

WorkingatHomeschool

April Menu Week 3

gluten-free; dairy-free; THM-compliant

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) 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 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 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 with Marinara and salad (S)
Friday	Grilled Chicken with Baked 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 \(E\)](#) (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 \(S\)](#), [turkey avocado wraps \(S\)](#) (I only used about ¼ of the carrots in this recipe) with boiled eggs, [Taco Salad in a Jar \(S\)](#), [Healing Chicken Soup \(S\)](#), possibly FP if your ingredients are low-fat), [Roast Beef Roll-ups with fruit \(S\)](#),

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

	<u>Produce</u>	<ul style="list-style-type: none"> 2 yellow onions (Monday) 	<ul style="list-style-type: none"> 4-6 salmon filets (my little ones share, so buy enough for one dinner for your family, plus extras for leftovers if desired) (Sunday) 	<ul style="list-style-type: none"> Oregano
•	1 medium onion	<ul style="list-style-type: none"> Lemongrass (Wednesday) 	<ul style="list-style-type: none"> 1 whole chicken (Wednesday) 	<ul style="list-style-type: none"> Cayenne pepper
•	2 heads of garlic (lunch, Monday dinner)	<ul style="list-style-type: none"> Fresh ginger (Wednesday) 		<ul style="list-style-type: none"> Garlic powder
•	1 bell pepper	<ul style="list-style-type: none"> 2 lime leaves (Wednesday - I couldn't find this, so I made it without, and it was still delicious) 		<ul style="list-style-type: none"> Onion Powder
•	4 sweet potatoes	<ul style="list-style-type: none"> Cilantro (Wednesday) 		<ul style="list-style-type: none"> Cinnamon
•	2 heads of broccoli	<ul style="list-style-type: none"> Thai basil (Wednesday - I couldn't find Thai, so I just bought regular fresh basil) 	<p><u>Frozen</u></p> <ul style="list-style-type: none"> Enough frozen mixed vegetables for two dinner sides (Tuesday, Saturday) 	<ul style="list-style-type: none"> Basil
•	Your favorite veggies for omelets (or use leftover vegetables)	<ul style="list-style-type: none"> 1-2 lbs fresh green beans (Wednesday) 	<p><u>Refrigerated Section</u></p> <ul style="list-style-type: none"> Enough eggs to hardboil for snacks 	<ul style="list-style-type: none"> Smoked Paprika (Monday, Tuesday)
•	Avocados (1/2 per person for breakfast) + 2-3 extra for lunch salads	<ul style="list-style-type: none"> 6-8 sweet potatoes or one per person (Friday) 	<ul style="list-style-type: none"> Enough eggs for three family breakfasts + 2 eggs (yolks only for Tuesday) 	<ul style="list-style-type: none"> Marjoram
•	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)	<p><u>Meat and Fish</u></p>	<ul style="list-style-type: none"> 2 cartons of egg whites (or extra fresh eggs) 	<ul style="list-style-type: none"> Dried parsley
•	Favorite salad veggies	<ul style="list-style-type: none"> 3 lbs. bacon 	<ul style="list-style-type: none"> Butter or Ghee (optional if you're not DF, I just use coconut oil instead) 	<ul style="list-style-type: none"> Thyme
•	2 bunches of green onions (great in omelets if you have any leftovers at the end of the week!)	<ul style="list-style-type: none"> Pancetta or prosciutto (optional, for breakfast) 	<p><u>Pantry</u></p>	<ul style="list-style-type: none"> Nutmeg (Tuesday)
•	Carrots (or pre-shredded) (wraps and chicken soup)	<ul style="list-style-type: none"> 7 chicken breasts for lunches (or 1-2 pre-cooked rotisserie chickens to shred) 	<ul style="list-style-type: none"> coconut oil 	<ul style="list-style-type: none"> Approved mayonnaise (or make your own)
•	2 carrots	<ul style="list-style-type: none"> 3 lbs chicken tenders (Tuesday) 	<ul style="list-style-type: none"> Salt 	<ul style="list-style-type: none"> Approved salad dressing (or make your own)
•	Spinach (taco salad)	<ul style="list-style-type: none"> 1 lb ground beef or turkey (Thursday) 	<ul style="list-style-type: none"> Pepper 	<ul style="list-style-type: none"> Taco seasoning (or make your own)
•	Tomatoes (taco salad)	<ul style="list-style-type: none"> 1 lb ground pork or turkey (Thursday) 	<ul style="list-style-type: none"> Olive oil 	<ul style="list-style-type: none"> Black olives (taco salad)
•	Fresh ginger (chicken soup)	<ul style="list-style-type: none"> 6-8 chicken breast halves (extras for leftovers if desired) (Friday) 	<ul style="list-style-type: none"> Apple Cider Vinegar 	<ul style="list-style-type: none"> 2 quart chicken broth (chicken soup, Tuesday)
•	2 pkgs Mushrooms (chicken soup + Wednesday dinner)	<ul style="list-style-type: none"> Steak (enough for the whole family, or other meat to grill, if desired), (Saturday) 	<ul style="list-style-type: none"> White distilled vinegar 	<ul style="list-style-type: none"> Turmeric (chicken soup)
•	Favorite veggies for roll-ups (cucumbers, bell peppers, tomatoes)	<ul style="list-style-type: none"> Sliced turkey lunch meat 	<ul style="list-style-type: none"> Chili powder 	<ul style="list-style-type: none"> Fish sauce (gluten-free, for chicken soup)
•	Fresh berries	<ul style="list-style-type: none"> 1 lb lean ground beef (to serve taco salad to 6 if needed); + 	<ul style="list-style-type: none"> Ground Cumin Seed 	<ul style="list-style-type: none"> Nuts and seeds for snacks
•	Favorite fruits and veggies for snacks	<ul style="list-style-type: none"> 1 ½ - 2 lbs ground beef or turkey (Monday) 	<ul style="list-style-type: none"> Garlic powder 	<ul style="list-style-type: none"> Coconut aminos (Tuesday)
•	1-2 lbs brussels sprouts (Sunday)	<ul style="list-style-type: none"> Roast beef (for roll-ups); either a whole piece to slice or pre-sliced lunch meat 		<ul style="list-style-type: none"> Coconut oil
•	2 lemons (Sunday, Tuesday)			<ul style="list-style-type: none"> Salsa or other favorite sweet potato toppings (Friday)
•	1 limes (lunch, Wednesday)			<ul style="list-style-type: none"> Creole seasoning
•	2 bell peppers (Monday)			<ul style="list-style-type: none"> Red pepper flakes (Wednesday)
				<ul style="list-style-type: none"> 1 jar of no-sugar-added marinara (or make your own) (Thursday)
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