

PREP GUIDE

MEAL #1

- 8 cups cooked spaghetti squash (see below) * *for the week*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 6 ounces mushrooms, quartered (2 cups)

MEAL #2

- 8 cups roasted butternut squash (see below) * *for the week*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoons zest) * *for the week*
- Cut vegetable:
 - 1 yellow onion, diced (1 cup)
 - 1 bunch kale, chopped (6 cups)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 3 carrots, small diced (1½ cups)
 - 3 stalks celery, small diced (1½ cups)
 - 1 bell pepper, chopped (1 cup)
 - ½ bunch kale, chopped (3 cups)

MEAL #4

- 2 zucchini, spiralized into zucchini noodles (4 cups)
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 2 carrots, chopped (1 cup)
 - 2 stalks celery, chopped (1 cup)
 - 1 bell pepper, chopped (1 cup)
 - 6 ounces mushrooms, chopped (1½ cups)

MEAL #5

- Cut vegetables:
 - 1½ bunches kale, chopped (9 cups)

For Roast Butternut Squash (*make ahead for Meals #2 & #5*)

2 medium butternut squash, peeled, seeded and cubed
 2 Tablespoons olive oil
 ¾ teaspoon kosher salt
 ½ teaspoon black pepper

In a large bowl, combine oil, salt, pepper. Add squash and toss well to coat. Spread out in an even layer on a large baking sheet. Bake at 400°F for about 20 minutes under just tender.

MENU

MONDAY ①

TURKEY CACCIATORE
 Spaghetti Squash

TUESDAY ②

SHRIMP BUTTERNUT SAUTE

WEDNESDAY ③

TURKEY SOUP

THURSDAY ④

BEEF LASAGNA SKILLET

FRIDAY ⑤

BUTTERNUT CHICKEN SALAD

Spaghetti Squash

1 large spaghetti squash, halved with seeds removed
 2 Tablespoons olive oil
 1 teaspoon organic sea salt
 ½ teaspoon black pepper

Heat oven to 400°F.

Put squash on a baking sheet and drizzle with olive oil, salt, and pepper. Flip over, cut side down.

Roast for about 45 minutes.

When cool enough to touch, using a fork, remove the strands from the skin. Makes 8 cups.



PALEO October 6, 2017

Shopping List

(1) Turkey Cacciatore (2) Shrimp Butternut Saute (3) Turkey Soup (4) Beef Lasagna Skillet (5) Butternut Chicken Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	ground turkey	3 pounds		18
2	shrimp	2 pounds	<i>peeled & deveined</i>	20
4	ground beef	1-1/2 pounds		7.5
5	chicken breast	1-1/2 pounds	<i>boneless, skinless</i>	7.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,3,4	yellow onion	4		4
1,3,4	bell peppers (any color)	4		4
1,4	brown mushrooms	3/4 pound		4
1,3	rosemary	few sprigs	<i>need 1-1/2 teaspoons</i>	1
1,3	spaghetti squash	1 large		2.5
2,5	butternut squash	2 medium		5
2,3,5	kale	3 bunches		6
2,5	lemon	1		0.5
3,4	carrots	5		1.5
3,4	celery	5		1.5
4	zucchini	2		2
4	fresh basil	1 bunch	<i>optional - need 1/4 cup</i>	1.5
5	apples	2		1

Recipe #	Misc	Quantity	Notes	Est Cost *
1,4	crushed tomatoes	2 (15 oz) cans		3
2,5	walnuts	1-1/2 cups		7

Fresh 20 Grocery Est \$97.50
 Cost Per Dinner \$19.50
 Cost Per Serving \$4.88

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	
	grapeseed oil		dried oregano	1 teaspoon
	coconut oil		herbes de provence	3 teaspoons
	balsamic vinegar*	2 Tablespoons	ground cumin	
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium	5 cups (40 fl oz)	organic tomato paste (no sugar or additives)	1 Tablespoon
	fresh garlic	10 cloves	Dijon mustard (gluten-free, no sugar added)	1 teaspoon
	organic sea salt	3 teaspoons	raw coconut aminos	
	black pepper	2 teaspoons	almond flour	
cayenne pepper		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) TURKEY CACCIATORE

Spaghetti squash

MADE AHEAD

- 4 cups cooked spaghetti squash * *see prep guide*
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For turkey cacciatore

1. Heat a large pot over medium heat and add oil.
2. When oil is hot add onion and garlic and cook for 1 minute.
3. Add the turkey and cook about 2-3 minutes, crumbling the meat as it cooks.
4. Add bell peppers, mushrooms, crushed tomatoes, tomato paste, balsamic vinegar, Herbes, rosemary, salt, and pepper.
5. Simmer for about 10 minutes until peppers are tender.
6. Serve over cooked spaghetti squash.

