PALEO July 21, 2017

PREP GUIDE

MEAL #1

- Cut vegetables:
  - 2 yellow onions, sliced in rings
  - 4 bell peppers, sliced in big chunks
  - 2 zucchini, 1" slices

MEAL #2

- 4 lemons, zested & juiced (¾ cup juice, 2 teaspoons zest) **for the week*
- Cut vegetables:
  - 2 zucchini, shredded (4 cups)

MEAL #3

- Cut vegetables:
  - 4 carrots, sticks
  - 2 cucumbers, sliced
  - 2 bell peppers, sliced

MEAL #4

- Cut vegetables:
  - 1½ cucumbers, diced (3 cups)
  - 2 carrots, shredded (⅔ cup)
  - 1 bell pepper, diced (1 cup)

MEAL #5

- Cut vegetables:
  - 1 carrot, shredded (⅓ cup)

MENU

MONDAY ①
STEAK AND PEPPERS
Collards & Yogurt Sauce

TUESDAY ②
GRILLED LEMON FISH
Zucchini & Avocado

WEDNESDAY ③
PROSCUITTO AND MELON
Paleo Hummus & Veggies

THURSDAY ④
STEAK SALAD

FRIDAY ⑤
CHICKEN & VEGGIE SALAD

PALEO July 21, 2017

Shopping List

(1) Steak & Peppers (2) Grilled Lemon Fish (3) Proscuitto & Melon (4) Steak Salad (5) Chicken Veggie Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	flank steak	4 pounds		24
2	fish fillets (your choice)	2 pounds		20
3	proscuitto	8 ounces		5
5	chicken breast	2 pounds		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	yellow onion	2		2
1,3,4	bell peppers (any color)	7		7
1,2	zucchini	4		4
1	collard green leaves	4 leaves	*large enough to make wraps*	2
1,3,4	cucumber	4		4
1	fresh mint	1 bunch	*optional - need 2 Tablespoons chopped mint*	1.5
1,3,4,5	fresh basil	1 bunch		1.5
2,3,5	lemon	4		2
2,4	tomatoes	5		2.5
2,4,5	avocado	4		4
3,5	cantaloupe	1		2
3,4,5	carrots	7		2
4,5	mixed greens	12 ounces		3

Recipe #	Misc	Quantity	Notes	Est Cost *
1	plain coconut milk yogurt	3/4 cup		2
3	cashew butter	3/4 cup		4
3	cashews	1/2 cup		4

Fresh 20 Grocery Est	$104.50
Cost Per Dinner	$20.90
Cost Per Serving	$5.23

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*	2 Tablespoons	ground cumin	1/2 teaspoon
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium		organic tomato paste (no sugar or additives)	
	fresh garlic	5 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	1-3/4 teaspoons	raw coconut aminos	
	black pepper	1-1/4 teaspoons	almond flour	
	cayenne pepper	dash	coconut flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

**Prices are based on a aggregate of grocery costs from across the U.S. taking into consideration both small independent stores and large national chains. They do not reflect organic, grass fed, or other premium ingredients. Always buy the best quality ingredients your budget allows.*

(1) STEAK & PEPPERS

collards and yogurt sauce

MAKE AHEAD

- Cut vegetables: onions, bell peppers, zucchini

DIRECTIONS

For steak & peppers

1. Heat an outdoor grill or a stovetop grill pan to medium-high.
2. Season steak with salt and pepper.
3. Grill steak about 3-5 minutes per side depending on preferred doneness. Save half for Meal #4.
4. Toss veggies with oil and grill 2-3 minutes per side. Save half for Meal #5.
5. Serve steak and veggies in collard leaves with yogurt sauce

Meanwhile

For yogurt sauce

Combine all ingredients. Save ¼ cup for Meal #4.

Steak and Peppers:490kcal, 51g Protein, 11g Carb, 430mg Sodium, 4g Fiber, 145mg Cholesterol, 27 g Fat, 8g Saturated,5g Sugar, 15% Calcium, 25% Iron
Sauce: 20kcal, 0g Protein, 3g Carb, 15mg Sodium,1 g Fiber, 0mg Cholesterol, 0.5g Fat, 0.5g Saturated, 1g Sugar, 4% Calcium, 2% Iron

INGREDIENTS

For steak & peppers

4 pounds flank steak
½ teaspoon organic sea salt
½ teaspoon black pepper
2 yellow onions, sliced in rings
4 bell peppers, sliced in big chunks
2 zucchini, 1” slices
2 Tablespoons olive oil
4 large collard green leaves

For yogurt sauce

¾ cup plain coconut milk yogurt
½ cucumber, grated
2 Tablespoons chopped mint
2 Tablespoons chopped basil

(2) GRILLED LEMON FISH

zucchini & avocado

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- 1 lemon, juiced and zested (3 Tablespoons juice, 2 teaspoons zest)
- Cut vegetable: zucchini

DIRECTIONS

For grilled lemon fish

1. Heat oven to 400°F or outdoor grill to medium high.
2. Combine oil, salt, pepper, garlic, lemon.
3. Put fish on a lined baking sheet and top with lemon mixture.
4. Bake or grill for about 8-10 minutes until fish is flakey.

For zucchini

1. Heat a large non-stick skillet over medium heat and add oil.
2. Add garlic and sauté for 1 minute and then add zucchini and cook for 2 minutes.
3. Add tomato and stir to warm through; season with salt and pepper.
4. Serve with sliced avocado.

