

# 5 dinners -in- 1hour

www.5dinners1hour.com

## Paleo – May 2014

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How to use this ebook:

1. Choose a weekly menu.
2. Check the grocery list and shop your pantry first before going to the store.
3. Get out all ingredients on the grocery list (except for those in *Italics*) and kitchen tool list. Trust me on this. Don't skip this step or you will be in the kitchen for more than an hour!
4. Open all cans and packages. Another important step.
5. Follow the "Assembly Directions" for each recipe on the menu page.
6. Store all meals in the refrigerator until ready to cook.
7. When ready to cook; follow the "Menu" instructions.

\*Note: Extra ingredients may be needed for cooking. They will be listed in **BOLD** under the cooking directions.

Make sure you have plenty of foil, slow cooker liners, non stick spray and one gallon size zipper bags. Freezer bags work best.

**These meals may be made organic by buying and using organic ingredients and free range/grass fed meats when possible.**

❖ This symbol means a recipe is "freezable". These may be frozen after assembly. If frozen, thaw in refrigerator and heat as directed. Make sure to write heating instructions on container.

Have questions? Email me at [fivedinners1hour@yahoo.com](mailto:fivedinners1hour@yahoo.com)

Enjoy your easy weeknight dinners!

Michelle

	Menu	Ingredients	Assembly directions
a	<p><b>Rosemary Lime Chicken</b> ❖ <i>Green beans &amp; green salad</i></p> <p>Pour coated chicken breasts out of the bag and onto a cookie sheet.</p> <p>Bake in a preheated 350 degree oven for 20-25 minutes or until chicken juices run clear.</p> <p>Steam green beans.</p>	<p>4 boneless, skinless chicken breasts 1 ½ t dried rosemary 4 cloves garlic 2 T extra-virgin olive oil 2 t lime juice 1/8 t unprocessed sea salt 1/8 t cracked black pepper 1 pinch crushed red pepper, optional</p>	<p>Finely chop the rosemary, garlic, salt, black pepper and red pepper until it's nearly ground.</p> <p>Put chicken breasts, spices, lime juice and olive oil in a large zipper bag. Pour in rosemary seasoning. Zip to seal.</p> <p>Squish around to coat chicken.</p> <p>Seal and refrigerate</p>
b	<p><b>Southwest Grilled Salmon with Spicy Mango Salsa</b> <i>Broccoli &amp; sliced avocado</i></p> <p>Put <b>4 (8-ounce) wild caught salmon filets</b> on a cookie sheet.</p> <p>Bake at 400 degrees for 15 minutes or until fish flakes.</p> <p>Spoon 1 tbsp mango salsa mixture over each filet when you serve it. Steam broccoli and slice <b>1-2 avocados</b> before serving.</p>	<p>1/2 can diced tomato 1 t cilantro 1 T frozen chopped onion 2 pinches unprocessed sea salt 1/4 t cracked black pepper 1 t canned diced jalapeno pepper 4 T frozen mango chunks 1 T lime juice</p>	<p>Add first 8 ingredients to a small bowl with a lid. Stir gently to combine.</p> <p>Seal and Refrigerate.</p> <p>Freeze remaining tomatoes for later use.</p>
c	<p><b>Italian Chicken</b> ❖ <i>asparagus</i></p> <p>Grill or brown chicken and asparagus spears until cooked through.</p>	<p>4 boneless, skinless chicken breasts 2 T minced garlic 1 t basil 1 t parsley 2 t olive oil 2 pinches unprocessed sea salt 1/4 t cracked black pepper</p> <p>1 bunch of asparagus 1 T olive oil salt &amp; pepper to taste</p>	<p>Place all ingredients in a large zipper bag and squish to coat the chicken.</p> <p>Chop woody ends off asparagus. Add to large zipper bag with next 2 ingredients.</p> <p>Store in refrigerator.</p>
d	<p><b>Paleo Pot Roast</b> ❖ <i>Green salad</i></p> <p>Pour ingredients of bag into your slow cooker.</p> <p>Cook on high for 6-7 hours or low for 9-10 hours.</p>	<p>2 large sweet potatoes 2 red onions</p> <p>2 lb beef pot roast 1 T minced garlic 1 lb baby carrots 1 lb fresh green beans 2 t salt 1 T Italian seasoning</p>	<p>Cut sweet potatoes into large cubes, quarter onions add to large zipper bag. Add remaining ingredients to potatoes in large zipper bag and squish to combine.</p> <p>Label and store in refrigerator.</p>
e	<p><b>Mediterranean Pork Chops</b> ❖ <i>Spinach salad</i></p> <p>Preheat grill to high and sear your chops one minute on each side.</p> <p>Reduce heat to medium and cook about 5 minutes on each side, or until desired temperature is reached.</p>	<p>4 6-ounce boneless pork chops 1 T olive oil 1/8 t unprocessed sea salt 1/8 t pink or black pepper 1 T minced garlic 1 t ground cumin 1 t cilantro</p>	<p>Combine all ingredients in a large zipper bag and squish to coat.</p> <p>Label and store in refrigerator</p>

