

PREP GUIDE**MEAL #1**

- Brine pork chops for 30 minutes *see Meal #1 for recipe
- ½ lemon, juiced (1½ Tablespoons)
- Cut vegetables:
 - 1 small yellow onion, sliced (1 cup)
 - 1 small head broccoli, cut into florets (3 cups)

MEAL #2

- Bake spaghetti squash * see directions below
- Cut vegetables
 - ½ small yellow onion, chopped (½ cup)

MEAL #3

- No prep needed

MEAL #4

- Cut vegetables:
 - ½ small yellow onion, finely chopped (½ cup)
 - ½ head fennel, chopped (1 cup)
 - 1 medium head cauliflower, cut into florets (4 cups)

MEAL #5

- Cut vegetables:
 - ½ small yellow onion, chopped (½ cup)
 - ½ head fennel, finely chopped (1 cup)
 - 2 carrots, diced (1 cup)

Spaghetti Squash (Meal #2)

1 large (5 pound) spaghetti squash

Preheat oven 375°F. Cut squash in half, scoop out seeds with a spoon. Place both halves, cut side down, in a baking dish filled with ¼ cup of water. Bake until tender about 40-45 minutes. Let cool and refrigerate until dinner night if making ahead.

MENU**MONDAY ①**

BALSAMIC PEAR PORK CHOPS
Lemon Pepper Broccoli

TUESDAY ②

HALIBUT CIOPPINO
Squash Noodles

WEDNESDAY ③

HONEY MUSTARD THIGHS
Bacon Swiss Chard

THURSDAY ④

THYME PORK CHOPS
Mediterranean Cauliflower

FRIDAY ⑤

TURKEY VEGETABLE BAKE
Candied Almonds



PALEO March 20, 2015

Shopping List

(1) Balsamic Pear Pork Chops (2) Halibut Cioppino (3) Honey Mustard Thighs (4) Thyme Pork Chops (5) Turkey Vegetable Bake

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	pork loin chops (about 1" thick)	8		15
2	halibut or cod fillets	1-1/2 pounds		16
3	chicken thighs	8	organic, with skin	8
3	bacon	8 slices	organic, uncured, nitrate free	5
5	ground trukey raw	1 pound	organic	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,4,5	small yellow onion	3		3
1	pears	2		2
1	broccoli	1 sm head		3
1,3,4	lemon	1		0.5
2,3,4	cilantro (or parsley)	1 bunch		1.5
2	basil	small bunch	need 2 Tablespoons chopped	1
2	spaghetti squash	1 large	about 5 pounds	4
4,5	fennel	1 medium head		1.5
5	carrots	2		1
3,5	swiss chard	2 bunches		3
4	thyme	few sprigs	need 2 teaspoons	0.5
4	cauliflower	1 med head	about 2 pounds	3

Recipe #	Dairy/Misc	Quantity	Notes	Est Cost
1,3,5	red pepper flakes	1 Tablespoon		0.5
1,4, 5	raw almonds	1-3/4 cups	organic, no salt added	7
5	eggs	6 eggs	organic	4.5

Fresh 20 Grocery Est \$86.00
 Cost Per Dinner \$17.20
 Cost Per Serving \$4.30

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	10 Tablespoons	paprika	1/2 teaspoon
	grapeseed oil	2 Tablespoons	dried oregano	1 teaspoon
	coconut oil	4 Tablespoons	herbes de provence	
	balsamic vinegar*	1/2 cup + 3 Tbsp	ground cumin	
	white wine vinegar*		raw organic honey	1/2 cup + 1 Tblsp
	chicken or veggie broth: low sodium	6 cups	organic tomato paste (no sugar or additives)	3/4 cup
	fresh garlic	8 cloves	Dijon mustard (gluten-free, no sugar added)	3 Tablespoons
	organic sea salt	4-1/2 Tablespoons	raw coconut aminos	
	black pepper	3-1/4 teaspoons	almond flour	
cayenne pepper		coconut flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) BALSAMIC PEAR PORK CHOPS

lemon pepper broccoli

Start the brining before prepping any of the other ingredients. It will cut down on time so that once the chops have been brined everything else is ready to go!

