PALEO October 30, 2015

MEAL #1

- Make paleo breadcrumbs * *see directions below*
- Cut vegetables:
  - ½ yellow onion, minced (½ cup)

MEAL #2

- Make cauliflower rice* *see Meal #2 for recipe*
- Cut vegetables:
  - 2 red peppers, sliced lengthwise
  - 1 shredded carrot (⅓ cup)
  - 1 yellow onion, sliced (1 cup)
  - 2 cups broccoli florets
  - 3 pounds bok choy, bottom removed, roughly chopped

MEAL #3

- Yogurt sauce can be made the day ahead * *see Meal #3 for recipe*
- Cut vegetables:
  - ½ yellow onion, chopped (½ cup)
  - 1 red bell pepper, seeded and chopped (1 cup)

MEAL #4

- Cut vegetables:
  - 1 medium yellow onion, cut into large chunks
  - 1 green pepper, cut into large chunks
  - 2 medium carrots, cut into 1" pieces

MEAL #5

- Make Fresh 20 Paleo Balsamic Dressing up to 2 days ahead (www.thefresh20.com/pantrydressings)
- Cut vegetables:
  - 1 head broccoli, small florets (3½ cups)
  - 1 yellow onion, diced (1 cup)

For Paleo "Breadcrumbs" (Meal #1)
½ cup almond flour
1 Tablespoon coconut flour
½ teaspoon baking powder
⅛ teaspoon organic sea salt
1 egg, whisked
2½ Tablespoons melted coconut oil

1. Mix all ingredients together in a microwave safe dish. Microwave on high for 90 seconds. Let cool for a few minutes before removing and breaking into small pieces.
2. Bake in a 350°F oven for 10-15 minutes until dried out, but not too crispy. Let cool completely.
3. Tear into small pieces and add to blender or food processor; blend until coarse crumbs. Store in an airtight container until needed.

MENU

MONDAY ①
MINI TURKEY MEATLOAVES
Bok Choy & Clementine Cups

TUESDAY ②
FRESH FISH STIR FRY

WEDNESDAY ③
LAMB & CUCUMBER TOMATO SALAD

THURSDAY ④
ZOODLES BOLOGNESE

FRIDAY ⑤
SPANISH BEEF OMELET
Roasted Broccoli Salad

PALEO October 30, 2015

Shopping List

(1) Mini Turkey Meatloaves (2) Fresh Fish Stir Fry (3) Lamb & Cucumber Tomato Salad (4) Zoodles Bolognese (5) Spanish Omelet

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4,5	lean ground turkey or beef	3-1/4 pounds		21
2	tilapia, haliut or sole	1-1/2 pounds		15
3	ground lamb	1-1/2 pounds		12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3	fresh parsley	1 bunch		1.5
1,2,3,4,5	yellow onion	5		5
1,2	bok choy	4 pounds		8
1,4	clementines	14		10
2,3,4	bell pepper	4	*3 red, 1 green*	4
2,4	carrot	3		1.5
2,5	broccoli	2 heads	5-6 cups florets	3
2,3,4,5	fresh basil	1 bunch		1.5
2,5	cauliflower	2 lg heads		4
3	cucumber	3		3
3	lemon	1		0.5
3,4	beefsteak tomatoes	12		10
4	zucchini	2		1.5
5	sweet potatoes	2		1.5

Recipe #	Misc	Quantity	Notes	Est Cost
1	baking powder	1/2 teaspoon		0.5
1,5	eggs	10		5
1,2	red pepper flakes/chili flakes	1-1/2 teaspoons	*optional*	
1,5	pumpkin seeds	1/2 cup	*optional*	
3	coconut milk yogurt	1 cup		3

Fresh 20 Grocery Est	$111.50
Cost Per Dinner	$22.30
Cost Per Serving	$5.58

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	
	grapeseed oil		dried oregano	2 Tablespoons
	coconut oil	2.5 Tablespoons	herbes de provence	
	balsamic vinegar*		ground cumin	2 teaspoons
	white wine vinegar*	2 Tablespoons	raw organic honey	2 Tablespoons
	chicken or veggie broth: low sodium	4-1/4 cups	organic tomato paste (no sugar or additives)	1/2 cup + 1 Tblsp
	fresh garlic	9 cloves	Dijon mustard (gluten-free, no sugar added)	1 teaspoon
	organic sea salt	1-1/2 teaspoons	raw coconut aminos	1/4 cup
	black pepper	1-1/2 teaspoons	almond flour	1/2 cup
	cayenne pepper		coconut flour	1 Tablespoon

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) MINI TURKEY MEATLOAVES
bok choy & clementine cups

