PALEO September 11, 2015

PREP GUIDE

MEAL #1

- 2½"piece of fresh ginger, grated to yield 1½ Tablespoons
- Make meatballs; see Meal #1, steps 1 & 2
- Cut vegetables:
  - ¾ medium yellow onion, finely chopped
  - 1½ red bell peppers, cored and sliced lengthwise
  - 1 medium fennel bulb, cut into pieces (can sub ½ head cabbage)

MEAL #2

- Make butternut squash noodles * *see directions below*

MEAL #3

- Cut vegetables:
  - Remove core and seeds from 3 bell peppers, slice in half lengthwise
  - Finely chop 1 bell pepper
  - ½ yellow onion, minced
  - 1 medium cucumber, peeled and cut into half moons

MEAL #4

- Cut vegetables:
  - 1 medium fennel bulb (stalks removed), chopped

MEAL #5

- Cut vegetables:
  - 1 medium yellow onion, coarsely chopped

For Butternut Squash Noodles (Meals #2 & #3)
2 large butternut squash

1. Wash, dry, and peel the squash.
2. Cut squash in half and begin forming spirals to resemble the noodle of your choice (use a mandolin, spiral slicer, or julienne peeler).
3. Transfer noodles to a mesh colander, lightly sprinkle with sea salt, and gently toss.
4. Leave butternut squash noodles in the sink for 20-30 minutes, being sure to squeeze as much moisture out as possible.
5. Store in air tight container in the refrigerator.

MENU

MONDAY ①
ASIAN MEATBALLS
Braised Fennel

TUESDAY ②
TUNA PUTTANESCA
Butternut Squash Noodles &
Poached Pears

WEDNESDAY ③
STUFFED BELL PEPPERS
Simple Salad

THURSDAY ④ BRAISED
PEAR CHICKEN
Steamed Potatoes

FRIDAY ⑤
SPANISH TORTILLA
Pear Salad

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Shopping List

(1) Asian Meatballs (2) Tuna Puttanesca (3) Stuffed Bell Peppers (4) Braised Pear Chicken (5) Spanish Tortilla

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	ground pork or chicken	2 -1/2 pounds		12.5
2	tuna steak	1 pound		16
4	chicken thighs	8	boneless, skinless	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2,3	butternut squash	2 large		4
1,3,5	yellow onion	3		3
1,3	japanese eggplant	2		3
1	cilantro	1 bunch		1.5
1	fresh ginger	2-1/2 " piece		1
1,2	red bell pepper	6	any color	6
1,4	fennel bulbs	2		3
2	tomatoes	2 pounds		5
2,4,5	pears	6		4
3.5	Bibb lettuce	2 heads		3
3	cucumber	1		1
4,5	sweet potatoes	4 large		5

Recipe #	Dairy	Quantity	Notes	Est Cost
1,5	egg	9		4
1,4	ghee butter	2-1/2 Tablespoons		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	crushed red pepper	1/2 teaspoon		1
2,3	oil cured black olives	18	check bulk deli	2
2	apple juice	1 cup	organic	2
5	walnuts or pecans	1/4 cup	** optional **	1.5

Fresh 20 Grocery Est	$85.50
Cost Per Dinner	$17.10
Cost Per Serving	$4.28

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup + 1 Tblsp	paprika	
	grapeseed oil		dried oregano	
	coconut oil		herbes de provence	
	balsamic vinegar*	2 Tablespoons	ground cumin	1 teaspoon
	white wine vinegar*	2 Tablespoons	raw organic honey	
	chicken or veggie broth: low sodium	6-3/4 cups	organic tomato paste (no sugar or additives)	
	fresh garlic	5 cloves	Dijon mustard (gluten-free, no sugar added)	1/2 teaspoon
	organic sea salt	4-1/2 teaspoons	raw coconut aminos	
	black pepper	2-3/4 teaspoons	almond flour	1-1/2 Tablespoons
	cayenne pepper	1/4 teaspoon	coconut flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

***are not considered paleo but can be used in moderation**

(1) ASIAN MEATBALLS

red bell peppers & braised fennel

This dish is dynamite! Paleo meat-lovers will rave over this flavorful, Asian cuisine and the kids will be asking to make it again!

