

PREP GUIDE**MEAL #1**

- 10 cups cooked cauliflower rice (see below) * *for the week*

MEAL #2

- Parboiled sweet potatoes **see below*
- 2 lemons, zested & juiced (6 Tablespoons juice, 2 Tablespoons zest)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, chunks (1 cup)
 - 3 bell peppers, chunks (3 cups)

MEAL #4

- no prep needed

MEAL #5

- Cut vegetables:
 - 1 cucumber, diced (2 cups)

Parboiled Potatoes (Meals #2 and #4)

2 pounds small sweet potatoes

1 teaspoon organic sea salt

Put potatoes and salt in pot and cover with water. Bring to a boil and cook about 8 minutes until tender. Drain.

Cauliflower Rice

2 heads cauliflower, florets

1 yellow onion, chopped

1 garlic clove

½ teaspoon organic sea salt

1 Tablespoon olive oil

1. In a food processor blend all ingredients, aside from oil, until the cauliflower is roughly rice sized
2. In a skillet over medium heat, add oil and ingredients from food processor. Sautee approximately 5 minutes or until desired consistency is achieved.

MENU**MONDAY ①**

GRILLED MINI BURGERS
Eggplant Tomato Salad

TUESDAY ②

LEMON SALMON
Sweet Potatoes & Spinach

WEDNESDAY ③

CHICKEN SKEWERS
Cauliflower Rice

THURSDAY ④

MOUSSAKA PIE

FRIDAY ⑤

STRAWBERRY STEAK SALAD



PALEO June 16, 2017

Shopping List

(1) Grilled Mini Burgers (2) Lemon Salmon (3) Chicken Skewers (4) Moussaka Pie (5) Strawberry Steak Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	lean ground beef	3 pounds		18
2	salmon fillets	2 pounds		20
3	chicken breast	2 pounds		12
5	flank steak	1 pound		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2,4	sweet potatoes	2 pounds		6
1,3,5	cauliflower	2 heads		4
1,3,4	yellow onion	3		3
1,4	eggplant	2 small		5
1,3,4	tomatoes	9		4.5
1,2,5	fresh basil	1 bunch		1.5
2,3	lemon	2		1
2,5	spinach	1-1/4 pounds		3
2,5	strawberries	2 pounds		10
3	bell peppers (any color)	3		3
3,4	fresh rosemary	few sprigs	<i>need 2 Tablespoons chopped</i>	1
5	avocado	1		1
5	cucumber	1		1

Recipe #	Misc	Quantity	Notes	Est Cost
3	skewers	6-8		1
4	unsweetened coconut milk	1-1/4 cups		2.5
4	worcestershire sauce	1 Tablespoon	optional	0.5
5	pine nuts	1/4 cup		3

Fresh 20 Grocery Est	\$109.00
Cost Per Dinner	\$21.80
Cost Per Serving	\$5.45

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) GRILLED MINI BURGERS

eggplant tomato salad

MAKE AHEAD

- 3 cups cooked cauliflower rice * see prep guide

DIRECTIONS

For grilled mini burgers

1. Heat an outdoor grill or a stovetop grill pan to medium-high.
2. Combine beef, salt, and pepper and make 16 small patties.
3. Brush eggplant slices with oil then season with salt and pepper.
4. Grill mini burgers about 2-3 minutes per side depending on preferred doneness (recommended 160°F).
5. Grill eggplant 3-4 minutes per side. Dice eggplant and save half for Meal # 4. Save 8 mini burgers for Meal #4.

Meanwhile

For eggplant tomato salad

Combine grilled eggplant with remaining ingredients and toss well. Serve with mini burgers.