OVEN TEMPERATURE: 400°F

MAKE AHEAD:

- ½ cup paleo bread crumbs * *see prep guide*
- Cut vegetables: onion

DIRECTIONS

For mini turkey meatloaves

1. In a large bowl, combine turkey, paleo bread crumbs, parsley, onion, cumin, egg, Dijon, raw coconut aminos, salt, and pepper until well mixed. Do not overmix.
2. Equally divide mixture into six balls and press down into lightly greased muffin tins.
3. If you don't have a muffin pan, form individual loaves and place on baking sheet.
4. Mix tomato paste and honey and brush the tops of meatloaf.
5. Bake about 25 minutes until firm but moist, internal temp should be 165°F. Serve with bok choy and clementine cups.

For bok choy

1. Heat oil in large skillet over medium heat. Add garlic and red pepper and sauté for 30 seconds. Add bok choy and cook, stirring frequently, for about 2 minutes. Add broth, raw coconut aminos, and pepper and cook until wilted, about 3-4 minutes.

For clementine cups

1. Divide clementine segments into 4 individual serving bowls.
2. Top with organic raw honey and pumpkin seeds, if desired.

INGREDIENTS

For mini turkey meatloaves

1¼ pound lean ground turkey
½ cup paleo bread crumbs * *see prep guide*
2 Tablespoons fresh parsley
½ yellow onion, minced (½ cup)
1½ teaspoons ground cumin
1 egg, beaten
1 teaspoon Dijon mustard
1 teaspoon raw coconut aminos
Dash of organic sea salt
1 teaspoon black pepper
1 Tablespoon tomato paste
1½ teaspoons raw organic honey

For bok choy

1½ Tablespoons olive oil
2 cloves garlic, minced
½ teaspoon red pepper flakes, optional
1 pound bok choy, chopped
2 Tablespoons low sodium chicken or vegetable broth
1 Tablespoon raw coconut aminos
Dash of black pepper

For clementine cups

2 teaspoons organic raw honey, optional
6 clementines, in segments
¼ cup toasted pumpkin seeds, optional

(2) FRESH FISH STIR FRY

MAKE AHEAD

- 2 cups cooked cauliflower rice **see recipe below*
- Cut vegetables: peppers, carrot, onion, broccoli, bok choy

DIRECTIONS

For fresh fish stir fry

1. Heat 3 Tablespoons olive oil in large sauté pan. Add garlic and sauté over medium heat for 1 minute. Add red peppers, carrots, and onions and cook for 5 minutes.
2. Add broccoli, bok choy, and raw coconut aminos
3. Reduce heat to medium, move vegetables to one side of the pan, and add remaining olive oil and fish fillets.
4. Cook 5-7 minutes depending on thickness of fish.
5. Once fish is cooked, break into smaller pieces and combine with vegetables. Stir in chili flakes.
6. Serve stir fry over warm cauliflower rice and garnish with fresh basil.

For cauliflower rice

1. In a food processor, pulse the cauliflower, onion and garlic until the cauliflower is rice sized.
2. Sautee in a large skillet on medium heat for 5 minutes. Use 2 cups today, save 2 cups for Meal #5.

INGREDIENTS

For fresh fish stir fry

6 Tablespoons olive oil, divided
2 cloves minced fresh garlic
2 red bell peppers, sliced lengthwise
1 shredded carrot (⅓ cup)
1 yellow onion, sliced (1 cup)
2 cups broccoli florets
3 pounds bok choy, bottom removed, roughly chopped
2 Tablespoons raw coconut aminos
1½ pounds tilapia, halibut, or sole
1 teaspoon chili flakes, optional
2 cups cooked cauliflower rice
¼ cup chopped fresh basil

For cauliflower rice

2 large cauliflower head, cut into florets
½ yellow onion, minced
1 clove garlic, minced

(3) LAMB & CUCUMBER TOMATO SALAD

DIRECTIONS

- Yogurt sauce can be make the day ahead * *see recipe below*
- Cut vegetables: onion, bell pepper

DIRECTIONS

For lamb

1. Heat a medium skillet over medium heat and add oil. When oil is hot, add onions and sauté until translucent, about 4 minutes. Add salt, cumin, and oregano and mix well. Add ground lamb, browning over medium heat until no longer pink. If necessary, drain a little fat from the pan or blot with a paper towel.
2. To make sauce, puree cucumber, HALF the yogurt, and parsley in a blender or food processor. Transfer to bowl and add lemon juice, remaining yogurt, and a pinch of salt.
3. Serve lamb topped with yogurt sauce over cucumber tomato salad.