Get out all ingredients on grocery list except for items in *italics*.

Fill your sink with hot soapy water and get out the following kitchen tools:

- Knife
- Cutting board
- Foil
- Measuring cups
- Measuring spoons
- Non stick cooking spray
- 4 large zippered bags
- 1 small bowl with lid

## Grocery List

	<b>Canned/Packaged</b>		<b>Produce</b>		<b>Pantry Staples</b>
b	½ can diced tomato	<i>a,d</i>	<i>1-2 tubs salad greens</i>	a	1 ½ t dried rosemary
b	1 t canned diced jalapeno pepper	<i>B</i>	<i>16 oz broccoli florets</i>	a	4 cloves garlic
		<i>b</i>	<i>1-2 avocados</i>	a,c	4 T extra-virgin olive oil
		c	1 bunch asparagus	a,b	2 t + 1 T lime juice
		d	2 large sweet potatoes		
		d	2 red onions		
		d	1 lb baby carrots	a	1 pinch crushed red pepper(opt)
		d	1 lb green beans	b,e	2 t cilantro
	<b>Frozen</b>	<i>e</i>	<i>1-2 tubs spinach salad mix</i>	c,d,e	4 T minced garlic
<i>a</i>	<i>16 oz frozen green beans</i>			c	1 t basil
b	4 T frozen mango chunks		<b>Meat</b>	c	1 t parsley
<i>b</i>	<i>1 T frozen chopped onion</i>	a,c	8 boneless, skinless chicken breast	c,e	2 t + 2 T olive oil
		<i>b</i>	<i>4 (8 oz) wild caught salmon filets</i>	d	2 t salt
		d	2 lb beef pot roast	d	1 T Italian seasoning
		e	4 (6 oz) boneless pork chops	e	1/8 pink or black pepper
				e	1 t ground cumin
			<b>Dairy</b>		
	<b>Bread/Rice/Pasta</b>				
					Salt & pepper
					<i>Salad dressing</i>