MADE AHEAD

- Brine pork chops 30 minutes * *see directions below*
- ½ lemon, juiced (1½ Tablespoons)
- Cut vegetables: onion, broccoli

DIRECTIONS

For balsamic pear pork chops

1. In a large bowl, combine water, salt, and honey. Add pork chops to the brine liquid; cover and refrigerate for ½ hour. Remove pork chops and discard the brine. Pat pork chops dry with paper towels.
2. Meanwhile, add balsamic vinegar to a small saucepan. Bring to a boil and cook 10 minutes until reduced.
3. Heat coconut oil in a large skillet over medium heat. Add the onions and pears and cook for 5 minutes until beginning to brown. Transfer (including any liquid) to saucepan with balsamic vinegar and stir gently. Do not rinse skillet.
4. Heat 1 Tablespoon olive oil in skillet (there may still be some bits and pieces from the onion and pear mix). Once oil is hot, place brined pork chops in skillet, browning on one side for 4 minutes before flipping. Cook for an additional 3 minutes or until internal temperature reaches 145°F. Cover and remove from heat; let sit for 5 minutes.
5. Spoon pears over each chop, serve with broccoli.

For lemon pepper broccoli

1. In a large sauce pan, add steamer insert and water to reach bottom of insert. Bring water to a boil, add broccoli, and cover. Steam broccoli over high heat for 5-6 minutes until just tender; drain well.
2. In a serving bowl, combine olive oil and lemon juice. Add steamed broccoli and chopped almonds and toss well; season with black pepper, red pepper flakes, and salt.

INGREDIENTS

For balsamic pear pork chops

- 6 cups water
- 3 Tablespoons organic sea salt
- 2 Tablespoons raw honey
- 4 pork loin chops (1" thick, boneless)
- ½ cup balsamic vinegar
- 2 Tablespoons coconut oil
- 1 small yellow onion, sliced (1 cup)
- 2 pears, peeled, cored and cut into wedges
- 1 Tablespoon olive oil

For lemon pepper broccoli

- 1 small head broccoli, cut into florets (3 cups)
- 1 Tablespoon olive oil
- 1½ Tablespoons lemon juice (½ lemon)
- ¼ cup almonds, chopped
- 1 teaspoon black pepper
- ½ teaspoon red pepper flakes
- Organic sea salt to taste



(2) HALIBUT CIOPPINO

squash noodles

OVEN TEMPERATURE: 375 °F

MADE AHEAD

- Bake spaghetti squash * *see prep guide for directions*
- Cut vegetables: onion

DIRECTIONS

For halibut cioppino

1. In a large stockpot, heat olive oil over medium heat. When oil is hot, add onions, garlic, and cilantro. Cook 5-6 minutes until onions are soft.
2. Add tomato paste and mix well.
3. Add chicken broth, basil, oregano, and salt; mix well. Cover and simmer for 30 minutes.
4. Stir in fish, bring to a boil, and lower heat to a simmer. Cook for 5-7 minutes until fish is cooked through and firm.
5. In a small skillet over medium-high heat, add coconut oil and garlic. Fry garlic until crispy. Remove from heat.
6. Remove fish and sauce from heat and divide into four deep serving bowls, top with crispy garlic and serve immediately with squash noodles.

Meanwhile

For squash noodles

1. See *prep guide* for same day preparation. If baked ahead, reheat in oven for 15 minutes or until warmed through. Add salt and pepper, sprinkling on each squash half.
2. Using a fork, scrape squash out onto serving plates.

INGREDIENTS

For halibut cioppino

- 2 Tablespoons olive oil
- ½ small yellow onion, chopped (½ cup)
- 2 garlic cloves, minced
- ½ cup fresh cilantro leaves (½ bunch)
- ¾ cup organic tomato paste
- 4 cups low sodium chicken broth (or 3 cups broth + 1 cup white wine)
- 2 Tablespoons fresh basil, minced
- 1 teaspoon dried oregano
- 1 teaspoon organic sea salt
- 1½ pounds halibut or cod, cut into 2-3" pieces (can sub 1½ pounds chicken tenders, cut in half)
- 1 Tablespoon coconut oil
- 4 garlic cloves, sliced thinly

For squash noodles

- 1 large spaghetti squash (about 5 pounds)
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper



(3) HONEY MUSTARD THIGHS bacon Swiss chard

OVEN TEMPERATURE: 350°F

INGREDIENTS

For honey mustard thighs

1. Preheat oven to 350°F.
2. Brush chicken with oil and season with salt and pepper; place in a lightly oiled 9 x 13 baking dish.
3. Place bacon on a foil lined baking sheet.
4. In a small bowl, combine honey, mustard, paprika, red pepper flakes, and cilantro. Mix well. Set aside 1/3 of the marinade, rub remaining marinade over the chicken until coated.
5. Bake thighs and bacon for 20 minutes. Remove chicken thighs from oven, turn over, and brush on the remaining marinade. Return to oven.
6. Bake chicken for an additional 10-15 minutes, or until no longer pink and juices run clear (165°F internal temperature).
7. Bake bacon until crispy, remove from oven and allow to cool. Set aside for Swiss chard.

