

Sample Menus: Lunch & Dinners

Meats

<i>Seafood</i>	<i>From Fowl</i>	<i>Meat & Pork</i>
Grilled Salmon with Citrus 'Cream' Grilled salmon with a light orange and rosemary tahini-based 'cream' sauce	Apple Roast Turkey Roast turkey breast in an apple-tarragon-arrowroot sauce	Jamaican Ribs (adapted from cavemanfood blog): Pork baby-back ribs roasted in outrageously delicious jamaican herb rub.
Basil Pesto Shrimp Pesto of basil, garlic, pine nuts and walnut oil over shrimp steamed with apple cider vinegar	Paleo Beanless Chili Traditional chili without the legumes. Grass-fed ground turkey with poblanos, tomatillos, red peppers, kale, tomatoes, and a little jalapeno.	Paleo BBQ Pulled Pork Amazing slow-cooked paleo BBQ pulled pork with garlic mashed parsnips.
Gingery Tilapia Ginger, lime, and tarragon rubbed tilapia poached in apple cider vinegar topped with a few toasted macnuts	Italian Chicken Breast Juicy jidori chicken breast baked with whole tomatoes, herbs and garlic	Vietnamese Lemongrass Steak Tri-tip sauteed with lemongrass, caramelized red onions, and garlic served on a bed of chopped mint and romaine with a sweet (stevia) lime & chili sauce
Mackerel Salad Nori Wraps A better alternative to tuna salad: chopped smoked mackerel, celery, parsley, dill, with Paleo mayo, lemon, and herbs wrapped in a nori seaweed wrap with a layer of tomato and watercress	Egg Salad Chopped hard boiled eggs, parsley, celery, in garlic mustard and canola-based 'mayo', sprinkled with sunflower seeds (serve cold)	Lamb Kebab with Mint Pesto Long-marinated broiled lamb chunks (usually with zucchini over cauliflower "rice")

Vegetables

<i>Primary Vegetables</i>	<i>Secondary Vegetables</i>
Garlicky Kale Kale steamed with a canola and tarragon in a light garlic, lemon sauce	The Roots Lightly steamed parsnips, rutabaga, and carrots with honey, dill, and walnut oil
'Cream' of Lemon Asparagus & Zucchini Lightly steamed asparagus and zucchini rolled in a paleo garlic aioli	Cauliflower Dahl Indian style dahl (without the potatoes or lentil) with cauliflower, kale, tomatoes, ginger, coriander, garlic, whole peas
Bok Choy Stir Fry Bok choy lightly steamed and then sauteed in sesame and canola oil with cashews, carrots, and paleo-hoisin made from ginger, agave, garlic, and herbs.	Watercress Stuffed Squash Sauteed fennel, watercress, walnuts, currants and mirepoix on a sliver of baked squash
Pecan Brussel Chips Lightly steamed brussels and pecans lightly basted in canola, sprinkled in herbs and toasted to perfection	Indian Eggplant Herb roasted eggplant with curried sauteed onions and mushrooms
Sesame Red Cabbage Slaw Chopped red cabbage and in an herby sesame-based slaw with toasted mac nuts (serve cold)	Pink & Minty A healthy helping of curled cucumbers and beets tossed in parsley, mint, herbs, lemon, a little olive oil

Breakfasts

<i>Quiches/Scramble Kits With Meat</i>	<i>Quiches/Scramble Kits Without Meat</i>
Bacon-lover's Quiche Chopped bacon and steamed broccoli; Additional ingredients: onion, garlic, Bragg's, canola oil	Curry Quiche Steamed and sauteed coconut curry steamed broccoli and cauliflower;

	Additional ingredients: coconut oil, basil
Sausage Quiche Sauteed homemade pork or turkey sausage, onion, green bell pepper, and spinach; Additional ingredients: garlic, tomato, oregano, fennel, canola oil	Veggie Quiche Sauteed spinach, onion, mushrooms, broccoli, bell peppers; Additional ingredients: garlic, cumin, oregano, tamari, canola oil
	D.C. Quiche - <i>adapted from Teasim's scrambles</i> Sauteed cilantro, chives, ginger, and garlic; Additional ingredients: cumin, tamari, canola oil
Desserts	
These treats fall somewhere between strict Paleo and bold-faced cheating. Okay, probably much closer to strict-Paleo than Cheesecake Factory. These treats push the paleo-envelope at times with sweeteners and use of nut-based flours, but it's not so bad every once in a while. They're definitely not in Zone ratios though.	
Paleofritters Apple halves crusted in almond meal, shredded coconut, fresh ginger, egg/coconut oil wash and baked.	Blueberry-Pumpkin Muffins Made from almond flour, pumpkin, eggs, spices, and sweetened with maple syrup
Lemon Bars Made from raw almonds, cashews, honey, eggs, and walnut oil	Teff Chocolate Pudding Teff-based pudding with cacao powder, and maple syrup