	Menu	Ingredients	Assembly directions
a	<p><b>Greek Stuffed Chicken Breast</b> <i>Green salad</i></p> <p>Bake in a 325 degree oven for 25 minutes or until juices run clear.</p>	<p>1 T feta cheese 1 T pine nuts 3 C. fresh spinach 1 pinch unprocessed sea salt 1 pinch cracked black pepper 2 t olive or melted coconut oil</p> <p>4 boneless, skinless chicken breasts</p>	<p>Combine first 6 ingredients in a small bowl. Set aside.</p> <p>Cut a 2-inch slice in the top of the first chicken breast about 1/2 inch deep then cut around the inside of the breast to form a pocket. Repeat with other 3 breasts.</p> <p>Stuff each breast with a portion of the spinach mixture.</p> <p>Place in a baking dish sprayed with non stick spray, and cover with plastic. Store in the refrigerator.</p>
b	<p><b>Quick and Easy Un-Kabobs</b> <i>Arugula salad</i></p> <p>Pour beef mixture onto baking sheet and broil 5-9 minutes or until desired doneness.</p>	<p>1 small red onion 2 bell peppers</p> <p>1 lb beef, venison or pork tips 16 cherry tomatoes 1/4 t salt 1/4 t black pepper 1 T minced garlic 1/4 t red pepper flakes 1/2 t rosemary 1/2 t basil</p>	<p>Quarter the onion and cut the peppers into large chunks.</p> <p>Place all ingredients into large zipper bag. Zip and squish around to coat.</p> <p>Store in refrigerator.</p>
c	<p><b>Caveman Stew</b> ❖</p> <p>Pour contents of bag into your slow cooker.</p> <p>Add <b>2 cups water</b> and tomato juice.</p> <p>Cook for 8 hours on low or 6 hours on high.</p>	<p>2 medium sweet potatoes</p> <p>1 lb beef, venison or bison tips 1 C frozen chopped carrots 1 C frozen kale or spinach 1 C frozen chopped onion 1 can diced tomatoes 1 bay leaf 2 t unprocessed sea salt 1 t rosemary 1 t thyme</p>	<p>Cut sweet potatoes into quarters.</p> <p>Add all ingredients to a large zipper bag and squish to combine.</p> <p>Label and store in refrigerator.</p>
d	<p><b>Cajun Tilapia</b> ❖ <i>Snap peas &amp; sliced tomatoes</i></p> <p>Place fish filets in a baking dish and bake at 325 degrees for 15 minutes or until fish flakes.</p>	<p>4 4-6 ounce tilapia filets 2 T garlic powder 2 T cayenne 3 T paprika 1 T cracked black pepper 1 T onion powder 1 1/2 T oregano 1 T thyme 1/2 T dried basil 2 T unprocessed sea salt 2 t lemon juice</p>	<p>Add all ingredients to a large zippered bag and squish gently to coat the fish.</p> <p>Label and store in refrigerator.</p>
e	<p><b>Shrimp Stuffed Portabella Mushrooms</b> <i>Kale salad</i></p> <p>Uncover and bake at 325 degrees for 20 minutes or until mixture is hot clear through and mushrooms are cooked.</p> <p>If your version of Paleo allows cheese, a bit of Parmesan is delicious sprinkled on top!</p>	<p>8 large portabella mushroom caps 1 1/2 lb medium pre-cooked shrimp salt &amp; pepper to taste 2 scallions 1 T minced garlic 1 (14-ounce) can diced tomatoes 1/4 cup unsweetened coconut milk 1 egg 1 T cilantro</p>	<p>Add half the shrimp with next 8 ingredients in food processor. Pulse to a chunky paste.</p> <p>Stir in remaining shrimp. Stuff into each mushroom cap.</p> <p>Place in baking dish cover with plastic wrap and store in refrigerator.</p>

Get out all ingredients on grocery list except for items in *italics*.

Fill your sink with hot soapy water and get out the following kitchen tools:

- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Non stick cooking spray
- Food processor
- 2 Large Zippered bags
- 2 baking dishes

## Grocery List

	Canned/Packaged		Produce		Pantry Staples
c	2 C <i>tomato juice</i>	b	16 cheery tomatoes	a	2T olive oil
e	1 C diced tomatoes	a	3 cups fresh Spinach	b	¼ t salt
e	¼ C unsweet coconut milk	b	1 small onion	b	¼ black pepper
		b	2 bell pepper	b,e	2 T minced garlic
		c	2 medium sweet potatoes	b	¼ t red pepper flakes
		e	8 Large portabella mushroom caps	b, c	1 ½ t rosemary
		e	2 scallions	b	½ t basil
		a	<i>1-2 tubs salad greens</i>	c	1 Bay leaf
		b	<i>1-2 tubs arugula salad</i>	c,d	1t + 1 T thyme
		d	<i>2 large tomatoes</i>	c	<i>2 C water</i>
	<b>Frozen</b>	e	<i>1-2 tubs kale salad</i>	d	½ t basil
c	1C frozen chopped carrots			d	2T garlic powder
c	1C kale, or Spinach		<b>Meat</b>	d	2T cayenne
c	1C frozen onion	a	4 boneless, skinless chicken breast	d	3T Paprika
d	<i>16 oz frozen snap peas</i>	b,c	2 lbs beef, venison or pork tips	d	1T onion powder
		d	4 4-6 ounce tilapia filets	d	1 1/2T oregano
		e	1 ½ lb pre-cooked shrimp	d	2t Lemon Juice
				e	1T cilantro
				d	1 egg
			<b>Dairy</b>		
	<b>Bread/Rice/Pasta</b>	a	<i>1 Tbs. Feta cheese</i>		
					Salt & pepper
					<i>Salad dressing</i>



