

GROCERY LIST - PALEO PICNIC

PRODUCE

- 1 large onion
- 1 bunch of celery
- 2 bell peppers
- 1-15oz can of pureed or chopped tomatoes, or 4 medium tomatoes
- 1-2 large sweet potatoes
- 1 head red cabbage (or 1.5 c shredded)
- 1 head green cabbage (or 1.5 c shredded)
- 1-2 carrots
- 1 bunch green onions
- 1 small clove garlic
- 1 bunch cilantro
- 1 large bunch of lettuce leaves for wraps (butter lettuce, romaine, etc)

DAIRY & PROTEIN

- 1 lb ground turkey (or substitute 1 lb tofu)

OPTIONS

- onion
- tomato
- avocado
- hot sauce

PANTRY, CONDIMENTS & SEASONINGS

- Yellow mustard (2 Tbsp)
- Worcestershire sauce* (1 Tbsp)
- Coconut sugar or brown sugar (or sugar substitute of choice) (1 Tbsp)
- Garlic powder (¼ tsp)
- Chili powder (½ tsp)
- Apple cider vinegar (1 Tbsp)
- Honey (1 Tbsp)
- Ghee (clarified butter) or substitute olive oil (2-3 Tbsp)
- Olive oil
- Salt & pepper

WHAT TO PREP ON SUNDAY

- Prepare Cleaned-Up Sloppy Joes.
- Prepare Sweet Potato "Buns". Make sure to dice a couple pieces of sweet potato for a use later in the week.
- Prepare Honey-Vinegar Tri-Colored Coleslaw.
- Wash and dry lettuce wraps. Using the smaller leaves, shred 2 cups for a different use later in the week. Store in a sealed plastic bag in the fridge.
- Prepare and store any optional toppings (diced onion, tomato, extra cilantro).
- Suggestion: To go along with the BBQ theme of this menu, try serving these lunches with a side of fiber-rich baked beans (make sure to look for low sugar options!) and a fruit salad.

*If you don't have worcestershire sauce, substitute 2 tsp soy sauce, 1/4 tsp lemon juice, 1/4 tsp sugar and a dash of hot sauce to equal 1 Tbsp worcestershire sauce

RECIPES TO PREP

CLEANED-UP TURKEY SLOPPY JOE'S (ADAPTED FROM THE QUICK & EASY AYURVEDIC COOKBOOK)

INGREDIENTS

- 2-3 Tbsp ghee (clarified butter) or olive oil
- ¼ c chopped onion
- ¼ c chopped celery
- ¼ c chopped bell pepper
- 1 lb ground turkey (or substitute 1 lb tofu, mashed)
- 1-15oz can of pureed or chopped tomatoes, or 4 medium tomatoes, chopped
- 2 Tbsp yellow mustard
- 1 Tbsp Worcestershire sauce*
- 1 Tbsp coconut sugar or brown sugar (or sugar substitute of choice)
- ¼ tsp garlic powder
- ½ tsp chili powder
- ½ tsp salt

STEPS

1. Heat the ghee or oil in a large frying pan or skillet over medium heat.
2. Cook the onion, celery, and bell pepper for about 4 minutes.
3. Add the ground turkey (or mashed tofu) and continue to cook for 5 more minutes, stirring frequently until the meat is browned and cooked through.
4. Stir in the tomato, mustard, Worcestershire sauce, sugar, garlic powder, chili powder, and salt.
5. Cook for about 2 more minutes, or until the mixture's flavors are well combined. Remove from heat, and cool the mixture for storage. Store in a sealed container in the fridge.

SWEET POTATO "BUNS"*

INGREDIENTS

- 1-2 large sweet potatoes
- Olive oil
- Salt & pepper

STEPS

1. Preheat oven to 400 degrees Fahrenheit.
2. Wash and dry whole sweet potatoes.
3. Slice sweet potatoes into ¼-½ inch thick circular slices.
4. Arrange round slices on a baking sheet. Brush with olive oil and season with salt and pepper.
5. Roast sweet potato slices in the oven for 20-30 min, flipping halfway through.
6. Cool roasted sweet potato slices after cooking. Dice a couple slices into cubes for a different dish this week (preferably use the smaller rounds so that you can save the larger rounds for "buns"). Store in a sealed container in the fridge.

HONEY VINEGAR TRI-COLORED COLESLAW

ADAPTED FROM THE AUTOIMMUNE COOKBOOK BY AMARI THOMSEN, RD, LDN

INGREDIENTS

- 1.5 c red cabbage, shredded
- 1.5 c green cabbage, shredded
- 1 large carrot (or 2 small), peeled and shredded
- ¼ c green onions, chopped
- 1 Tbsp apple cider vinegar
- 2 Tbsp olive oil
- 1 small clove garlic, minced
- 1 Tbsp honey
- 1 oz cilantro, chopped
- Pinch of sea salt

STEPS

1. In a large bowl, combine red cabbage, green cabbage, carrots, and green onions.
2. In a small bowl, whisk together apple cider vinegar, olive oil, garlic, honey, and sea salt.
3. Pour dressing over cabbage mixture and toss to coat. Stir in cilantro. Store in a sealed container in the fridge. Yields about 4.5 cups.

*You can also substitute regular whole wheat buns or wraps instead of sweet potatoes. Just keep in mind that you will still need ½ to 1 cup of sweet potato for a different use in the week.

*Tip: to quickly shred cabbage and carrots, use the shredding disk attachment that comes with most food processors. This attachment is often reversible to create fine or coarse shreds.

DAILY MEALS

MONDAY

TURKEY SLOPPY JOE*

Sweet potato "bun" +
4-5 oz turkey mixture +
lettuce leaf +
optional toppings +
side of 1 c coleslaw (or top sloppy joe with some of the slaw!)

TUESDAY

SLOPPY JOE SALAD

2 c shredded lettuce +
½-1 c turkey mixture +
½ c coleslaw +
chopped cilantro +
optional toppings

*Honey-vinegar dressing from the coleslaw works well as a dressing, but feel free to add a little extra of your favorite salad dressing on top

WEDNESDAY

TURKEY LETTUCE WRAPS

Lettuce wrap +
1-2 oz turkey mixture +
1 oz coleslaw +
optional toppings

x 3 to make 3 wraps

THURSDAY

TURKEY SLOPPY JOE*

Sweet potato "bun" +
4-5 oz turkey mixture +
lettuce leaf +
optional toppings +
side of 1 c coleslaw (or top sloppy joe with some of the slaw!)

FRIDAY

TURKEY CHILI BOWL

1-1.5 c turkey mixture +
½-1 c diced sweet potato +
top with optional toppings +
chopped cilantro

NOTES:

LIKES/DISLIKES:

*If your sweet potato slices are on the smaller side, make multiple sloppy joe sliders!

Meals in this guide are meant for one person. This is a general guide prepared by a Registered Dietitian. Your unique lifestyle and body may require that you adjust the quantities of ingredients to fit your personal needs.

PLAN BY CATHERINE BORKOWSKI, RD, LDN

Catherine Borkowski, RD, LDN is a Chicago-based Registered Dietitian, yoga lover and nutrition nerd. As a self-proclaimed "flexitarian," Catherine's nutrition philosophy promotes living a plant-based powered life, practicing moderation, not deprivation and cultivating a healthy relationship with food. Catherine has focused much of her career working in the field of behavior change, helping others develop healthy, sustainable lifestyle changes. She directs a team of health coaches at EngagementHealth, a corporate wellness company in the West Loop. Outside of her passion for yoga, Catherine loves to tone with Pilates and dance it up in cardio hip hop.