribbed
1/2 cup beef broth (preferably homemade)



COOKING INSTRUCTIONS:

In a large bowl, combine first 8 ingredients (ground turkey through black pepper). In a food processor, combine broccoli, onions and carrots; pulse 3 to 5 times (to create a "binder" coarser than bread crumbs, but to replace bread crumbs). Stir veggie mixture into turkey mixture; blend well. Stuff each bell pepper with an equal portion of the turkey mixture. Place 4 bell peppers in a slow cooker, top with bell pepper "caps" then pour 1/4 cup of broth into the bottom of the slow cooker, NOT over the peppers. Cover and cook on LOW for 6 to 8 hours; serve.

TO MAKE FOR THE FREEZER:

Place remaining stuffed bell peppers, their optional "caps" and remaining 1/4 cup of beef broth in a 1 gallon zipper-topped plastic freezer bag; gently press the air out of the bag then seal. With a Sharpie pen, mark the recipe title and the date it was prepared; place it in the freezer.

To prepare, thaw overnight in the fridge. The next day, place bell peppers in the slow cooker and pour the broth into the bottom, NOT over the peppers. Cover and cook for 6 to 8 hours; serve.

SERVING SUGGESTION: A big salad tossed with Leanne's Basic Vinaigrette.

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.