

## PREP GUIDE

### MEAL #1

- Cut vegetables:
  - 2 yellow onions, finely chopped (2 cups)
  - 1 poblano chili, seeded and minced

### MEAL #2

- Make mayonnaise ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- 2 limes, juiced (¼ cup) \* *for the week*
- Cut vegetables:
  - 2 stalks celery, finely chopped (1 cup)
  - ½ red onion, finely chopped (½ cup)

### MEAL #3

- 2 large zucchini, spiralized (4 cups)
- Cut vegetables:
  - 2 Portobello mushroom caps, sliced into ¼" strips
  - 1 red onion, cut into thick rounds

### MEAL #4

- Cut vegetables:
  - 1 small head romaine lettuce, chopped (4 cups)
  - ½ red onion, thinly sliced (½ cup)

### MEAL #5

- Cut fruit & vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 2 stalks celery, chopped (1 cup)
  - 1 small head romaine, shredded (4 cups)

## MENU

**MONDAY ①**  
CHICKEN CHILI

**TUESDAY ②**  
BACON AHI TUNA SALAD

**WEDNESDAY ③**  
END OF SUMMER ZOODLES

**THURSDAY ④**  
SOUTHWEST CHICKEN SALAD

**FRIDAY ⑤**  
TURKEY SWEET POTATO SKILLET



PALEO September 29, 2017

# Shopping List

(1) Chicken Chili (2) Bacon Ahi Tuna Salad (3) End of Summer Zoodles (4) Southwest Chicken Salad (5) Sweet Potato Skillet

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3,4	chicken breast	5-1/2 pounds		22
2	ahi or albacore tuna	1 pound		12
2	turkey bacon	8 slices		4
5	ground turkey	1-1/2 pounds		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,3,4,5	onions	5	3 yellow, 2 red	5
1	poblano chili	1		1
1,4	avocado	2		2
1,2,4,5	tomato	8		4
2,4	lime	2		1
2,5	celery	4 stalks		2
2	spring greens or arugula	4 ounces		2
3	portobello mushroom caps	2 large		3
3	zucchini	2 large		2
4,5	romaine lettuce	2 small heads		4
5	sweet potatoes	3 (4-5 oz)		2

Recipe #	Misc	Quantity	Notes	Est Cost *
1,4	chili powder	1 teaspoon		1
2	paleo friendly mayonnaise	3 Tablespoons	storebought or homemade	2
3	cashews	3/4 cup		4
5	coconut milk yogurt	1 cup	optional	1.5

Fresh 20 Grocery Est \$80.50  
 Cost Per Dinner \$16.10  
 Cost Per Serving \$4.03

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	
	grapeseed oil		dried oregano	
	coconut oil		herbes de provence	1 teaspoon
	balsamic vinegar*	2 Tablespoons	ground cumin	1-1/2 teaspoons
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium	8.5 cups (68 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	8 cloves	Dijon mustard (gluten-free, no sugar added)	1 Tablespoon
	organic sea salt	3 teaspoons	raw coconut aminos	2 Tablespoons
	black pepper	2-1/2 teaspoons	almond flour	2 Tablespoons
cayenne pepper		coconut flour		

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://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) CHICKEN CHILI

### MAKE AHEAD:

- Cut vegetables: onion, poblano

### DIRECTIONS

#### *For chicken chili*

1. Heat olive oil in a large skillet over medium heat.
2. Add onions and poblano chili and cook 3-4 minutes until soft.
3. Add chicken, cumin, salt, pepper, and chili powder. Cook 4-5 minutes until chicken is cooked through and browned.
4. In a large stockpot, heat oil or butter over low heat. Add almond flour and whisk constantly for 1-2 minutes. Gradually add chicken broth whisking until smooth.
5. Bring to a boil, reduce to a simmer, cook 3-5 minutes until slightly thickened.
6. Add chicken mixture and cook over low heat for 10-15 minutes.
7. Serve garnished with avocado and tomatoes.

### INGREDIENTS

#### *For chicken chili*

- 2 Tablespoons olive oil
- 2 yellow onions, finely chopped (2 cups)
- 1 poblano chili, seeded and minced
- 1½ pounds chicken breast, cubed
- 1 teaspoon ground cumin
- ½ teaspoon organic sea salt
- 1 teaspoon black pepper
- ½ teaspoon chili powder
- 2 Tablespoons olive oil or butter
- 2 Tablespoons almond flour
- 4 cups low sodium chicken broth
- 1 avocado, diced
- 2 tomatoes, chopped

Chili: 520kcal, 44g Protein, 18g Carb, 450mg Sodium, 6g Fiber, 125mg Cholesterol, 32g Fat, 4.5g Saturated, 6g Sugar, 6% Calcium, 10% Iron



## (2) BACON AHI TUNA SALAD

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- Make mayonnaise ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: celery, onion

### DIRECTIONS

#### *For bacon ahi tuna salad*

1. Preheat oven to 375°F.
2. In a deep sauté pan or a sauce pan, combine broth, lime juice, and garlic. Bring to a simmer over low heat. Add tuna and poach for 5-7 minutes.
3. While fish is poaching, cook turkey bacon until crisp. Crumble.
4. Remove tuna from heat, cool, and break into chunks.
5. In a mixing bowl, combine tuna, bacon, celery, onion, mayonnaise, salt, and pepper.
6. Serve over spring mix topped with tomatoes.

