

PREP GUIDE**MEAL #1**

- Bake sweet potatoes * *see Meal #1*
- Cut vegetables:
 - 3 zucchini, sliced (6 cups)

MEAL #2

- 8 cups cooked cauliflower rice prepared according to directions below* *for the week*
- 1 lemon, zested & juiced (1½ Tablespoons juice, 1 Tablespoon zest) * *for the week*
- Cut vegetable:
 - 6 ounces mushrooms, diced (2 cups)
 - 1 bunch kale, chopped (6 cups)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 4 carrots, diced (2 cups)
 - 4 stalks celery, diced (2 cups)
 - 2 zucchini, diced (4 cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, sliced (1 cup)
 - 3 bell peppers, sliced (3 cups)
 - 4 ounces mushrooms, sliced (1½ cups)

MEAL #5

- Cut vegetables:
 - 6 ounces mushrooms, sliced (2 cups)
 - 1 bell pepper, sliced (1 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 golden brown.

MENU**MONDAY ①**

GRILLED STEAK
Baked Sweet Potato & Zucchini

TUESDAY ②

SEARED SCALLOPS
Mushroom Kale Rice

WEDNESDAY ③

HAM & VEGGIE SOUP

THURSDAY ④

STEAK STIR-FRY

FRIDAY ⑤

STUFFED SWEET POTATOES



PALEO October 20, 2017

Shopping List

(1) Grilled Steak (2) Seared Scallops (3) Ham & Veggie Soup (4) Steak Stir Fry (5) Stuffed Sweet Potatoes

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	sirloin steak	3 pounds		18
2	large scallops	2 pounds		20
3	ham	1-1/2 pounds		12
5	breakfast sausage	8 ounces		4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
2,4	cauliflower	2 heads		4
2,3,4	yellow onion	3		3
1,5	sweet potatoes	6 (8 oz) potatoes		4.5
1,3	zucchini	5		5
1,3	lemon	1		0.5
2,4,5	mushrooms	1 pound	<i>brown or button</i>	5
2	kale	1 bunch		2
2,3	fresh basil	1 bunch	<i>optional, need 6 Tablespoons chopped</i>	1.5
3	carrots	4		1
3	celery	4 stalks		1
3	avocado	1		1
4,5	bell peppers (any color)	4		4
5	pears	4		2

Recipe #	Misc	Quantity	Notes	Est Cost *
1,2,5	ghee	6 Tablespoons		3
2	walnuts	1 cup		5
3,5	diced tomatoes	1 (15 oz) can		1.5
4	Worcestershire sauce	1 Tablespoon	<i>optional</i>	0.5
5	eggs	8		4

Fresh 20 Grocery Est \$102.50
 Cost Per Dinner \$20.50
 Cost Per Serving \$5.13

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	paprika	
	grapeseed oil	6 Tablespoons	dried oregano	
	coconut oil		herbes de provence	
	balsamic vinegar*		ground cumin	
	white wine vinegar*	2 Tablespoons	raw organic honey or pure maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium	5-1/2 cups	organic tomato paste (no sugar or additives)	
	fresh garlic	6 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2-1/2 teaspoons	raw coconut aminos	2 Tablespoons
	black pepper	1-1/2 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) GRILLED STEAK

baked sweet potato & zucchini

MADE AHEAD

- Bake sweet potatoes * *see below*
- Cut vegetables: zucchini

DIRECTIONS

For grilled steak

1. Heat an outdoor grill to medium-high heat (see note).
2. Season steak with salt and pepper and place on the grill. Cook for about 4-6 minutes per side (cooking time will vary on thickness of steak).
3. Remove from grill and let rest for 5 minutes.
4. Reserve half the steak for Meal #4, slice remaining steak into thin pieces and serve with sweet potatoes and zucchini.

Cooking indoors? Heat a large sauté pan over medium heat and grape-seed oil. Once oil is hot add steak and cook for 4-6 minutes per side.

Meanwhile

For baked sweet potato

1. Wrap sweet potatoes in foil and place in 350°F oven for 45 minutes to an hour (based on size and shape) until fork tender.
2. Save four sweet potatoes for Meal #5.
3. Cut remaining two potatoes in half and top with ghee, salt, and pepper to taste (½ potato per serving).

For zucchini

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add zucchini, salt, and pepper and sauté for 2-3 minutes.

INGREDIENTS

For grilled steak

- 3 pounds sirloin steak
- 2 Tablespoons grapeseed oil (if cooking indoors)
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper

For baked sweet potato

- 6 medium (8 ounce) sweet potatoes, scrubbed clean
- 2 Tablespoons ghee
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper

For zucchini

- 1 Tablespoon olive oil
- 3 zucchini, sliced (6 cups)
- dash of salt and pepper

Steak: 360kcal, 34g Protein, 0g Carb, 280mg Sodium, 0g Fiber, 115mg Cholesterol, 24g Fat, 8g Saturated, 0g Sugar, 2% Calcium, 25% Iron

½ Baked Sweet Potato: 90kcal, 1g Protein, 13g Carb, 110mg Sodium, 2g Fiber, 10mg Cholesterol, 3.5g Fat, 2.5g Saturated, 3g Sugar, 2% Calcium, 2% Iron

Zucchini: 70kcal, 2g Protein, 6g Carb, 85mg Sodium, 1g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 3g Sugar, 2% Calcium, 6% Iron



(2) SEARED SCALLOPS mushroom kale rice

MADE AHEAD

- 4 cups cooked cauliflower rice * *see prep guide*
- ½ lemon, juiced (1½ Tablespoons)
- Cut vegetables: mushrooms, kale

DIRECTIONS

For seared scallops

1. Heat a large skillet over medium-high heat and add oil.
2. Season scallops with salt and pepper and sear for about 2 minutes on each side.
3. Remove scallops. Add ghee and lemon juice to pan and heat; pour over scallops.
4. Serve with mushroom kale rice.