For bacon Swiss chard

1. Bring a medium pot of water to a boil. When water reaches a boil, turn heat off and stir in Swiss chard. Let Swiss chard sit in the hot water for 20-30 seconds to heat through, but not wilt. Remove from hot water and drain thoroughly.
2. In a medium bowl, combine lemon juice, salt, and pepper. Add Swiss chard and bacon and toss to coat.

INGREDIENTS

For honey mustard thighs

8 medium chicken thighs, skin on
2 Tablespoons grapeseed oil
¼ teaspoon organic sea salt
½ teaspoon black pepper
Olive oil, for baking dish
8 slices bacon
3 Tablespoons raw honey
3 Tablespoons Dijon mustard
½ teaspoon paprika
½ Tablespoon (or less) red pepper flakes
2 Tablespoons fresh chopped cilantro

For bacon Swiss chard

1 large bunch Swiss chard, stems removed, roughly chopped
1 teaspoon fresh lemon juice (¼ lemon)
¼ teaspoon organic sea salt
½ teaspoon black pepper
8 slices cooked bacon, crumbled



(4) THYME PORK CHOPS Mediterranean cauliflower

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Cut vegetables: onion, fennel, cauliflower

INGREDIENTS

For thyme pork chops

1. In a small bowl, combine the thyme, salt, and pepper. Rub mixture onto pork chops on both sides.
2. Heat olive oil in a large skillet over medium-high heat. Arrange pork chops in the skillet and cook for 5-7 minutes per side (until internal temperature reaches 145°F). Remove from skillet and keep warm on a serving platter.
3. Add onion and fennel to the skillet and cook for 3-4 minutes until browned. Stir in balsamic vinegar, scraping any pork bits from bottom of the pan, and then add chicken broth. Continue to cook and stir over medium-high heat for about 5 minutes, until sauce has reduced by half. Remove from heat and stir in coconut oil.
4. Pour over pork chops and serve with cauliflower.

For Mediterranean cauliflower

1. Preheat oven to 400°F. Heat 1 Tablespoon olive oil in large skillet over medium-high heat. Add cauliflower and sauté for 2-3 minutes, stirring to cook evenly.
2. Place cauliflower on a sheet pan and bake in oven for 6-8 minutes.
3. In a large bowl, toss warm roasted cauliflower with parsley and almonds, let sit for a few minutes to heat through. Season with ¼ Tablespoon olive oil, salt, pepper, and lemon juice.

INGREDIENTS

For thyme pork chops

- 2 teaspoons fresh thyme, finely chopped
- ½ teaspoon organic sea salt
- ½ teaspoon black pepper
- 4 pork loin chops
- 2 Tablespoons olive oil
- ½ small yellow onion, finely chopped (½ cup)
- ½ head fennel, chopped (1 cup)
- 2 Tablespoons balsamic vinegar
- 1 cup low sodium chicken broth
- 1 Tablespoon coconut oil

For Mediterranean cauliflower

- 1¼ Tablespoons olive oil, divided
- 1 medium head cauliflower, cut into florets (4 cups)
- ¼ cup fresh cilantro or parsley, chopped (¼ head)
- ½ cup almonds, chopped
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper
- 1½ teaspoons fresh lemon juice (¼ lemon)



(5) TURKEY VEGETABLE BAKE candied almonds

OVEN TEMPERATURE: 350°F

MADE AHEAD

- Cut vegetables: onion, fennel, carrots

DIRECTIONS

For turkey vegetable bake

1. Preheat oven to 350°F. Lightly oil a baking dish.
2. Heat olive oil in a sauté pan on medium heat. Add onions, garlic, fennel, and carrots and cook 2-3 minutes. Add ground turkey. Cook until vegetables are soft and ground turkey is slightly browned, about 6-8 minutes. Remove from heat.
3. In a large bowl, combine turkey and onion mix with Swiss chard, eggs, vinegar, and broth. Add salt and pepper.
4. Spread evenly into baking dish, bake for 20 minutes.

For candied almonds

1. In a small saucepan, heat water and honey until honey is dissolved. Add almonds and stir to coat.
2. On a lined baking sheet, place almonds in a single layer.
3. Bake at 350°F until almonds are toasted, about 12-15 minutes. Sprinkle with salt. Serve with turkey bake or as dessert.