### INGREDIENTS

#### *For bacon ahi tuna salad*

- 3 cups low sodium chicken broth
- 2 Tablespoons lime juice
- 2 garlic cloves, minced
- 1 pound ahi or albacore tuna
- 8 slices turkey bacon
- 2 stalks celery, finely chopped (1 cup)
- ½ red onion, finely chopped (½ cup)
- 3 Tablespoons mayonnaise ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper
  
- 4 ounces spring greens mix or arugula (4 cups)
- 2 tomatoes, thinly sliced

Tuna pocket: 550kcal, 35g Protein, 11g Carb, 1100mg Sodium, 2g Fiber, 160mg Cholesterol, 42g Fat, 8g Saturated, 4g Sugar, 6% Calcium, 15% Iron

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- 4 cups zucchini noodles
- Cut vegetables: mushrooms, onion

### *For end of summer zoodles*

1. Preheat oven to 400°F.
2. In a bowl, whisk together olive oil, vinegar, coconut aminos, Dijon, and garlic. Reserve ½ cup for basting vegetables.
3. Add chicken to remaining marinade and refrigerate 15 minutes.
4. Meanwhile, lay mushrooms and onions out on a baking sheet and brush with reserved ½ cup of marinade.
5. Remove chicken from marinade and discard any remaining liquid; put on a second baking sheet.
6. Bake both chicken and vegetables for 15 minutes, turning once.
7. Remove from oven and let cool.
8. Save half the chicken for Meal 4. Chop remaining chicken and vegetables into 1" pieces.
9. In a large bowl, combine zoodles with ½ cup chicken broth, vegetables, and chicken. Season with salt and pepper.
10. Top with crushed cashews.

### INGREDIENTS

#### *For end of summer zoodles*

- ¼ cup olive oil
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons raw coconut aminos
- 1 Tablespoon Dijon mustard
- 3 garlic cloves, minced
- 4 pounds chicken breast, cut into strips
- 2 Portobello mushroom caps, sliced into ¼" strips
- 1 red onion, cut into thick rounds
- 4 cups zucchini noodles
- ½ cup low sodium chicken broth
- dash of organic sea salt
- ¼ teaspoon black pepper
  
- ¾ cup crushed cashews

Zoodles : 540kcal, 59g Protein, 21g Carb, 410mg Sodium, 4g Fiber, 165mg Cholesterol, 25g Fat, 4.5g Saturated, 9g Sugar, 6% Calcium, 20% Iron



## (4) SOUTHWEST CHICKEN SALAD

### MADE AHEAD

- Cooked chicken \* *from Meal #3*
- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: romaine, onion

### DIRECTIONS

#### *For Southwest chicken salad*

1. To make dressing, combine lime juice, olive oil, salt, garlic, chili powder, and cumin until well blended.
2. In a large salad bowl combine chicken, romaine, onion, and tomatoes.
3. Add dressing, toss to combine, and top with avocado.

### INGREDIENTS

#### *For Southwest chicken salad*

- 2 Tablespoons lime juice
- ¼ cup olive oil
- ½ teaspoon organic sea salt
- 2 garlic cloves, minced
- ⅛ teaspoon chili powder
- ½ teaspoon ground cumin
- 2 pounds chicken breast, diced  
\* *from Meal #3*
- 1 small head romaine lettuce, chopped  
(4 cups)
- ½ red onion, thinly sliced (½ cup)
- 2 tomatoes, diced
- 1 avocado, sliced

Southwest Salad: 600kcal, 55g Protein, 18g Carb,  
540mg Sodium, 8g Fiber, 165mg Cholesterol, 36g Fat,  
5g Saturated, 6g Sugar, 10% Calcium, 15% Iron



## (5) TURKEY SWEET POTATO SKILLET side salad

### MADE AHEAD

- Cut vegetables: onion, celery, romaine

### DIRECTIONS

#### *For turkey sweet potato skillet*

1. In a saucepan, heat vegetable broth, garlic, and Herbes. Bring to a boil and add cubed sweet potatoes. Cook 5-6 minutes until tender. Drain, set aside, and *reserve any cooking liquid*.
2. Heat olive oil in a large skillet. Add ground turkey and cook 3-4 minutes while crumbling.
3. Add onion and celery and cook 2-3 minutes until tender.
4. Add cooked sweet potato and salt and pepper. Stir to warm through. Add reserved cooking liquid if needed.
5. Serve topped with ¼ cup yogurt, if desired

#### *For side salad*

Divide romaine into four salad bowls and top with tomatoes. Serve with pantry dressing. Feel free to add any leftover vegetables from the week!

### INGREDIENTS

#### *For turkey sweet potato skillet*

3 small (4-5 oz) sweet potatoes, diced into ½" cubes  
¾ cup low sodium vegetable broth  
1 garlic clove, minced  
1 teaspoon Herbes de Provence  
2 Tablespoons olive oil  
1½ pounds ground turkey  
1 yellow onion, chopped (1 cup)  
2 stalks celery, chopped (1 cup)  
1 teaspoon organic sea salt  
1 teaspoon black pepper

1 cup coconut milk yogurt, optional

#### *For side salad*

1 small head romaine, shredded (4 cups)  
2 tomatoes, cut in wedges  
Pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

Ground Turkey Skillet: 530kcal, 32g Protein, 36g Carb, 480mg Sodium, 8g Fiber, 135mg Cholesterol, 30g Fat, 9g Saturated, 10g Sugar, 25% Calcium, 20% Iron

Salad (undressed): 25kcal, 2g Protein, 5g Carb, 10mg Sodium, 1g Fiber, 0mg Cholesterol, 0g fat, 0g Saturated, 3g Sugar, 2% Calcium, 0% Iron,