INGREDIENTS

For turkey cacciatore

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
1½ pounds ground turkey
2 bell peppers, diced (2 cups)
6 ounces brown mushrooms, quartered (2 cups)
1 (15 oz) can crushed tomatoes
1 Tablespoon tomato paste
2 Tablespoons balsamic vinegar
1 teaspoon Herbes de Provence
1 teaspoon chopped rosemary
dash of organic sea salt and black pepper

4 cups cooked spaghetti squash, warmed

Chicken: 450kcal, 32g Protein, 17g Carb, 260mg Sodium, 3g Fiber, 135mg Cholesterol, 29g Fat, 7g Saturated, 9g Sugar, 10% Calcium, 20% Iron

Spaghetti Squash: 70kcal, 1g Protein, 7g Carb, 115mg Sodium, 2g Fiber, 0mg Cholesterol, 5g Fat, 1g Saturated, 3g Sugar, 2% Calcium, 2% Iron



(2) SHRIMP BUTTERNUT SAUTE

MADE AHEAD

- 4 cups roasted butternut squash * *see prep guide*
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, kale

DIRECTIONS

For shrimp butternut sauté

1. Heat a large non-stick skillet over medium heat.
2. Add oil, onion, garlic, and kale and cook for 2 minutes.
3. Add shrimp, salt, and pepper and cook for 2 minutes.
4. Add in squash and walnuts and cook until heated through.
5. Garnish with lemon zest.

INGREDIENTS

For shrimp butternut sauté

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 bunch kale, chopped (6 cups)
- 2 pounds medium peeled and deveined shrimp (sub 2 pounds chicken tenders)
- dash of organic sea salt
- dash of black pepper
- 4 cups roasted butternut squash * *see prep guide*
- 1 cup walnuts, chopped
- 1 Tablespoon lemon zest

Shrimp butternut saute: 550kcal, 41g Protein, 33g Carb, 1620mg Sodium, 9g Fiber, 285mg Cholesterol, 32g Fat, 4g Saturated, 7g Sugar, 35% Calcium, 20% Iron



(3) TURKEY SOUP

MADE AHEAD

- 4 cups cooked spaghetti squash * *see prep guide*
- Cut vegetables: onion, carrots, celery, bell pepper, kale

DIRECTIONS

For turkey soup

1. Heat a large pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add carrots, celery, bell pepper, turkey, salt, and pepper and cook for 2-3 minutes.
4. Add rosemary, Herbes, broth, and kale and cook for 5 minutes.
5. Add spaghetti squash, stir to warm through, and serve.

INGREDIENTS

For turkey soup

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
3 carrots, small diced (1½ cups)
3 stalks celery, small diced (1½ cups)
1 bell pepper, chopped (1 cup)
1½ pounds ground turkey
¼ teaspoon organic sea salt
¼ teaspoon black pepper
½ teaspoon chopped rosemary
1 teaspoon Herbes de Provence
5 cups low-sodium chicken broth
½ bunch kale, chopped (3 cups)
4 cups cooked spaghetti squash

Soup: 550kcal, 36g Protein, 30g Carb, 710mg Sodium,
8g Fiber, 135mg Cholesterol, 34g Fat, 8g Saturated,
11g Sugar, 20% Calcium, 25% Iron

MADE AHEAD

- 2 zucchini, spiralized into zucchini noodles (4 cups)
- Cut vegetables: onion, carrots, celery, bell pepper, mushrooms

DIRECTIONS

For beef lasagna skillet

1. Heat a large pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add carrots, celery, bell pepper, mushrooms, beef, salt, and pepper and cook for 2-3 minutes crumbling beef as it cooks.
4. Add Herbes, oregano, and tomatoes and cook for 5 minutes.
5. Add zucchini noodles and stir until warmed through.
6. Garnish with basil.

INGREDIENTS

For beef lasagna skillet

- 2 Tablespoons olive oil
- 1 yellow onion, chopped (1 cup)
- 2 cloves garlic, minced
- 2 carrots, chopped (1 cup)
- 2 stalks celery, chopped (1 cup)
- 1 bell pepper, chopped (1 cup)
- 6 ounces brown mushrooms, chopped (1½ cups)
- 1½ pounds ground beef
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- 1 teaspoon oregano
- 1 (15 ounce) can crushed tomatoes
- 4 cups zucchini noodles

- ¼ cup chopped basil, optional

Beef Lasagna Skillet: 490kcal, 35g Protein, 48g Carb, 420mg Sodium, 5g Fiber, 80mg Cholesterol, 19g Fat, 6g Saturated, 10g Sugar, 15% Calcium, 30% Iron



(5) BUTTERNUT CHICKEN SALAD

MADE AHEAD

- 4 cups roasted butternut squash * *see prep guide*
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: kale

DIRECTIONS

For butternut chicken salad

1. Heat a large non-stick skillet over medium heat and add oil and garlic and cook 1 minute.
2. Add chicken and cook until cooked through, stirring frequently, about 5-7 minutes.
3. Add kale and cook until just wilted.
4. Add squash and cook just until heated through.
5. Toss with nuts. Toss with dressing and serve with sliced apples.

For dressing

Whisk all ingredients together.

INGREDIENTS

For butternut chicken salad

2 Tablespoons olive oil
2 cloves garlic, minced
1½ pounds boneless, skinless chicken breast, diced
1½ bunches kale, chopped (9 cups)
4 cups roasted butternut squash
½ cup chopped walnuts

For dressing

1½ Tablespoons olive oil
3 Tablespoons lemon juice
1 teaspoon Dijon mustard
dash of salt and pepper

2 apples, sliced

Salad: 550kcal, 49g Protein, 33g Carb, 320mg Sodium, 9g Fiber, 125mg Cholesterol, 28g Fat, 4g Saturated, 7g Sugar, 30% Calcium, 25% Iron

Apple Slices: 45kcal, 0g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 9g Sugar, 0% Calcium, 0% Iron