INGREDIENTS

For turkey vegetable bake

- 2 Tablespoons olive oil
- ½ small yellow onion, chopped (½ cup)
- 2 cloves garlic, minced
- ½ head fennel, finely chopped (1 cup)
- 2 medium carrots, diced (1 cup)
- 1 pound ground turkey
- 1 bunch Swiss chard, stems removed, chopped (4 cups)
- 6 eggs, lightly beaten
- 1 Tablespoon balsamic vinegar
- 1 cup low sodium chicken broth
- ½ teaspoon organic sea salt
- ½ teaspoon black pepper

For candied almonds

- ¼ cup water
- ¼ cup raw honey
- 1 cup almonds
- ¼ teaspoon organic sea salt



Nutrition Information

Balsamic Pear Pork Chops		Serves: 4	
Serving Size: 1 pork chop + 1/2 pear			
Calories	436 kcal	Fat	25.4 g
Protein	32.2 g	Saturated	11.9 g
Carbohydrate	19.1 g	Sugar	12.2 g
Sodium	503 mg	Calcium	8.1 %DV
Fiber	3.3 g	Iron	7.9 %DV
Cholesterol	90 mg		

Lemon Pepper Broccoli		Serves: 4	
Serving Size: 3/4 cup			
Calories	108 kcal	Fat	8.4 g
Protein	3.9 g	Saturated	0.9 g
Carbohydrate	6.6 g	Sugar	1.7 g
Sodium	24 mg	Calcium	5.4 %DV
Fiber	2.7 g	Iron	4.6 %DV
Cholesterol	0 mg		

Halibut Cioppino		Serves: 4	
Serving Size: 1 1/2 cups which includes 6 ounces fish			
Calories	357 kcal	Fat	15.2 g
Protein	39 g	Saturated	5.1 g
Carbohydrate	15.5 g	Sugar	6.9 g
Sodium	610 mg	Calcium	5.8 %DV
Fiber	3.5 g	Iron	13.6 %DV
Cholesterol	123 mg		

Squash noodles		Serves: 4	
Serving Size: 1/2 squash			
Calories	123 kcal	Fat	1.2 g
Protein	3 g	Saturated	0 g
Carbohydrate	29.3 g	Sugar	11.5 g
Sodium	179 mg	Calcium	9.5 %DV
Fiber	6.4 g	Iron	8.6 %DV
Cholesterol	0 mg		

Honey Mustard Thighs		Serves: 4	
Serving Size: 2 Thighs			
Calories	454 kcal	Fat	31.6 g
Protein	28.2 g	Saturated	7.4 g
Carbohydrate	13 g	Sugar	12.9 g
Sodium	625 mg	Calcium	1.5 %DV
Fiber	0 g	Iron	5.8 %DV
Cholesterol	162 mg		

Bacon Swiss Chard		Serves: 4	
Serving Size: 3/4 cup			
Calories	72 kcal	Fat	5.1 g
Protein	5.1 g	Saturated	2 g
Carbohydrate	2.4 g	Sugar	0.7 g
Sodium	521 mg	Calcium	3.2 %DV
Fiber	1 g	Iron	6.3 %DV
Cholesterol	0 mg		

Thyme Pork Chops		Serves: 4	
Serving Size: 1 pork chop			
Calories	383 kcal	Fat	25.3 g
Protein	32.4 g	Saturated	9.4 g
Carbohydrate	4.8 g	Sugar	2.9 g
Sodium	331 mg	Calcium	8 %DV
Fiber	1 g	Iron	7.8 %DV
Cholesterol	90 mg		

Mediterranean Cauliflower		Serves: 4	
Serving Size: 3/4 cup			
Calories	140 kcal	Fat	12 g
Protein	5 g	Saturated	1 g
Carbohydrate	6 g	Sugar	2 g
Sodium	260 mg	Calcium	6 %DV
Fiber	3 g	Iron	4 %DV
Cholesterol	0 mg		

Turkey Vegetable Bake		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	411 kcal	Fat	28.3 g
Protein	30.2 g	Saturated	7.2 g
Carbohydrate	9 g	Sugar	4.4 g
Sodium	435 mg	Calcium	11.8 %DV
Fiber	2.2 g	Iron	19 %DV
Cholesterol	368 mg		

Candied Almonds		Serves: 4	
Serving Size: 1/4 cup			
Calories	278 kcal	Fat	19 g
Protein	7.8 g	Saturated	1.4 g
Carbohydrate	24.1 g	Sugar	18.9 g
Sodium	105 mg	Calcium	8.7 %DV
Fiber	3.6 g	Iron	7.1 %DV
Cholesterol	0 mg		