Fish: 250kcal, 40g Protein, 1g Carb, 270mg Sodium, 0g Fiber, 100mg Cholesterol, 9g Fat, 1.5g Saturated, 0g Sugar, 4% Calcium, 4% Iron
Zucchini:70kcal, 2g Protein, 7g Carb, 10mg Sodium, 1g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 4g Sugar, 2% Calcium, 4 % Iron
Avocado:160kcal, 2g Protein, 9g Carb, 5mg Sodium, 7g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 1g Sugar, 2% Calcium, 4 % Iron

INGREDIENTS

For grilled lemon fish

2 Tablespoons olive oil
¼ teaspoon organic sea salt
dash of black pepper
1 clove garlic, minced
3 Tablespoons lemon juice
2 teaspoons lemon zest
2 pounds fish fillets (your choice)

For zucchini

1 Tablespoon olive oil
2 cloves garlic, minced
2 zucchini, shredded (4 cups)
2 tomatoes, diced (1½ cups)
dash of organic sea salt and pepper

2 avocados, sliced

(3) PROSCUITTO AND MELON

paleo hummus and veggies

MAKE AHEAD

- 2 lemons, juiced (⅓ cup juice)
- Cut vegetables: carrots, cucumbers, bell pepper

DIRECTIONS

For prosciutto and melon

Wrap melon in slices of prosciutto and top with basil.

For hummus & veggies

Puree all hummus ingredients and save ⅓ cup for Meal #4. Serve with veggie dippers.

Prosciutto and Melon: 190kcal, 18g Protein, 9g Carb, 630mg Sodium, 1g Fiber, 50mg Cholesterol, 8g Fat, 3g Saturated, 8g Sugar,2 % Calcium,6 % Iron
Hummus and Veggies: 390kcal, 11g Protein, 28g Carb, 140mg Sodium, 6g Fiber, 0mg Cholesterol, 27g Fat, 5g Saturated, 8g Sugar, 6% Calcium, 10% Iron

INGREDIENTS

For prosciutto and melon

8 ounces thin sliced prosciutto (can sub ham)
¾ cantaloupe, sliced
¼ cup chopped basil

For paleo hummus

¾ cup cashew butter
½ cup cashews
⅓ cup lemon juice
1½ Tablespoons olive oil
2 cloves garlic
¼ teaspoon organic salt
dash of black pepper
½ teaspoon cumin
dash of cayenne

For veggie dippers

4 carrots, sticks
2 cucumbers, sliced
2 bell peppers, sliced

(4) STEAK SALAD

MAKE AHEAD

- 2 pounds cooked steak * *from Meal #1*
- ¼ cup yogurt sauce * *from Meal #1*
- ⅓ cup paleo hummus * *from Meal #3*
- Cut vegetables: cucumber, carrots, bell pepper

DIRECTIONS

For steak salad

Toss all ingredients with dressing.

For dressing

Whisk all ingredients together. Add more water or lemon juice to achieve desired consistency.

Salad: 500kcal, 52g Protein, 18g Carb, 240mg Sodium, 7g Fiber, 240mg Cholesterol, 24 g Fat, 8g Saturated, 8g Sugar, 15% Calcium, 30% Iron
Dressing: 100kcal, 3g Protein, 7g Carb, 45mg Sodium, 2 g Fiber, 0mg Cholesterol, 7g Fat, 2g Saturated, 2g Sugar, 6% Calcium, 2% Iron

INGREDIENTS

For steak salad

2 pounds cooked flank steak, diced * *from Meal #1*
1½ cucumber, diced (3 cups)
3 tomatoes, diced (2¼ cups)
2 carrots, shredded (⅔ cup)
1 avocado, diced
1 bell pepper, diced (1 cup)
6 ounces mixed greens (4-5 cups)
¼ cup chopped basil

For dressing

¼ cup yogurt sauce * *from Meal #1*
⅓ cup paleo hummus * *from Meal #3*
1-2 Tablespoons water

(5) GRILLED CHICKEN & VEGGIE SALAD

MAKE AHEAD

- Cooked vegetables * *from Meal #1*
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: carrot

DIRECTIONS

For grilled chicken

1. Heat outdoor grill or indoor grill pan to medium heat.
2. Combine salt, pepper, and oil and brush over chicken breasts.
3. Put chicken breast on grill and cook for about 15 minutes, turning occasionally until an internal temperate of 165 degrees is reached.
4. Let rest 5 minutes, slice, and serve over salad.

For veggie salad

Toss all ingredients together. Serve topped with grilled chicken and with a side of cantaloupe.

Grilled Chicken: 330kcal, 51g Protein, 0g Carb, 390mg Sodium, 0g Fiber, 165mg Cholesterol, 13g Fat, 2.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron
Veggie Salad: 150kcal, 3g Protein, 13g Carb, 220mg Sodium, 6g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 4g Sugar, 6% Calcium, 15% Iron
Cantaloupe :15kcal, 0g Protein,3 g Carb, 5mg Sodium, 0g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 3g Sugar,0 % Calcium, 0% Iron

INGREDIENTS

For grilled chicken

2 pounds chicken breast
½ teaspoon organic sea salt
dash of black pepper
2 Tablespoons olive oil

For veggie salad

Cooked veggies **from Meal #1*
1 avocado, diced
1 carrot, shredded (1/3 cup)
2 Tablespoons chopped basil
dash of organic sea salt and pepper
3 Tablespoons lemon juice
1-2 Tablespoons balsamic vinegar
1 Tablespoon olive oil
6 ounces mixed greens (4-5 cups)

¼ cantaloupe, sliced