For mushroom kale rice

1. Heat a large non-stick skillet over medium-high heat.
2. Add oil and garlic and cook for 1 minute.
3. Add mushrooms and walnuts and cook for 2 minutes then add kale, salt, and pepper and cook for 2-3 minutes. Add rice and stir until heated through.
4. Toss in basil and serve with scallops.

INGREDIENTS

For seared scallops

2 Tablespoons grapeseed oil
2 pounds large scallops
dash of salt and pepper
2 Tablespoon ghee
1½ Tablespoons lemon juice

For mushroom kale rice

2 Tablespoon olive oil
2 cloves garlic, minced
6 ounces mushrooms, diced (2 cups)
1 cup walnuts, chopped
1 bunch kale, chopped (6 cups)
dash of salt and pepper
4 cups cooked cauliflower rice
¼ cup chopped basil, optional

Scallops: 280kcal, 27g Protein, 8g Carb, 890mg Sodium, 0g Fiber, 75mg Cholesterol, 15g Fat, 6g Saturated, 0g Sugar, 2% Calcium, 4% Iron

Rice: 280kcal, 11g Protein, 23g Carb, 280mg Sodium, 8g Fiber, 0mg Cholesterol, 20g Fat, 2.5g Saturated, 7g Sugar, 20% Calcium, 15% Iron



(3) HAM AND VEGGIE SOUP

MADE AHEAD

- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, carrots, celery, zucchini

DIRECTIONS

For ham and veggie soup

1. Heat a large pot over medium heat and add oil, onion, and garlic; sauté for 1 minute.
2. Add carrots and celery and cook for 2 minutes.
3. Add ham, zucchini, broth, tomatoes, and pepper and bring to a simmer for 5-10 minutes.
4. Garnish with zest, basil and avocado.

INGREDIENTS

For ham and veggie soup

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
4 carrots, diced (2 cups)
4 stalks celery, diced (2 cups)
1½ pounds ham, diced
2 zucchini, diced (4 cups)
5 cups low-sodium chicken broth
and/or water (40 fl oz)
½ (15 ounce) can diced tomatoes
dash of black pepper
1 Tablespoon lemon zest
2 Tablespoons chopped basil, optional
1 avocado, sliced

Soup: 460kcal, 44g Protein, 20g Carb, 1950mg Sodium, 5g Fiber, 100mg Cholesterol, 22g Fat, 6g Saturated, 8g Sugar, 10% Calcium, 20% Iron

Avocado: 80kcal, 1g Protein, 4g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron

MADE AHEAD

- 1½ pounds gilled sirloin steak * *from Meal #1*
- 4 cups cooked cauliflower rice prepared according to package directions
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For steak stir-fry

1. Heat a large skillet over medium heat and add oil, onion, and garlic and cook for 1 minute.
2. Add bell peppers, mushrooms, and steak and cook for 2-3 minutes.
3. Add broth, vinegar, aminos, Worcestershire sauce, maple syrup, and cayenne and simmer for 3-5 minutes.
4. Serve over warmed cauliflower rice.

INGREDIENTS

For steak stir-fry

- 2 Tablespoon grapeseed oil
 - 1 yellow onion, sliced (1 cup)
 - 1 clove garlic, minced
 - 3 bell peppers, sliced (3 cups)
 - 4 ounces mushrooms, sliced (1½ cups)
 - 1½ pounds cooked sirloin steak, sliced thin* *from Meal #1*
 - ½ cup low-sodium chicken broth
 - 2 Tablespoons white or red wine vinegar
 - 2 Tablespoons coconut aminos
 - 1 Tablespoon Worcestershire sauce, optional
 - 1 Tablespoon maple syrup
 - dash of cayenne
- 4 cups cooked cauliflower rice, warmed

Stir Fry: 570kcal, 39g Protein, 30g Carb, 750mg Sodium, 6g Fiber, 115mg Cholesterol, 34g Fat, 9g Saturated, 16g Sugar, 10% Calcium, 30% Iron



(5) STUFFED SWEET POTATOES

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 4 sweet potatoes * *from Meal #1*
- Cut vegetables: mushrooms, bell peppers

DIRECTIONS

For sweet potatoes

1. Heat oven to 400°F.
2. Place potatoes in oven and heat 15 minutes or until heated through.

For stuffed sweet potatoes

1. Heat a skillet over medium heat and add oil.
2. Add diced sausage and cook 2-3 minutes.
3. Add mushrooms, bell peppers, diced tomatoes, salt, and pepper and cook about 3 minutes. Remove from pan, set aside, and keep warm.
4. Wipe out skillet and add ghee and then eggs. Cook to desired doneness.
5. Remove sweet potatoes from oven and cut open. Fill with sausage and veggie mixture and top with fried eggs.
6. Serve with sliced pears.

INGREDIENTS

For stuffed sweet potatoes

4 baked sweet potatoes **from Meal #1*

2 Tablespoons olive oil
8 ounces breakfast sausage, diced
6 ounces mushrooms, sliced (2 cups)
1 bell pepper, sliced (1 cup)
½ (15 oz) can diced tomatoes
¼ teaspoon organic sea salt
¼ teaspoon black pepper
8 eggs
2 Tablespoons ghee

4 pears, sliced

Stuffed Sweet Potatoes: 550kcal, 25g Protein, 37g Carb, 910mg Sodium, 6g Fiber, 480mg Cholesterol, 31g Fat, 10g Saturated, 9g Sugar, 10% Calcium, 25% Iron

Pears: 100kcal, 1g Protein, 26g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron