

PREP GUIDE

MEAL #1

- 8 cups cooked cauliflower rice * *see below*
 - 1 yellow onion, chopped (1 cup)
 - 1 bell pepper, diced (1 cup)

MEAL #2

- 3 limes, juiced (6 Tablespoon) **for the week*
- Cut fruit & vegetables
 - 1 yellow onion, sliced (1 cup)
 - 2 bell peppers, sliced (2 cups)
 - ¼ head cabbage, sliced (2 cups)
 - 2 carrots, shredded (¾ cup)
 - Green cabbage, separated into whole leaves * *see Meal 2 for notes*
 - ½ small watermelon, cubed (4 cups)

MEAL #3

- Cut fruit & vegetables
 - 1 yellow onion, chopped (1 cup)
 - 3 carrots, shredded (1 cup)
 - 2 large zucchinis, spiralized
 - ½ (3-4 pound) watermelon cut into 2" cubes

MEAL #4

- Marinate chicken 30 minutes or overnight if possible
- Cut fruit & vegetables:
 - ½ head green cabbage, shredded (4 cups)
 - 2 carrots, shredded (¾ cup)

MEAL #5

- Cut fruit & vegetables
 - ½ yellow onion, diced (½ cup)

Cauliflower Rice

2 heads cauliflower, florets
1 yellow onion, chopped (1 cup)
1 garlic clove, peeled
½ teaspoon organic sea salt
1 Tablespoon olive oil

1. In a food processor blend all ingredients, except 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 light golden brown.

MENU

MONDAY ①

SUMMER BEEF BOWL

TUESDAY ②

SHRIMP FAJITAS

WEDNESDAY ③

SOUTHWEST SLOPPY JOES

Watermelon Salad

THURSDAY ④

BALSAMIC GLAZED DRUMSTICKS

Avocado Coleslaw & Cauliflower Rice

FRIDAY ⑤

CHICKEN CHOWDER

Balsamic Glazed Nectarines



PALEO August 25, 2017

Shopping List

(1) Summer Beef Bowl (2) Shrimp Fajitas (3) Southwest Sloppy Joes (4) Balsamic Glazed Drumsticks (5) Chicken Chowder

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	lean ground beef	3 pounds	85/15 ok	18
2	shrimp, peeled & deveined	2 pounds		20
4,5	chicken drumsticks	16	about 3 pounds	12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	cauliflower	2 heads		4
1,2,3,5	yellow onion	5		5
1,2	bell pepper	3	any color	3
1	tomato	4		2
2,4	limes	4		2
2,4	green cabbage	1 head		2
2,4	avocados	3		3
2,3	small watermelon	1 (3-4 lb)		5
2,3,4	carrots	7		2
2,3,4	cilantro	1 bunch		1.5
3	zucchini	2 large		2
3	fresh basil	6-8 leaves		1
5	sweet potatoes	2 medium	about 6-8 ounces each	1.5
1,5	parsley	1 bunch	optional	1.5
5	nectarines	4	ripe but firm	2

Recipe #	Misc	Quantity	Notes	Est Cost *
1,2	chili powder	1-1/2 teaspoons	optional	0.5
1	coconut milk yogurt	1/4 cup	plain, low fat	2
3	pumpkin seeds	1/4 cup		2

Fresh 20 Grocery Est \$92.00
 Cost Per Dinner \$18.40
 Cost Per Serving \$4.60

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/3 cup	paprika	
	grapeseed oil	1/3 cup	dried oregano	4 teaspoons
	coconut oil		herbes de provence	1 Tablespoon
	balsamic vinegar*	3/4 cup	ground cumin	3-1/2 teaspoons
	white wine vinegar*		raw organic honey or pure maple syrup	1/2 cup
	chicken or veggie broth: low sodium	5 cups	organic tomato paste (no sugar or additives)	1 cup + 1 Tablespoon
	fresh garlic	13 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2 teaspoons	raw coconut aminos	3 Tablespoons
	black pepper	2-1/2 teaspoons	almond flour	
cayenne pepper	1/4 teaspoon	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.

MAKE AHEAD

- 4 cups cooked cauliflower rice * *see prep guide*
- Cut vegetables: onion, bell pepper

DIRECTIONS

For summer beef bowl

1. Heat a very large skillet over medium heat and add oil, onions, and garlic; cook for 2 minutes.
2. Add ground beef, crumbling as it cooks for 3-4 minutes.
3. Remove half the cooked ground beef/onion mixture and store in refrigerator for Meal 3.
4. To remaining beef, add bell pepper, tomatoes, tomato paste, cumin, chili powder, salt, pepper, cayenne, and oregano and cook for 5-7 minutes.
5. To serve, place 1 cup warm cauliflower rice in each bowl. Top with ground beef and veggies.
6. Garnish with parsley and a dollop of plain yogurt.

Beef Bowl: 580kcal, 38g Protein, 27g Carb, 680mg Sodium, 7g Fiber, 115mg Cholesterol, 36g Fat, 12g Saturated, 12g Sugar, 15% Calcium, 35% Iron

INGREDIENTS

For summer beef bowl

- 2 Tablespoons olive oil
- 1 yellow onion, chopped (1 cup)
- 3 cloves garlic, minced
- 3 pounds lean ground beef (15% okay)
- 1 bell pepper, diced (1 cup)
- 4 tomatoes, diced (3 cups)
- 1 Tablespoon tomato paste
- 1 teaspoon cumin
- 1 teaspoon chili powder, optional
- ½ teaspoon organic sea salt
- ½ teaspoon black pepper
- dash of cayenne
- 1 teaspoon dried oregano
- 4 cups cooked cauliflower rice, warm
- ¼ cup chopped parsley

- ¼ cup low-fat plain coconut milk yogurt

MAKE AHEAD

- 2 limes, juiced (¼ cup)
- Cut fruit & vegetables: onion, bell peppers, cabbage, carrots, watermelon

DIRECTIONS

For shrimp fajitas

1. Combine shrimp, lime juice, garlic, salt, cumin, chili powder, and cayenne.
2. Heat a large non-stick skillet over medium-high heat and add half the oil.
3. Cook shrimp about 2-3 minutes until almost done. Remove from pan and set aside.
4. Wipe out pan and put back on heat.
5. Add remaining oil then onions, bell peppers, sliced cabbage and carrots; cook for about 5 minutes. Add black pepper.
6. Add shrimp back to pan with cilantro stirring until cooked through.
7. Serve in whole cabbage leaves with avocado and limes and a side of watermelon.

Fajitas: 500kcal, 37g Protein, 30g Carb, 1490mg Sodium, 12g Fiber, 265mg Cholesterol, 28g Fat, 4g Saturated, 9g Sugar, 25% Calcium, 15% Iron

Watermelon: 45kcal, 1g Protein, 11g Carb, 0mg Sodium, 1g Fiber, 0mc Cholesterol, 0g Fat, 0g Saturated, 9g Sugar, 0% Calcium, 0% Iron

INGREDIENTS

For shrimp fajitas

- 2 pounds peeled and deveined medium shrimp
- ¼ cup lime juice
- 2 cloves garlic, minced
- ¼ teaspoon organic sea salt
- ½ teaspoon cumin
- ½ teaspoon chili powder, optional dash of cayenne
- 3 Tablespoons grapeseed oil, divided
- 1 yellow onion, sliced (1 cup)
- 2 bell peppers, sliced (2 cups)
- ¼ head cabbage, sliced (2 cups)
- 2 carrots, shredded (¾ cup)
- dash of black pepper
- ½ cup chopped cilantro

- 1 head green cabbage, separated into whole leaves *
- 2 avocados, diced
- 1 lime, cut into wedges

- ½ small watermelon, cubed (4 cups)

** Remove 8 large outer leaves of cabbage for wraps. Shred remaining cabbage; use half for fajita filling and half for Meal 4.*



(3) SOUTHWEST SLOPPY JOES

watermelon salad

MADE AHEAD

- 1½ pounds cooked ground beef * *from Meal #1*
- Cut fruit & vegetables: onion, carrots, watermelon, zucchini noodles

DIRECTIONS

For southwest sloppy joes

1. Heat an extra large, non-stick sauté pan over medium-high heat and add oil. Once oil is hot add onion and carrots. Stir vegetables and sweat until soft and translucent, 2-3 minutes.
2. Add in ground beef, garlic, oregano, cumin, and salt & pepper. Sauté over medium heat.
3. In a small bowl, whisk together tomato paste, water, and maple syrup.
4. Reduce heat to low-medium and add tomato paste mixture to pan - stir to combine. Simmer for an additional 5 minutes.
5. Stir cilantro (or parsley) and zoodles until warmed through.

For watermelon salad

1. Toss watermelon cubes with pumpkin seeds and basil.
2. Sprinkle with black pepper. Serve cold.

Southwest Sloppy Joes: 540kcal, 37g Protein, 31g Carb, 510mg Sodium, 8g Fiber, 115mg Cholesterol, 30g Fat, 10 g Saturated, 18g Sugar, 10% Calcium, 40% Iron

Watermelon Salad: 80kcal, 4g Protein, 10g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 8g Sugar, 0% Calcium, 4% Iron

INGREDIENTS

For southwest sloppy joes

- 1 Tablespoon grapeseed oil
- 1 yellow onion, chopped (1 cup)
- 3 carrots, shredded (1 cup)
- 1½ pounds cooked ground beef * *from Meal #1*
- 4 garlic cloves, minced or pressed
- 1 Tablespoon dried oregano
- 2 teaspoons ground cumin
- ¼ teaspoon organic sea salt
- 1 teaspoon black pepper
- 1 cup organic tomato paste
- ¾ cup water
- 1 Tablespoon pure maple syrup or honey
- ¼ bunch cilantro (or parsley), roughly chopped
- 2 large zucchini, spiralized

