

## VALENTINE PALEO FAMILY DINNER

<p><b>DISH 1</b></p> <p><b>Bacon Wrapped Shrimp With Garlic Oil</b></p>	<p>18 slices of bacon, halved          36 large shrimp, peeled and deveined          (1 T honey, 1 t water)          (½ t ground black pepper)          (3 T olive oil)          (2 T sliced garlic)</p>	<p>Cook bacon in a pan until it is cooked, but still soft and pliable. Combine honey and water in a large bowl. Add shrimp; toss to coat. Sprinkle shrimp with pepper. Wrap 1 piece of bacon around each shrimp. Divide shrimp evenly among 6 skewers. Preheat broiler. Place shrimp on a baking sheet; broil 3 minutes per side or until done. Combine oil and garlic in a small saucepan over medium heat. Cook 4 minutes or until garlic begins to brown. Drizzle over cooked shrimp.</p>
<p><b>DISH 2</b></p> <p><b>Roasted Butternut Squash with Cider Vinegar</b></p>	<p>2 – 1½ lbs butternut squashes, cut into bite sized pieces          (3 T honey)          (2 T olive oil)          (½ t salt, ½ ground black pepper)          (3 T apple cider vinegar)</p>	<p>Preheat oven to 400°. Combine squash, honey, oil, salt, and pepper on a jelly-roll pan. Bake 30 minutes or until browned and tender, stirring once. Sprinkle with vinegar.</p>
<p><b>DISH 3</b></p> <p><b>Sautéed Rapini with Walnuts</b></p>	<p>1 pound broccoli rabe (rapini), trimmed and cut into 2-inch pieces          (2 T olive oil)          1 c sliced onion          (1 T minced garlic)          (½ t salt)          ½ c chopped walnuts, <b>toasted</b></p>	<p>Bring a pot of water to a boil. Add broccoli rabe to pan; boil 2 minutes. Drain. Heat oil in a large skillet over medium-high heat. Add onion; cook 2 minutes. Add garlic; cook 1 minute. Add broccoli rabe to pan; cook 3 minutes. Sprinkle with salt and walnuts.</p>
<p><b>DISH 4</b></p> <p><b>Spinach and Red Onions</b></p>	<p>(2 T extra-virgin olive oil)          1 T lemon juice          (1 t minced garlic)          (¼ t salt, ¼ t ground black pepper)          8 c baby spinach leaves          2 c thinly sliced red onions          1 cup halved cherry tomatoes</p>	<p>Combine oil, juice, garlic, salt and pepper in a large bowl, stir with a whisk. Add spinach, onions and tomatoes; toss to coat.</p>
<p><b>DISH 5</b></p> <p><b>Poached Pears in Sweet White Wine with Raspberries</b></p>	<p>2 c sweet white wine or sparkling grape juice          1 c orange juice          (¼ t salt)          (1 cinnamon stick)          5 large firm pears, peeled, cored and halved          1 pint raspberries</p>	<p>Bring wine, orange juice, salt and cinnamon stick to a boil in a medium saucepan. Reduce heat to a simmer. Add pears; simmer 20 minutes or until tender. Remove pears from pan. Bring cooking liquid to a boil; Reduce liquid to 1½ c. Serve pears with cooking liquid and raspberries.</p>

(Staples in parenthesis)

Copyright © 2013, eMeals.com



## VALENTINE PALEO DINNER GROCERY LIST

(Whole Foods prices listed)

To eliminate a particular dish, cross out each grocery item with that corresponding dish #. Prices & availability of grocery items may vary from store to store.

DISH #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
_____		<b>DELI &amp; BAKERY</b>			
_____		<b>PRODUCE</b>			
2		2 – 1½ lb butternut squashes	3.87		
3		1 pound broccoli rabe (rapini)	4.00		
3		1 large onion	1.99		
4		1 large lemon	.79		
4		8 c baby spinach leaves	5.98		
4		1 large red onion, for 2 c thinly sliced	1.99		
4		1 pint cherry tomatoes, for 1 c	3.00		
5		4 large oranges, for 1 c juice	6.00		
5		5 large firm pears	3.00		
5		1 pint raspberries	3.99		
_____		<b>MEATS</b>			
1		1 package bacon, for 18 slices	5.99		
1		36 large shrimp (size 21/25)	21.59		
_____		<b>DAIRY</b>			
_____		<b>PACKAGED</b>			
3		½ c walnuts	3.99		
5		1 bottle sweet white wine (Zinfandel, Riesling, Gewurztraminer), for 2 c	5.99		
_____		<b>APPROXIMATE TOTAL:</b>	<b>\$72.17</b>		

**STAPLES NEEDED FOR EACH DISH:**

Copyright ©2013, eMeals.com

**DISH 1**

Honey  
3 T olive oil  
Sliced garlic  
6 skewers

**DISH 2**

3 T honey  
Olive oil  
3 T apple cider vinegar

**DISH 3**

Olive oil  
Minced garlic

**DISH 4**

Olive oil  
Minced garlic

**DISH 5**

Cinnamon stick