MADE AHEAD

- 2½" piece of fresh ginger, grated to yield 1½ Tablespoons
- Make meatballs; *see steps 1 and 2 below*
- Cut vegetables: onion, red pepper, fennel

DIRECTIONS

For Asian meatballs

1. In a large bowl, combine ground meat, onion, eggplant, fresh cilantro, grated ginger, egg, sea salt, and black pepper. Use your hand to really mix it up!
2. With wet hands, form into 1½ inch round meatballs. Makes 30-36. *Can be made ahead up to this point and stored flat in Ziploc bag for up to 2 days*.
3. Heat 1 cup broth in a large sauté pan on medium heat.
4. Add meatballs and cook for 10 minutes, rotating sides frequently. Transfer meatballs to plate lined with paper towels.
5. On high heat, add butter to the bits and pieces of browned meatball still left in the pan. Whisk in flour, blend, and cook until mix becomes slightly brown, about 2 minutes. Whisk in remaining stock.
6. Reduce heat to medium-low. Cook for 2-3 minutes until sauce starts to thicken. Add cooked meatballs back into pan and simmer for 3 minutes, stirring frequently. Serve with sliced bell peppers and braised fennel.

For braised fennel

1. In a medium pan, heat olive oil over medium heat. Add fennel, garlic, and stock. Cover and cook for 20 minutes or until fennel is tender (If using cabbage, reduce cook time to 10 minutes).
2. Remove garlic clove and salt to taste.

INGREDIENTS:

For Asian meatballs

1½ pounds ground pork (or chicken)
¾ medium yellow onion, finely chopped
¾ small Japanese eggplant, peeled and finely chopped
⅓ cup fresh cilantro, chopped
1½ Tablespoons fresh grated ginger
1 whole egg and 1 egg white, slightly beaten
1 teaspoon sea salt
¾ teaspoon black pepper
3 cups gluten free chicken or vegetable stock, divided
1½ Tablespoons ghee butter
1½ Tablespoons almond flour
1½ red bell peppers, cored and sliced lengthwise

For braised fennel

2 Tablespoons olive oil
1 medium fennel bulb, cut into pieces (can sub ½ head cabbage)
1 whole clove garlic, smashed
2 cups gluten free chicken or vegetable stock
¼ teaspoon sea salt

(2) TUNA PUTTANESCA

butternut squash noodles & poached pears

Traditionally, this Italian pasta is made with anchovies. For a more family friendly meal, we have replaced them with fresh tuna steaks. Butternut squash noodles are a paleo favorite and a great way to bulk up a meal while enjoying a low-carb, high fiber nutritious meal.

Buon Appetito!

MADE AHEAD

- Butternut squash noodles * *see prep guide*

DIRECTIONS

For tuna puttanesca with butternut squash noodles

1. Heat 1 Tablespoon oil in a large skillet over medium heat. Add garlic and crushed red pepper flakes. Sauté until garlic is fragrant, about 2 minutes.
2. Add olives, tomatoes, and black pepper. Bring sauce to a bubble, reduce heat, and simmer 5 to 7 minutes. Layer cubed tuna over sauce and cover. Remove from heat and let sit five to 7 minutes.
3. Add 1 Tablespoon oil to a medium skillet over medium heat, cook butternut squash noodles for 5-7 minutes or until tender.
4. Pour sauce over warmed reserved butternut squash noodles and serve.

For poached pears

1. Bring water and juice to a boil. Place pears in liquid and poach for 10 minutes.
2. Remove from heat. Stir in balsamic and sea salt; let sit for 20 minutes while preparing dinner. Serve one pear half in a small bowl or cup on the side of squash noodles or immediately following dinner.

INGREDIENTS

For tuna puttanesca with butternut squash noodles

2 Tablespoons olive oil, divided
4 cloves garlic, chopped
½ teaspoon crushed red pepper flakes
10 oil-cured black olives, pitted and chopped (check bulk deli)
2 pounds tomatoes (any variety), chopped
½ teaspoon black pepper
1 pound tuna steak, cut into 2" cubes
1½ cups butternut squash noodles *see prep guide*

For poached pears

2 cups water
1 cup organic apple juice
2 medium pears, cut in half & seeds removed
1 Tablespoon balsamic vinegar
⅛ teaspoon sea salt

(3) STUFFED PEPPERS
side salad

Stuffed roasted peppers are a healthy vehicle for warm ground meat and dense vegetables. The side salad with vinaigrette is a cool, refreshing compliment. This fiber-packed meal is sure to leave the family full and satisfied.