For cucumber tomato salad

Combine all ingredients. Refrigerate for 10 minutes for flavors to combine before serving.

INGREDIENTS

For lamb

1 Tablespoon olive oil
½ yellow onion, chopped (½ cup)
Dash of organic sea salt
½ teaspoon ground cumin
2 teaspoons dried oregano
1½ pounds ground lamb
1 red bell pepper, seeded and chopped (1 cup)

For yogurt sauce

1 cucumber, peeled, roughly chopped
1 cup coconut milk yogurt, plain, low-fat
½ cup chopped parsley
½ lemon, juiced
Pinch of organic sea salt

For cucumber tomato salad

2 cucumbers, seeded and cut into bite size pieces
4 tomatoes, chopped
¼ cup shredded fresh basil
2 Tablespoons olive oil
2 Tablespoons vinegar (red wine would work well)
¼ teaspoon organic sea salt

(4) ZOODLES with HOMEMADE BOLOGNESE

MAKE AHEAD

- Cut vegetables: onion, bell pepper, carrot

DIRECTIONS

For bolognese sauce

1. Heat olive oil in a large stockpot. Add onion, bell pepper, and carrots and cook 5 minutes until softened. Smash garlic cloves with flat side of knife and add to pot.
2. Stir in 2 cups of chicken stock, cover, and simmer for 10 minutes.
3. Add tomatoes and oregano to stockpot with remaining 2 cups of stock. Lower heat and simmer for 20 minutes.
4. Remove pot from heat and cool slightly. In batches, add sauce to food processor or blender and puree until no large chunks are visible.
5. Return pureed sauce to pot and add salt and pepper.

For zoodles with bolognese sauce

1. Make zucchini noodles using a spiralizer or vegetable peeler. Set aside.
2. Start a large pot of water to boil.
3. In a large sauté pan, cook ground turkey or beef until no longer pink and drain off any excess fat. Add tomato paste to meat and blend well; cook for a few minutes scraping the pan. Add bolognese sauce to pan.
4. Cook over low heat; place zucchini noodles into boiling water for 60-90 seconds.
5. Remove zoodles from water and drain. Divide into bowls and top with sauce and basil.
6. Serve with clementines alongside.

INGREDIENTS

For bolognese sauce

1 Tablespoon olive oil
1 medium yellow onion, cut into large chunks
1 green pepper, cut into large chunks
2 medium carrots, cut into 1” pieces
4 cloves garlic
4 cups low sodium chicken broth, divided
8 beefsteak tomatoes, cored, cut into large pieces
1 Tablespoon dried oregano
¼ teaspoon each organic sea salt and black pepper

For zoodles with bolognese sauce

2 large zucchini
1½ pounds lean ground turkey or beef
½ cup tomato paste
¼ cup shredded fresh basil

For clementines

8 clementines, segments

(5) SPANISH BEEF OMELET
roasted broccoli salad

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- Make Fresh 20 Paleo Balsamic Vinaigrette up to 2 days ahead (www.thefresh20.com/pantrydressings)
- 2 cups cooked cauliflower rice * *from Meal #2*
- Cut vegetables: broccoli, onion

INSTRUCTIONS

For roasted broccoli salad

1. Preheat oven to 425°F
2. Toss broccoli with olive oil, salt and pepper. Roast on a rimmed baking sheet for about 12-15 minutes, turning once during cooking.
3. Add broccoli to a medium serving bowl and add cauliflower rice, onion, and basil. Toss gently with Fresh 20 Paleo dressing. Top with pumpkin seeds, if desired.

For Spanish omelet

1. Lower oven temperature to 350°F
2. Heat a large ovenproof skillet over medium heat and add olive oil. When oil is hot, add onions and sauté for about 3 minutes. Then add ground beef or turkey and sauté until cooked through, about 5 minutes.
3. Add sweet potatoes and sauté for another 3-4 minutes.
4. Add oregano and salt and stir well. Lower the heat to medium-low and add eggs.
5. Cook on stovetop for 2-3 minutes. Do not stir!
6. When bottom is set, finish cooking in the oven for 15-18 minutes until top is firm and lightly browned.