	Menu	Ingredients	Assembly directions
a	<p><b>Jalapeno Lime Chicken Legs</b> ❖ <i>Roasted sweet potatoes and green salad</i></p> <p>Pour chicken out of bag and onto a baking sheet.</p> <p>Pour sweet potatoes onto a separate baking sheet. Sprinkle with pinch of <b>salt and pepper</b>.</p> <p>Bake both at 350 degrees for 25 minutes or until chicken pulls away from the bone.</p>	<p>2 pounds chicken legs 2 T canned diced jalapeno 1/4 cup olive oil 1 T minced garlic 1 t ground cumin 1 T lime juice 1 t cilantro</p> <p>3 medium sweet potatoes</p>	<p>Put all ingredients in a large zipper bag and zip closed.</p> <p>Squish around to coat chicken legs and to combine ingredients.</p> <p>Cut sweet potatoes into wedges and store in a separate zipper bag.</p>
b	<p><b>Orange Ginger Pork Chops</b> ❖ <i>Steamed broccoli and cauliflower</i></p> <p>Remove chops from bag and place on hot grill. Cook 3-5 minutes on medium on each side or until desired temperature is reached.</p> <p>Steam broccoli and cauliflower according to package directions.</p>	<p>4 large pork chops 1/2 C orange juice 1/4 C apple cider vinegar 2 T honey 1 t ginger 1/4 t sea salt 1 T sesame seeds (optional)</p>	<p>Place all ingredients in a large zipper bag.</p> <p>Zip and squish to mix.</p>
c	<p><b>Turkey Sweet Potato Bake</b> <i>Green salad</i></p> <p>Pour turkey and sweet potato/apple mixture out of the bags and into crock pot.</p> <p>Cook on low for 8-10 hours or high for 6-8 hours.</p>	<p>2 boneless, skinless turkey breasts 6 small sweet potatoes 2 apples 1/2 C dried organic cranberries 2 T ghee or coconut oil 1/2 C pearl onions 1-2 t allspice 1/4 t sea salt 1/4 t cracked black pepper</p>	<p>Cube turkey and put in a large zipper bag. Zip closed.</p> <p>Clean and cube sweet potatoes and apples into bite-sized chunks.</p> <p>Put last 8 ingredients in a large zipper bag and zip.</p>
d	<p><b>Philly Steak Salad</b></p> <p>Place steaks on baking sheet and sprinkle with 1/2 t sea salt. Pour onions and peppers over them. Broil 3 minutes on each side or until desired temp is reached. Allow to rest for 5 minutes, remove from the bone and slice.</p> <p>Divide <b>1 large bag spring salad mix</b> and <b>16 cherry tomatoes</b> into 4 bowls.</p> <p>Divide steak and onion/pepper mix between each of the 4 salads. Place on top of salad.</p>	<p>1 small yellow onion 1 large green pepper</p> <p>1 1/2 lbs flank steak</p>	<p>Peel and slice onion, then clean and slice green pepper.</p> <p>Put in a medium zipper bag.</p> <p>Place flank steak in bag and seal.</p>
e	<p><b>Ginger Peppered Ahi Tuna</b> ❖ <i>Green beans</i></p> <p>Remove tuna from bag and place on grill. Grill on high 3 minutes on each side and remove. Serve on a bed of lettuce with a side of <b>wasabi sauce and pickled ginger</b>.</p> <p>Cook green beans according to directions.</p>	<p>4 6-oz ahi tuna filets 1 T ground ginger 1 T cracked black pepper 1 t sea salt 1 t sesame seeds 4 lettuce leaves</p>	<p>Combine all ingredients in a large plastic zipper bad.</p> <p>Clean lettuce leaves.</p>

**Week 3**

Paleo May 2014

Get out all ingredients on grocery list except for items in *italics*.

