

**SUNDAY**

Baked Salmon:

4 salmon steaks

4 tbs lemon juice

1 tsp dill weed

2 tbs finely chopped chives

lime wedges

*Place individual salmon steaks on a piece of aluminum foil large enough to wrap each steak. Pour a tablespoon of lemon juice over each steak, sprinkle with dill and seal each steak in aluminum pouch. Put the aluminum seals steaks in a Pyrex dish and bake*

**MONDAY**

London Broil with Herbs:

London Beef Broil 1-1/2 lbs

1 tbs canola oil

2 minced garlic cloves

1 tsp rosemary (dried)

1 tsp basil (dried)

1 tsp thyme (dried)

Fresh ground pepper

*Place meat in a shallow dish. Rub both sides with oil, garlic and herbs. Add pepper and let stand for one hour. Prepare barbecue or preheat broiler. Cook meat two inches from heat source to desired state (four minutes per side for rare).*

**TUESDAY**

Poached Chicken Lunkowski:

4 boneless, skinless chicken breast halves

2 tbs canola oil

1 c. sliced scallions

2 garlic cloves, crushed

1/8 tsp cayenne pepper

1 bay leaf

1/2 tsp ground cloves

4 medium tomatoes, peeled, seeded, chopped

1/8 tsp ground saffron (optional)

1/8 tsp ground pepper

1 tbs red wine

*In a large frying pan, heat oil over medium heat. Add scallions and cook until lightly browned (about three minutes). Add garlic and cayenne pepper; cook one minute. Add tomatoes, red wine, bay leaf, cloves, saffron and pepper. Bring to a boil; reduce*

**WEDNESDAY**

Merlot Beef and Broccoli Medley:

- 5 pounds of chuck roast
- 1 large onion
- 20 cloves of garlic
- 1 c. merlot red wine
- 1/3 c. balsamic vinegar
- 3 tbs Paleo seasoning mix
- 2 c. beef broth
- 1 tbs honey
- 1/4 arrowroot

*In a large crock pot mix in above ingredients and let cook for 10 hours on low. Remove beef and shred with hands. Take left over sauce from crock pot and put in a separate pot on stove and simmer until it reduces by half and combine it with the shredded*

- 3 pounds of broccoli
- 1 pound of julianed carrots
- 1 c. light olive oil

*Steam broccoli until fork tender, chill in ice water immediately, drain. Blanch carrots until fork tender. Combine in large bowl and toss with light olive oil.*

**THURSDAY**

Poached Halibut Steaks:

- 2 or 3 green onions, cut into 2" long pieces
- 1 tbs olive oil
- 1 red onion, cut lengthwise into thin slices
- 1 carrot, cut into matchstick pieces
- 2 Halibut steaks
- 2 lemons

*Heat oil in a deep skillet over medium heat. Add onion and saute three minutes. Add carrot and cook three more minutes. Stir in green onions. Spread vegetables evenly over bottom of skillet. Lay Halibut steaks on the vegetable bed in the skillet. Ad*

**FRIDAY**

Almond Encrusted Tilapia Fillets:

- 1 1/4 c of almond meal
- 3 tbs paleo seasoning
- 1/4 tsp sea salt
- 1/4 tsp black pepper

*Rub fish with olive oil. Coat with ingredients. Bake at 400 for 8 minutes.*

**SATURDAY**

**Spinach Salad ala Cordani**

*1/2 pound pork tenderloin sliced and chopped*

*1 tbs olive oil*

*1 tbs canola oil*

*1 pound fresh spinach*

*1 pound fresh mushrooms, sliced thin*

*4 hardboiled eggs, sliced*

*Saute the pork tenderloin pieces in the oil mixture until lightly browned. Drain spinach well and put into a large bowl and mix well with mushrooms. Top the salad with sliced hardboiled eggs and pork tenderloin pieces. Add dressing of choice.*

**Paleo Seasoning**

*Garlic powder*

*dried thyme*

*parsley*

*mustard powder*

*ground cumin*

*celery seed*

*onion powder*

*paprika*

**Sautéed Broccoli ala Madrid**

*1 tsp extra virgin olive oil*

*2 or 3 garlic cloves, minced*

*1 onion, diced*

*4 or 5 button mushrooms, thinly sliced*

*1 or 2 tomatoes, diced*

*1 head broccoli, cut into small flowerets, with*

*stems peeled and thinly sliced*

*Bring a large pot of water to boil over high heat. Add broccoli and cook until bright green, but not completely tender, about three minutes. Plunge into cold water to stop the cooking process and preserve the bright color. Heat oil in a skillet over me*

**Honey Dill Carrots**

*Baby carrots*

*Honey*

*Dill*

*Steam baby carrots, then drizzle with just a bit of honey. Add dill.*

Sheet1

Chopped Jamaican Zucchini  
1 medium zucchini squash, chopped  
1/4 red onion, chopped  
1/2 red pepper, chopped  
1/2 jalapeño pepper, chopped  
1/4 c chopped cilantro  
1 small garlic clove, minced  
Pinch of ground coriander seed  
Dash lemon juice

*Toss all ingredients together, adjust seasonings as desired.*

Zucchini w/ Tomatoes, Apples & Onions  
1 1/2 pound small zucchini, thinly sliced  
2 tbs olive oil  
2 tbs canola oil  
1 medium onion, chopped  
2 apples, chopped  
2 fresh tomatoes, peeled and chopped  
2 tbs chopped parsley  
Fresh ground black pepper

*Set a small pan of water to boil. Drop the zucchini slices into the boiling water for 30 seconds. Remove immediately and drain. Heat oil in a fry pan and saute onion until it is transparent. Add the apples and stir well to coat. Add the tomatoes and*

Spinach Salad ala Cordani  
1/2 pound pork tenderloin sliced and chopped  
1 tbs olive oil  
1 tbs canola oil  
1 pound fresh spinach  
1 pound fresh mushrooms, sliced thin  
4 hardboiled eggs, sliced

*Saute the pork tenderloin pieces in the oil mixture until lightly browned. Drain spinach well and put into a large bowl and mix well with mushrooms. Top the salad with sliced hardboiled eggs and pork tenderloin pieces. Add dressing of choice.*

Colorado Spinach Salad Dressing  
1 tbs honey  
1/3 c lemon juice  
Fresh ground black pepper  
1 tsp fresh tarragon  
1/3 c olive oil  
1/3 c flaxseed oil

*Dissolve honey in lemon juice, add pepper and tarragon and stir. Pour this mixture into a cruet; add the oils and shake vigorously to blend.*