INGREDIENTS

For roasted broccoli salad

1 head broccoli, small florets (3½ cups)
1½ Tablespoons olive oil
Dash each organic sea salt and black pepper
2 cups cooked cauliflower rice, warmed
½ red or yellow onion, diced (½ cup)
¼ cup basil, julienned
Fresh 20 Paleo Balsamic Vinaigrette
¼ cup toasted pumpkin seeds, optional

For Spanish omelet

1½ Tablespoons olive oil
½ yellow onion, diced (½ cup)
½ pound lean ground turkey or beef
2 sweet potatoes, peeled and cubed
¼ teaspoon dried oregano
¼ teaspoon organic sea salt
8 eggs, beaten with 1 Tablespoon water

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Nutrition Information

Mini Turkey Meatloaf					Serves: 4
Serving Size: 1 1/2 mini loaves					
Calories	390	kcal	Fat	26	g
Protein	32	g	Saturated	10	g
Carbohydrate	10	g	Sugar	4	g
Sodium	420	mg	Calcium	8	%DV
Fiber	3	g	Iron	15	%DV
Cholesterol	190	mg			

Bok Choy					Serves: 4
Serving Size: about 1/3 cup					
Calories	70	kcal	Fat	5	g
Protein	2	g	Saturated	0.5	g
Carbohydrate	4	g	Sugar	2	g
Sodium	180	mg	Calcium	10	%DV
Fiber	1	g	Iron	6	%DV
Cholesterol	0	mg			

Clementine cup					Serves: 4
Serving Size: 1 prepared cup, 1/2 teaspoon honey, 1 1/2 clementines, 1 TB pumpkin seeds					
Calories	130	kcal	Fat	5	g
Protein	3	g	Saturated	1	g
Carbohydrate	18	g	Sugar	13	g
Sodium	0	mg	Calcium	4	%DV
Fiber	3	g	Iron	6	%DV
Cholesterol	0	mg			

Fresh Fish Stir Fry					Serves: 4
Serving Size:					
Calories	560	kcal	Fat	25	g
Protein	46	g	Saturated	3.5	g
Carbohydrate	40	g	Sugar	17	g
Sodium	530	mg	Calcium	45	%DV
Fiber	13	g	Iron	30	%DV
Cholesterol	85	mg			

Cauliflower Rice				Serves: 4	
Serving Size: 3/4 cup					
Calories	80	kcal	Fat	0	g
Protein	6	g	Saturated	0	g
Carbohydrate	17	g	Sugar	0	g
Sodium	90	mg	Calcium	6	%DV
Fiber	6	g	Iron	6	%DV
Cholesterol	0	mg			

Lamb				Serves: 4	
Serving Size: 1/4 Recipe					
Calories	390	kcal	Fat	26	g
Protein	33	g	Saturated	11	g
Carbohydrate	6	g	Sugar	3	g
Sodium	100	mg	Calcium	4	%DV
Fiber	2	g	Iron	15	%DV
Cholesterol	110	mg			

Yogurt Sauce				Serves: 4	
Serving Size: 1/4 cup					
Calories	50	kcal	Fat	0.5	g
Protein	4	g	Saturated	0	g
Carbohydrate	7	g	Sugar	5	g
Sodium	50	mg	Calcium	15	%DV
Fiber	1	g	Iron	4	%DV
Cholesterol	5	mg			

Cucumber Tomato Salad				Serves: 4	
Serving Size: 1/4 prepared salad					
Calories	140	kcal	Fat	7	g
Protein	4	g	Saturated	0	g
Carbohydrate	15	g	Sugar	10	g
Sodium	400	mg	Calcium	20	%DV
Fiber	3	g	Iron	15	%DV
Cholesterol	0	mg			

Pasta Bolognese				Serves: 5	
Serving Size: 1/4 prepared sauce, 1 cup zoodles					
Calories	530	kcal	Fat	22	g
Protein	42	g	Saturated	8	g
Carbohydrate	38	g	Sugar	20	g
Sodium	780	mg	Calcium	25	%DV
Fiber	8	g	Iron	45	%DV
Cholesterol	110	mg			

Clementines				Serves: 4	
Serving Size: 2 clementines					
Calories	70	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	18	g	Sugar	14	g
Sodium	0	mg	Calcium	4	%DV
Fiber	3	g	Iron	2	%DV
Cholesterol	0	mg			

Spanish Omelet				Serves: 4	
Serving Size:					
Calories	370	kcal	Fat	20	g
Protein	26	g	Saturated	5	g
Carbohydrate	16	g	Sugar	4	g
Sodium	430	mg	Calcium	4	%DV
Fiber	2	g	Iron	10	%DV
Cholesterol	430	mg			

Broccoli Culiflower Rice Salad				Serves: 4	
Serving Size: about 1 1/4 cup, dressed with 1TB pumpkin seeds					
Calories	190	kcal	Fat	15	g
Protein	6	g	Saturated	2	g
Carbohydrate	10	g	Sugar	0	g
Sodium	70	mg	Calcium	6	%DV
Fiber	3	g	Iron	10	%DV
Cholesterol	0	mg			