Fill your sink with hot soapy water and get out the following kitchen tools:

- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Non stick spray
- 6 large zipper bags

## Grocery List

	<b>Canned/Packaged</b>		<b>Produce</b>		<b>Pantry Staples</b>
a	2 cans diced jalapeno	a	3 medium sweet potatoes	a	1 T + ¼ C olive oil
c	½ C dried cranberries	c	6 small sweet potatoes	a	1 T minced garlic
e	2 T wasabi (opt)	c	2 apples	a	1 t ground cumin
e	2 T pickled ginger (opt)	c	½ C pearl onions	a	1 T lime juice
		d	1 small onion	a	1 t cilantro
		d	1 large green pepper	b	¼ C vinegar
		a,c,e	<i>1-2 tubs salad greens</i>	b	2 T apple cider honey
		d	<i>16 cherry tomatoes</i>		
		d	<i>1 large bag spring salad mix</i>	b,e	1 T + 1 t sesame seeds
		b	1 bag broccoli/cauliflower florets	b	½ C orange juice
				c	½ dried organic cranberries
	<b>Frozen</b>		<b>Meat</b>	c	2 T Coconut oil or ghee
		a	2lbs chicken legs	c	1-2 t allspice
e	<i>16 oz frozen green beans</i>	b	4 large pork chops	c	¼ t + 1 cracked black pepper
		d	1 ½ lbs flank steak	b,e	2 T ground ginger
		e	4 6oz ahi tuna filets		
			<b>Dairy</b>		
	<b>Bread/Rice/Pasta</b>				
					Salt & pepper
					<i>Salad dressing</i>