For watermelon salad

- ½ (3-4 pound) watermelon cut into 2" cubes
- ¼ cup pumpkin seeds, salted
- 6-8 leaves fresh basil, shredded
- dash of black pepper



(4) BALSAMIC GLAZED DRUMSTICKS

avocado coleslaw & cauliflower rice

OVEN TEMPERATURE: 425°F

MADE AHEAD

- Marinate chicken for 30 minutes or overnight if possible
- 4 cups cooked cauliflower rice * *see prep guide*
- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: cabbage, carrots

DIRECTIONS

For balsamic glazed drumsticks

1. In a glass container (9 x 13 baking dish works well), combine vinegar, honey, aminos, Herbes, garlic, and pepper. Stir until well combined. Add drumsticks, turning to coat well. Cover with plastic wrap and marinate in the refrigerator for at least 30 minutes or overnight is possible.
2. Preheat oven to 425°F*.
3. Remove the drumsticks from the marinade, pour marinade into a small saucepot and bring to a *full rolling boil*. *Marinade MUST be boiled before using as a baste in step 3.*
4. Line a baking sheet with foil and lay out the drumsticks. Bake for 35-40 minutes turning once or twice. Baste with boiled marinade during the last 10 minutes of cooking.
5. Save half of the chicken drumsticks for Meal #5. Serve remaining chicken with coleslaw and warm cauliflower rice.

For avocado coleslaw

Toss together ingredients, chill until dinner.

** Cooking outside? Heat grill to medium heat and cook drumsticks 25-30 minutes, turning every few minutes to prevent burning.*

Drumsticks :320kcal, 47g Protein, 10g Carb, 410mg Sodium, 0g Fiber, 215mg Cholesterol, 9g Fat, 2.5g Saturated, 9g Sugar, 2% Calcium, 10% Iron
Coleslaw: 150kcal, 3g Protein, 15g carb, 125mg Sodium, 7g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 6g Sugar, 8% Calcium, 6% Iron
Cauliflower Rice: 70kcal, 3g Protein, 10g Carb, 240mg Sodium, 3g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 4g Sugar, 4% Calcium, 4% Iron

INGREDIENTS

For balsamic glazed drumsticks

¼ cup balsamic vinegar
¼ cup honey or maple syrup
3 Tablespoons raw coconut aminos
1 Tablespoon Herbes de Provence
3 garlic cloves, minced
¼ teaspoon black pepper
16 chicken drumsticks (about 3 pounds)

For avocado coleslaw

½ head green cabbage, shredded (4 cups)
2 carrots, shredded (¾ cup)
1 avocado, diced
2 teaspoons grapeseed oil
2 Tablespoons lime juice
dash of organic sea salt
¼ teaspoon black pepper
2 Tablespoons chopped cilantro or parsley (optional)

4 cups cooked cauliflower rice, warmed



(5) CHICKEN CHOWDER

balsamic glazed nectarines

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- 1½ pounds chicken drumsticks * *from Meal #4*
- Cut vegetables: onion

DIRECTIONS

For corn chowder

1. Heat oil in a stockpot over medium-high heat; add onion and potatoes. Cook until onion softens, about 5 minutes.
2. Add broth or milk and bring to a boil. Reduce heat and simmer 6-8 minutes until potatoes are tender.
3. Add chicken and season with salt and pepper; stir to warm chicken through.
4. Garnish with parsley to serve.

For balsamic glazed nectarines

1. Preheat oven to 375°F.
2. Whisk balsamic vinegar, water, and honey in a small pot. Heat over medium heat until well combined and liquid begins to thicken.
3. Meanwhile, cut nectarines in half and remove pits. Place cut side up a foil lined baking sheet. Spoon the vinegar/honey glaze over nectarines and bake about 20 minutes or until nectarines are softened. Baste as needed.
4. To serve, place two nectarine halves on an individual serving plate. Drizzle any remaining glaze over the top.

Chicken Chowder: 450kcal, 49g Protein, 27g Carb, 740mg Sodium, 3g Fiber, 215mg Cholesterol, 16g Fat, 3.5g Saturated, 13g Sugar, 6% Calcium, 15% Iron
Balsamic Nectarines: 130kcal, 2g Protein, 31g carb, 10mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 26g Sugar, 2% Calcium, 4% iron

INGREDIENTS

For chicken chowder

2 Tablespoon olive oil
½ yellow onion, diced (½ cup)
2 medium (6-8 oz) sweet potatoes, diced
5 cups vegetable broth or plant based milk
1½ pounds chicken, removed from drumstick and shredded * *from Meal #4*
¼ teaspoon organic sea salt
¼ teaspoon black pepper
½ cup chopped parsley, optional

For balsamic glazed nectarines

½ cup balsamic vinegar
½ cup water
2 Tablespoons honey or maple syrup
4 nectarines (ripe but firm)