MADE AHEAD

- Butternut squash noodles * *see prep guide*
- Cut vegetables: bell peppers, onion, cucumbers

DIRECTIONS

For stuffed peppers

1. Preheat oven to 350 degrees. Remove core and seeds from three of the peppers; slice in half lengthwise. Finely chop remaining 1 pepper and set aside.
2. Place three pepper halves flesh side up on baking sheet.
3. Bake for 15-20 minutes while preparing filling.
4. In a medium skillet, heat 1 Tablespoon olive oil over medium heat. Add chopped pepper and onion and sauté for 5 minutes, until mixture softens.
5. Add ground meat and cook until brown.
6. Stir in eggplant and broth. Season with sea salt and black pepper and cook for 5-6 minutes until liquid is absorbed.
7. Add ½ Tablespoon oil to a small skillet over medium heat, cook reserved butternut squash noodles for 3-4 minutes or until tender.
8. Add warm butternut squash noodles to pan with eggplant.
9. Remove roasted peppers from oven. Scoop ¾ cup of filling mix into each pepper half. Serve peppers with side small salad.

For salad

Combine salad ingredients in a large salad bowl; toss with dressing.

For dressing

Whisk ingredients together until smooth; store any leftover dressing in refrigerator.

INGREDIENTS

For stuffed peppers

4 large bell peppers (any mix of green, yellow, red)
1½ Tablespoons olive oil, divided
½ yellow onion, minced
1 pound lean ground pork or chicken
1 Japanese purple eggplant, peeled and diced
¼ cup gluten free chicken stock
½ teaspoon sea salt
½ teaspoon pepper
½ cup butternut squash noodles **see prep guide*

For side salad

1 head Bibb or romaine lettuce, chopped
8 oil-cured black olives, pitted and cut in half
1 medium cucumber, peeled and cut into half moons

For dressing

1 Tablespoon balsamic vinegar
½ teaspoon Dijon mustard
¼ teaspoon sea salt
⅛ teaspoon ground black pepper
2 Tablespoons extra-virgin olive oil

(4) BRAISED PEAR CHICKEN

fennel and steamed potatoes

MADE AHEAD

- Cut vegetables: fennel

DIRECTIONS

For braised pear chicken

1. In a large sauté pan, cook fennel in olive oil over medium heat until softened, about 5 minutes. Remove fennel and set aside.
2. Combine black pepper, sea salt, cumin and cayenne pepper in a small bowl. Season chicken with spice mix on all sides.
3. Arrange chicken, flesh side down, in the sauté pan and brown about 5 minutes. Turn the chicken over.
4. Add pears, stock, and reserved fennel. Do not stir. Cover and simmer for 15-20 minutes.

For steamed potatoes

Steam potatoes (with stovetop steamer insert) for 15 minutes until fork-tender. Let cool slightly. Toss potatoes with melted ghee butter. Add sea salt and pepper to taste.

INGREDIENTS

For braised pear chicken

1 medium fennel bulb (stalks removed), chopped
2 Tablespoons olive oil
½ teaspoon black pepper
1 teaspoon sea salt
1 teaspoon ground cumin
¼ teaspoon cayenne pepper
8 chicken thighs, boneless, skinless
2 pears, peeled, cored and sliced
1½ cups gluten-free chicken stock

For steamed potatoes

2 large sweet potatoes, large cubes
1 Tablespoon ghee butter
Sea salt and pepper, to taste

(5) SPANISH TORTILLA

pear salad

I have fond memories of my first authentic tortilla in Barcelona, Spain—an easy and satisfying dish and a staple in Southern European households. Paired with a simple salad with basic vinaigrette, it is quite simply delicious.

DIRECTIONS:

For Spanish tortilla

1. Place a steamer insert in a large stock pot and add 1-2" of water.
2. Place potatoes in the steamer, cover, and steam over high heat for 15-20 minutes until just tender. Remove from heat, let cool slightly, and dice.
3. In a medium bowl, combine diced potatoes, onions, and ½ teaspoon sea salt.
4. Heat 2 Tablespoons of oil in a large non-stick frying pan over medium heat. Add potatoes and onions and reduce heat to low. Sauté, covered, for 5 minutes until onions soften.
5. In a large bowl, whisk eggs, ½ teaspoon sea salt, and water until frothy. Add the potato and onion mix to eggs and stir to coat all potatoes.
6. Wipe the inside of the frying pan clean with a paper towel.
7. Heat the remaining 2 Tablespoons of oil over high heat and pour in the egg mixture, tilting the pan back and forth for easy distribution. Using a rubber spatula, gently pull the cooked edges to the center of the pan allowing the uncooked egg to flow to the outside. Turn heat to low and cook until top is mostly set and bottom begins to brown.
8. Place a large plate over the frying pan and flip the pan and plate over together so the tortilla is on the plate. Carefully slide the tortilla back into the pan, with the browned side now facing up. Cook until bottom is also golden brown.
9. Allow to cool and set before cutting into wedges. Serve with salad.

