WorkingatHomeschool

April Menu Week 3

*gluten-free; dairy-free; THM-compliant*

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| Sunday | Salmon w/ baked brussels sprouts (S) – Preheat oven to 425. Cut brussels sprouts in halves or quarters, lightly coat with olive oil, season with salt, pepper, and ¼ tsp garlic powder, then spread across a parchment-lined baking sheet. Season salmon filets with salt and pepper, or as desired, then squeeze fresh lemon juice over filets. Place salmon on parchment-lined baking sheet and bake for 14-17 minutes, or until it flakes easily with a fork. You can bake brussels sprouts at the same time, for 10-15 minutes or until crispy, but I would watch carefully to make sure they don’t burn. |
| Monday | [Paleo Tacos (S)](http://www.thepaleomom.com/2012/03/recipe-paleo-tacos.html) w/ roasted bell peppers and onions – Preheat oven to 425 and thinly slice bell 2 bell peppers and 1 yellow onion. In a medium bowl, toss sliced peppers and onions with 3 Tablespoons olive oil and salt and pepper to taste, then bake for 10-15 minutes, stirring halfway through, and watch for brown edges on the onions so you don’t cook for too long. I omit the tortillas and use lettuce wraps to make these THM-friendly and stick to a small serving of the peppers and onions to keep this an “S” |
| Tuesday | [Paleo Chicken Tenders](https://onceamonthmeals.com/recipes/paleo-baked-lemon-chicken-tenders/) with salad and steamed veggies (S) \*linked recipe serves four, so the shopping list adds extras to serve 6-8 |
| Wednesday | [Coconut Milk Braised Chicken](http://www.theendlessmeal.com/coconut-milk-braised-chicken/) w/ steamed green beans (S) – bring about ½” salted water to a boil in a saute or frying pan. Add fresh green beans, cover the pan with a lid, and cook 3-5 minutes until cooked as desired or until water has evaporated. |
| Thursday | [Paleo Meatballs](http://stupideasypaleo.com/2015/07/18/emergency-meatballs/) with Marinara and salad (S) |
| Friday | [Grilled Chicken](http://www.food.com/recipe/easy-healthy-baked-chicken-breasts-176669) with [Baked Sweet Potatoes](http://www.livestrong.com/article/528364-low-calorie-ways-to-prepare-sweet-potatoes/) (E) – Instead of spraying my baking dish, I put a piece of parchment paper in to reduce the oil and keep this chicken to an E setting. I like to eat my sweet potatoes with salsa, or salt and pepper and fresh herbs w/ 1 tsp of coconut or olive oil. |
| Saturday | Steak w/ salad and steamed frozen veggies (S) – Cook steak as desired, follow package directions to steam veggies, and put together your favorite side salad. |

Breakfasts – [Breakfast Hash (E)](http://www.stayfitmom.com/breakfast-hash/) (for THM, use sweet potatoes), bacon and eggs (S), hardboiled eggs with prosciutto or pancetta (S), baked sweet potatoes with scrambled egg whites (E), omelets (S), scrambled egg whites and veggies sautéed in 1 tsp coconut oil (FP), avocado egg cups (S) – one half is a THM S.

Lunches – leftovers, salad with grilled chicken, veggies, bacon, and ½ avocado and olive oil and vinegar dressing (S), [Southwest Chicken Salad (S),](http://www.primallyinspired.com/southwest-chicken-salad/) [turkey avocado wraps (S) (I only used about ¼ of the carrots in this recipe) with boiled eggs,](http://www.allthingsgd.com/2014/07/turkey-avocado-wraps-whole30-paleo/) [Taco Salad in a Jar (S)](http://freerangekaty.com/?p=149), [Healing Chicken Soup](http://stupideasypaleo.com/2014/08/17/healing-chicken-soup-paleo-whole30/) (S, possibly FP if your ingredients are low-fat), [Roast Beef Roll-ups with fruit (S),](http://nomnompaleo.com/post/30457067976/a-week-of-paleo-school-lunches-part-4-of-5)

Snacks – Sliced veggies, boiled eggs, nuts and seeds, fruit (pair with a protein source, like lean leftover chicken for THM)