	Menu	Ingredients	Assembly directions
a	<p><b>Hawaiian Pork with Sweet Potato Wedges</b> <i>Green salad</i></p> <p>Pour ingredients of bag into slow cooker.</p> <p>Add <b>1 C pineapple juice</b> and <b>2 C chicken stock</b>.</p> <p>Cook on low for 8-10 hours or high for 6-8 hours. Pull pork with a fork to separate and blend with juices.</p>	<p>2 lb pork butt 1 T honey 2 t sea salt 2 t paprika 1/2 t ground cumin 1/2 t ground coriander 1/2 t cracked black pepper 1 small yellow onion 1 T ginger 1 T minced garlic</p>	<p>Peel and quarter the onion and the sweet potatoes</p> <p>Place all ingredients in a large zipper bag and close.</p> <p>Squish to combine and coat the pork butt.</p> <p>Store everything in refrigerator.</p>
b	<p><b>Tex-Mex Grilled Chicken</b> ❖ <i>Sautèd Garlic Green Beans</i></p> <p>Pour chicken mixture from bag into a medium baking dish. Bake at 325 degrees 25-30 minutes or until juices run clear. Serve each breast with <b>1T mango salsa (opt)</b>.</p> <p>Saute 16 oz <b>frozen green beans in 1T minced garlic</b> and olive oil or cook according to directions.</p>	<p>4 boneless, skinless chicken breasts 1/4 t sea salt 1 jar roasted red peppers 1 t dried cilantro</p>	<p>Combine chicken, salt, peppers and cilantro in a large zipper bag and seal.</p> <p>Squish to combine and coat.</p> <p>Store in refrigerator.</p>
c	<p><b>Asian Shrimp Bowl</b></p> <p>In a large skillet or wok, heat <b>1 T coconut oil</b>.</p> <p>When oil is hot, pour the veggie bag into the skillet along with <b>1/2 t sea salt, 1 c broccoli florets, 1 small can water chestnuts</b> and <b>3 T coconut aminos</b> into the skillet. Saute until almost crisp-tender.</p> <p>Add shrimp and cook until they form a "C" and turn pink.</p>	<p>2 medium-sized zucchini 1 1/2 lb medium peeled and deveined shrimp 1 red pepper 2 scallions 1 C sliced mushrooms</p>	<p>Make zucchini noodles using spiral slicer.</p> <p>Clean and slice pepper and scallions and seal in a large zipper bag, along with mushrooms and zucchini noodles.</p> <p>Remove tails from shrimp if necessary.</p> <p>Store bag, shrimp and in refrigerator.</p>
d	<p><b>Primal Ratatouille</b> ❖ <i>Green salad</i></p> <p>Pour contents of bag into slow cooker.</p> <p>Cook on low 6-8 hours or on high 4-6 hours.</p>	<p>1 zucchini 1 yellow squash  1 1/2 lb steak tips 1 1b-bag baby carrots 1 small container cherry tomatoes 1 C sliced mushrooms 1 t sea salt 1 t cracked black pepper 1 t basil 1/2 t crushed red pepper, optional</p>	<p>Slice zucchini and squash.</p> <p>Combine with steak tips, mushrooms, baby carrots, tomatoes, salt, pepper, basil and crushed red pepper into a large zipper bag and seal.</p> <p>Store in refrigerator</p>
e	<p><b>Roast Beef and Root Veggie Roast</b> ❖ <i>Green salad</i></p> <p>Pour <b>2 C chicken broth</b> and contents of bag into slow cooker.</p> <p>Cook on low for 8-10 hours or high for 6-8 hours.</p>	<p>2-3lb beef pot roast 2 C baby carrots 2 large parsnips 1 large sweet potato 1 small yellow onion 1 T minced garlic 1 T rosemary 1 t thyme 1 t sage 1 t sea salt 1 t cracked black pepper</p>	<p>Clean and chop parsnips, sweet potato and onion (peeled) into wedges.</p> <p>Add all ingredients except broth into large zipper bag</p> <p>Squish to combine.</p> <p>Store in refrigerator.</p>



Get out all ingredients on grocery list except for items in *italics*.

Fill your sink with hot soapy water and get out the following kitchen tools:

- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Non stick cooking spray
- 5 large zipper bag

## Grocery List

	<b>Canned/Packaged</b>		<b>Produce</b>		<b>Pantry Staples</b>
a	1 C. <i>pineapple juice</i>	a,e	2 small yellow onion	a	1 T honey
a	2 C <i>chicken stock</i>	a,d,e	1-2 tubs <i>salad greens</i>		
b	1 jar roasted red peppers	c,d	2 + 1 medium sized zucchini		
b	4 T <i>mango salsa (opt)</i>	C	1 red bell pepper	a	2t paprika
c	1 small can <i>water chestnuts</i>	c	2 scallions	a	½ ground cumin
e	2 C <i>chicken broth</i>	c,d	2 cup sliced mushrooms	a	½ t ground coriander
		d	1 yellow squash		
		d,e	2 lb baby carrots	a	1 T ginger
		d	1 small container cherry tomatoes	a,b,e	3 T minced garlic
		e	2 large parsnips	b	1 t cilantro
		c	1 C <i>broccoli florets</i>	c	1 T <i>coconut oil</i>
	<b>Frozen</b>	b	1 lb <i>green beans</i>	c	3 T <i>coconut aminos</i>
		e	1 large sweet potato	d	1tsp basil
		e	1 small yellow onion	a,d,e	½ t crushed red pepper flakes
				e	1 T rosemary
			<b>Meat</b>	e	1 T thyme
		a	2 lbs pork butt		1 t sage
		b	4 boneless, skinless chicken breast		
		c	1 ½ lb medium peeled and deveined shrimp		
		d	1 ½ lb steak tips		
	<b>Bread/Rice/Pasta</b>	d	2-3 lb beef pot roast		
					Salt & pepper
					<i>Salad dressing</i>