For pear salad

Whisk dressing ingredients together in a large salad bowl. Add lettuce and toss well. Top with pears and walnuts (optional). Season with black pepper if desired.

INGREDIENTS

For Spanish tortilla

2 large sweet potatoes potatoes
1 medium yellow onion, coarsely chopped
1 teaspoon sea salt, divided
4 Tablespoons olive oil, divided
7 eggs, slightly beaten
¼ cup water

For dressing

2 Tablespoons white wine vinegar
¼ teaspoon sea salt
⅛ teaspoon ground black pepper
3 Tablespoons extra-virgin olive oil

For pear salad

1 head Bibb lettuce (or romaine)
2 medium pears
Optional: ¼ cup walnuts or pecans, chopped

Nutrition Information

Asian Meatballs				Serves 4:	
Serving Size: 7-8 small meatballs					
Calories	350	kcal	Fat	15	g
Protein	42	g	Saturated	6	g
Carbohydrate	12	g	Sugar	6	g
Sodium	780	mg	Calcium	4	%DV
Fiber	3	g	Iron	15	%DV
Cholesterol	160	mg			

Braised Fennel				Serves: 4	
Serving Size: 1/4 bulb					
Calories	90	kcal	Fat	7	g
Protein	2	g	Saturated	1	g
Carbohydrate	5	g	Sugar	0	g
Sodium	210	mg	Calcium	4	%DV
Fiber	2	g	Iron	4	%DV
Cholesterol	0	mg			

Tuna Puttanesca				Serves: 4	
Serving Size: 2 cups combined dish					
Calories	440	kcal	Fat	15	g
Protein	32	g	Saturated	2.5	g
Carbohydrate	44	g	Sugar	13	g
Sodium	140	mg	Calcium	10	%DV
Fiber	5	g	Iron	20	%DV
Cholesterol	45	mg			

Poached Pears				Serves:	
Serving Size: 1/2 pear					
Calories	90	kcal	Fat	0	g
Protein	0	g	Saturated	0	g
Carbohydrate	21	g	Sugar	17	g
Sodium	65	mg	Calcium	0	%DV
Fiber	3	g	Iron	0	%DV
Cholesterol	0	mg			

Stuffed Peppers				Serves 4:	
Serving Size: 1 pepper, stuffed					
Calories	400	kcal	Fat	10	g
Protein	30	g	Saturated	2.5	g
Carbohydrate	47	g	Sugar	16	g
Sodium	16	mg	Calcium	10	%DV
Fiber	9	g	Iron	20	%DV
Cholesterol	65	mg			

Side Salad				Serves: 4	
Serving Size: 1/2 cup salad, dressed					
Calories	90	kcal	Fat	9	g
Protein	1	g	Saturated	1	g
Carbohydrate	4	g	Sugar	2	g
Sodium	240	mg	Calcium	2	%DV
Fiber	1	g	Iron	4	%DV
Cholesterol	0	mg			

Braised Pear Chicken				Serves 4:	
Serving Size:2 Thighs					
Calories	300	kcal	Fat	13	g
Protein	28	g	Saturated	2.5	g
Carbohydrate	18	g	Sugar	9	g
Sodium	760	mg	Calcium	4	%DV
Fiber	5	g	Iron		%DV
Cholesterol	130	mg		10	

Smashed Potatoes				Serves 4:	
Serving Size: 8 ounces					
Calories	190	kcal	Fat	4	g
Protein	4	g	Saturated	2.5	g
Carbohydrate	36	g	Sugar	3	g
Sodium	75	mg	Calcium	2	%DV
Fiber	4	g	Iron	10	%DV
Cholesterol	10	mg			

Spanish Tortilla				Serves: 4	
Serving Size: 1/4 prepared tortilla					
Calories	460	kcal	Fat	26	g
Protein	16	g	Saturated	8	g
Carbohydrate	44	g	Sugar	5	g
Sodium	750	mg	Calcium	8	%DV
Fiber	5	g	Iron	20	%DV
Cholesterol	325	mg			