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|  | ***Produce*** | |
|  | **1 medium onion** | |
|  | **2 heads of garlic (lunch, Monday dinner)** | |
|  | **1 bell pepper** | |
|  | **4 sweet potatoes** | |
|  | **2 heads of broccoli** | |
|  | **Your favorite veggies for omelets (or use leftover vegetables)** | |
|  | **Avocados (1/2 per person for breakfast) + 2-3 extra for lunch salads** | |
|  | **Lettuce (enough for the whole family for two lunch salads and three dinner side salads for the family) + Romaine Leaves for Paleo Taco Wraps (Monday)** | |
|  | **Favorite salad veggies** | |
|  | **2 bunches of green onions (great in omelets if you have any leftovers at the end of the week!)** | |
|  | **Carrots (or pre-shredded) (wraps and chicken soup)** | |
|  | **2 carrots** | |
|  | **Spinach (taco salad)** | |
|  | **Tomatoes (taco salad)** | |
|  | **Fresh ginger (chicken soup)** | |
|  | **2 pkgs Mushrooms (chicken soup +Wednesday dinner)** | |
|  | **Favorite veggies for roll-ups (cucumbers, bell peppers, tomatoes)** | |
|  | **Fresh berries** | |
|  | **Favorite fruits and veggies for snacks** | |
|  | **1-2 lbs brussels sprouts (Sunday)** | |
|  | **2 lemons (Sunday, Tuesday)** | |
|  | **1 limes (lunch, Wednesday)** | |
|  | **2 bell peppers (Monday)** | |
|  | **2 yellow onions (Monday)** | |
|  | **Lemongrass (Wednesday)** | |
|  | **Fresh ginger (Wednesday)** | |
|  | **2 lime leaves (Wednesday – I couldn’t find this, so I made it without, and it was still delicious)** | |
|  | **Cilantro (Wednesday)** | |
|  | **Thai basil (Wednesday – I couldn’t find Thai, so I just bought regular fresh basil)** | |
|  | **1-2 lbs fresh green beans (Wednesday)** | |
|  | **6-8 sweet potatoes or one per person (Friday)** | |
|  | ***Meat and Fish*** | |
|  | **3 lbs. bacon** | |
|  | **Pancetta or prosciutto (optional, for breakfast)** | |
|  | **7 chicken breasts for lunches (or 1-2**  **pre-cooked rotisserie chickens to shred)** | |
|  | **3 lbs chicken tenders (Tuesday)** | |
|  | **1 lb ground beef or turkey (Thursday)** | |
|  | **1 lb ground pork or turkey (Thursday)** | |
|  | **6-8 chicken breast halves (extras for leftovers if desired) (Friday)** | |
|  | **Steak (enough for the whole family, or other meat to grill, if desired), (Saturday)** | |
|  | **Sliced turkey lunch meat** | |
|  | **1 lb lean ground beef (to serve taco salad to 6 if needed); +** | |
|  | **1 ½ - 2 lbs ground beef or turkey (Monday)** | |
|  | **Roast beef (for roll-ups); either a whole piece to slice or pre-sliced lunch meat** | |
|  | **4-6 salmon filets (my little ones share, so buy enough for one dinner for your family, plus extras for leftovers if desired) (Sunday)** | |
|  | **1 whole chicken (Wednesday)** | |
|  | ***Frozen*** | |
|  | **Enough frozen mixed vegetables for two dinner sides (Tuesday, Saturday)** | |
|  | ***Refrigerated Section*** | |
|  | **Enough eggs to hardboil for snacks** | |
|  | **Enough eggs for three family breakfasts + 2 eggs (yolks only for Tuesday)** | |
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|  | **2 cartons of egg whites (or extra fresh eggs)** |
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|  | **Butter or Ghee (optional if you’re not DF, I just use coconut oil instead)** |
|  | ***Pantry*** |
|  | **coconut oil** |
|  | **Salt** |
|  | **Pepper** |
|  | **Olive oil** |
|  | **Apple Cider Vinegar** |
|  | **White distilled vinegar** |
|  | **Chili powder** |
|  | **Ground Cumin Seed** |
|  | **Garlic powder** |
|  | **Oregano** |
|  | **Cayenne pepper** |
|  | **Garlic powder** |
|  | **Onion Powder** |
|  | **Cinnamon** |
|  | **Basil** |
|  | **Smoked Paprika (Monday, Tuesday)** |
|  | **Marjoram** |
|  | **Dried parsley** |
|  | **Thyme** |
|  | **Nutmeg (Tuesday)** |
|  | **Approved mayonnaise (or make your own** |
|  | **Approved salad dressing (or make your own)** |
|  | **Taco seasoning (or make your own)** |
|  | **Black olives (taco salad)** |
|  | **2 quart chicken broth (chicken soup, Tuesday)** |
|  | **Turmeric (chicken soup)** |
|  | **Fish sauce (gluten-free, for chicken soup)** |
|  | **Nuts and seeds for snacks** |
|  | **Coconut aminos (Tuesday)** |
|  | **Coconut oil** |
|  | **Salsa or other favorite sweet potato toppings (Friday)** |
|  | **Creole seasoning** |
|  | **Red pepper flakes (Wednesday)** |
|  | **1 jar of no-sugar-added marinara (or make your own) (Thursday)** |
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