INGREDIENTS

For grilled mini burgers

3 pounds lean ground beef
¼ teaspoon organic sea salt
¼ teaspoon black pepper

For eggplant tomato salad

2½ Tablespoons olive oil
2 small eggplants, sliced
¼ teaspoon organic sea salt
dash of black pepper
3 tomatoes, diced (2½ cups)
3 cups cooked cauliflower rice * see prep guide
¼ cup chopped basil, optional
1 Tablespoon balsamic vinegar

Burgers (2):

370kcal, Protein 32g, Carb 0g, Sodium 180mg, Fiber 0g, Cholesterol 115mg, Fat 26g, Sat Fat 10g,
Sugar 0g, Calcium 2%DV, Iron 20%DV

Salad:

190 kcal, Protein 4g, Carb 21g, Sodium 330mg, Fiber 7g, Cholesterol 0mg, Fat 11g, Sat Fat 1.5 g,
Sugar 10g, Calcium 6%DV, Iron 6%DV



(2) LEMON SALMON

spinach & sweet potatoes

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- 1 pound parboiled sweet potatoes *see prep guide
- 1 lemon, juiced and zested (3 Tablespoons juice, 2 teaspoons zest)

DIRECTIONS

For lemon salmon and potatoes

1. Heat oven to 400°F.
2. Combine salt, pepper, garlic, lemon, and basil.
3. Put salmon and potatoes on a lined baking sheet and drizzle with lemon mixture.
4. Bake for about 10-14 minutes until salmon is flakey.
5. Serve with spinach and a side of sliced strawberries (or save berries for an evening snack).

For spinach

1. Heat a large non-stick skillet over medium heat and add oil.
2. Add garlic and sauté for 1 minute and then add spinach.
3. Cook for 2-3 minutes; season with salt and pepper.

Salmon & Potatoes:

420kcal, Protein 47g, Carb 24g, Sodium 310mg, Fiber 3g, Cholesterol 125mg, Fat 14g, Sat Fat 2.5g, Sugar 5g, Calcium 6%DV, Iron 15%DV

Spinach:

70kcal, Protein 2g, Carb 4g, Sodium 150mg, Fiber 2g, Cholesterol 0mg, Fat 3.5g, Sat Fat 0g, Sugar 0g, Calcium 8%DV, Iron 15%DV

Strawberries:

45kcal, Protein 1g, Carb 11g, Sodium 0mg, Fiber 3g, Cholesterol 0mg, Fat 0g, Sat Fat 0g, Sugar 7g, Calcium 2%DV, Iron 6% DV

INGREDIENTS

For lemon salmon and potatoes

½ teaspoon organic sea salt
dash of black pepper
1 clove garlic, minced
3 Tablespoons lemon juice
2 teaspoons lemon zest
2 Tablespoons chopped basil
2 pounds salmon fillets
1 pound parboiled sweet potatoes
* see prep guide

For spinach

1 Tablespoon olive oil
2 cloves garlic, minced
10 ounces spinach (7 cups)
dash of kosher salt and pepper

1 pound strawberries, sliced (4 cups)



(3) CHICKEN SKEWERS

cauliflower rice

MAKE AHEAD

- 3 cups cooked cauliflower rice * see prep guide
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: onion, bell pepper

DIRECTIONS

For chicken skewers

1. Heat outdoor grill or indoor grill pan* to medium.
2. Put onions, bell peppers, and chicken onto skewers.
3. Combine salt, pepper, lemon, rosemary, and oil. Brush over skewers and marinate for at least 5 minutes.
4. Put skewers on grill and cook for about 15 minutes, turning occasionally.
5. Meanwhile add whole tomatoes on grill to char slightly and serve alongside skewers.
6. Serve with warmed cauliflower rice.

INGREDIENTS

For chicken skewers

- 6-8 skewers
 - 1 yellow onion, chunks (1 cup)
 - 3 bell peppers, chunks (3 cups)
 - 2 pounds chicken breast, cut into small chunks
 - ½ teaspoon organic sea salt
 - dash of black pepper
 - 3 Tablespoons lemon juice
 - 1 Tablespoon lemon zest
 - 1½ Tablespoons chopped rosemary
 - 2 Tablespoons olive oil
 - 4 tomatoes
- 3 cups cooked cauliflower rice, warmed * see prep guide

** if cooking indoors, omit skewers and toss onion, bell pepper, and chicken with lemon rosemary mixture and let sit 5 minutes. Cook chicken in grill pan for 1-2 minutes before adding vegetables. If you prefer, you can prepare skewers as above and place under broiler, turning occasionally, for 5 minutes or until chicken is cooked through. Tomatoes are best cooked under the broiler.*

Skewers:

510 Kcal, Protein 57g, Carb 27g, Sodium 540mg, Fiber 7g, Cholesterol 165mg, Fat 20g, Sat Fat 3.5g, Sugar 13g, Calcium 10%DV, Iron 15%DV



(4) MOUSSAKA PIE

OVEN TEMPERATURE: BROIL

MAKE AHEAD

- 1 pound parboiled sweet potatoes * see prep guide
- 8 mini burgers * from Meal #1
- 1 grilled eggplant, diced * from Meal #1

DIRECTIONS

For moussaka pie

1. Heat oven to medium broil.
2. Heat a saucepan over medium heat and add oil and flour and cook 2 minutes.
3. Whisk in coconut milk and let thicken, then turn off heat and add in salt, pepper and mashed sweet potatoes. Set aside.
4. Heat a large skillet over medium heat and add oil, onions, and garlic and sauté for 1 minute.
5. Add crumbled burgers, eggplant, tomatoes, Worcestershire sauce, salt, pepper, and rosemary. Cook until heated through.
6. Put meat mixture in a lightly oiled 9x9 pan and top with potatoes.
7. Broil for about 5 minutes until browned.

INGREDIENTS

For moussaka pie

1½ Tablespoons olive oil
1½ Tablespoons almond flour
1¼ cups unsweetened coconut milk
dash of organic sea salt and pepper
1 pounds parboiled sweet potatoes, mashed * see prep guide

1 Tablespoon olive oil
1 small yellow onion, chopped (¾ cup)
2 cloves garlic, minced
8 mini burgers, crumbled * from Meal #1
1 grilled eggplant, diced *from Meal #1
2 tomatoes, diced (1½ cups)
1 Tablespoon Worcestershire sauce, optional
dash of organic sea salt and pepper
1 teaspoon chopped rosemary

Moussaka Pie:
620 kcal, Protein 36g, Carb 40g, Sodium 340mg, Fiber 9g, Cholesterol 115mg, Fat 34g, Sat Fat 12g, Sugar 14g, Calcium 20%DV, Iron 30%DV



(5) STRAWBERRY STEAK SALAD

MAKE AHEAD

- 4 cups cooked cauliflower rice * see prep guide
- Cut vegetables: cucumber

DIRECTIONS

For steak

1. Heat outdoor grill or indoor grill pan to medium.
2. Season steak with salt and pepper, put on grill, and cook for about 5 minutes, turning once.
3. Continue to cook until desired doneness is reached.
4. Let rest 5 minutes before slicing thin.
5. Add steak on top of strawberry salad.

For strawberry steak salad

Toss all ingredients together. Top with steak.

Salad:

520kcal, Protein 34g, Carb 32g, Sodium 350mg, Fiber 12g, Cholesterol 75mg, Fat 31g, Sat Fat 7g, Sugar 13g, Calcium 15%DV, Iron 30%DV

INGREDIENTS

For strawberry steak salad

- 1 pound flank steak
- ¼ teaspoon each organic sea salt and pepper
- 1 pound strawberries, sliced
- 1 avocado, diced
- 1 cucumber, diced (2 cups)
- ¼ cup toasted pine nuts
- 10 ounces spinach (7 cups)
- 4 cups cooked cauliflower rice * see prep guide
- 2 Tablespoons chopped basil, optional dash of organic sea salt and pepper
- 1 Tablespoon olive oil
- 1-2 Tablespoons balsamic vinegar