

PREP GUIDE**MEAL #1**

- Cut vegetables:
 - 3 medium zucchini, sliced (6 cups)

MEAL #2

- 5 cups cooked cauliflower rice * *see recipe below*
- 1 lemon, zested (1 Tablespoon zest)
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 3 carrots, grated (1 cup)
 - 4 ounces mushrooms, chopped (1½ cups)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 10 ounces mushrooms, quartered (4 cups)
 - 6 ounces spinach, chopped (4 cups)

MEAL #4

- Cut vegetables:
 - 1 bell pepper, sliced thin (1 cup)
 - 1 zucchini, small strips (2 cups)
 - 1 small head green cabbage, shredded (6 cups)

MEAL #5

- Cut vegetables:
 - 6 ounces spinach, chopped (4 cups)

Cauliflower Rice (Meal #2)

1 large head cauliflower, florets
1 yellow onion, chopped (1 cup)
1 garlic clove, minced
½ teaspoon of 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**

HERB ROASTED PORK TENDERLOIN
Maple Sweet Potatoes & Zucchini

TUESDAY ②

FISH STICKS
Veggie Rice

WEDNESDAY ③

SAUSAGE MUSHROOM SAUTE

THURSDAY ④

PORK & SPINACH
Warm Slaw

FRIDAY ⑤

BURGERS
Bruschetta Sauté



PALEO November 10, 2017

Shopping List

(1) Herb Roasted Pork Tenderloin (2) Fish Sticks (3) Sausage Mushroom Saute (4) Pork & Spinach (5) Burgers

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	pork tenderloin	3 pounds		15
2	fresh fish	1-1/2 pounds		12
3	sausage (no casings)	1-1/4 pounds		8
5	lean ground beef	1-1/4 pounds		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
2	cauliflower	1 large head		2.5
2,3	yellow onion	3		3
1	fresh rosemary	few sprigs	<i>optional, can sub 2 tsp Herbes d Provence</i>	1
1,3	sweet potatoes	2 pounds		3
1,4	zucchini	4		4
2	lemon	1		0.5
2	carrots	3		1
2,3	mushrooms	1 pound	<i>brown or button</i>	5
2,5	tomatoes	7		3.5
2,3,5	fresh basil	1 bunch		1.5
3,4,5	spinach	1 pound		5
4	bell peppers (any color)	1		1
4	green cabbage	1 small head		2

Recipe #	Misc	Quantity	Notes	Est Cost *
1	pecans	1/4 cup		1.5
2	eggs	2		1
2,4	almonds	2 cups		6
3,4	plain coconut yogurt	6 ounces		3

Fresh 20 Grocery Est	\$85.50
Cost Per Dinner	\$17.10
Cost Per Serving	\$4.28

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	1/2 teaspoon
	grapeseed oil		dried oregano	
	coconut oil		herbes de provence	
	balsamic vinegar*	2 Tablespoons	ground cumin	
	white wine vinegar*	2 Tablespoons	raw organic honey or pure maple syrup	3 Tablespoons
	chicken or veggie broth: low sodium	1 cup (8 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	10 cloves	Dijon mustard (gluten-free, no sugar added)	2 Tablespoons
	organic sea salt	3-1/2 teaspoons	raw coconut aminos	
	black pepper	2-1/2 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) HERB ROASTED PORK TENDERLOIN

maple sweet potatoes & zucchini

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- Cut vegetables: zucchini

DIRECTIONS

For herb roasted pork tenderloin

1. Heat oven to 375°F.
2. Combine oil, garlic, rosemary, Dijon, salt, and pepper and spread all over pork.
3. Put on a baking sheet and roast about 20-25 minutes or until internal temperature reaches 145°F.
4. Let rest 5 minutes before slicing. Save half the pork for Meal #4, serve remaining pork with sweet potatoes and zucchini.

For maple sweet potatoes

1. Put potatoes in a large pot of salted water and bring to a boil. Cook 8-10 minutes until tender, drain, and set aside.
2. Put pot back on stove on medium heat and add oil and garlic. When garlic is starting to brown add the chicken broth.
3. Add potatoes back to the pot with salt and maple syrup; mash together. Top with pecans.
4. Serve with pork and zucchini.

For zucchini

1. Heat a large non-stick skillet over medium-high heat and add half the oil.
2. Add half the zucchini and sauté until just tender, not mushy. Repeat with remaining oil and zucchini. Season with salt and pepper.

INGREDIENTS

For herb roasted pork tenderloin

3 pounds pork tenderloin
3 Tablespoons olive oil
3 cloves garlic, minced
1 Tablespoon chopped rosemary
1 Tablespoon Dijon mustard
¾ teaspoon organic sea salt
½ teaspoon black pepper

For maple sweet potatoes

1½ pounds sweet potatoes, cut into large chunks
1 Tablespoon olive oil
1 clove garlic, minced
½ cup low-sodium chicken broth
½ teaspoon organic sea salt
1 Tablespoon maple syrup
¼ cup pecans, crushed

For zucchini

3 medium zucchini, sliced (6 cups)
1 Tablespoon olive oil, divided
¼ teaspoon organic sea salt
¼ teaspoon black pepper

Pork: 240kcal, 36g Protein, 1g Carb, 350mg Sodium, 0g Fiber, 110mg Cholesterol, 9g Fat, 2g Saturated, 0g Sugar, 2% Calcium, 10% Iron

Maple Sweet Potatoes: 240kcal, 4g Protein, 39g Carb, 240mg Sodium, 6g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 11g Sugar, 6% Calcium, 6% Iron

Zucchini: 70kcal, 2g Protein, 5g Carb, 160mg Sodium, 1g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 3g Sugar, 2% Calcium, 6% Iron



(2) FISH STICKS

veggie rice

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- 5 cups cooked cauliflower rice * see prep guide
- 1 lemon, zested (1 Tablespoon zest)
- Cut vegetables: onion, carrots, mushrooms

DIRECTIONS

For fish sticks

1. Heat oven to 375°F.
2. Beat eggs, set aside.
3. Combine salt, pepper, paprika, and almonds in a shallow dish.
4. Dip fish strips into eggs and then into dry mixture and press to coat.
5. Put on a lined baking sheet and bake for about 20 minutes.
6. Sprinkle with lemon zest before serving.

For veggie rice

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, and carrots and cook for 2-3 minutes.
3. Add mushrooms and tomatoes and cook for 3-4 minutes.
4. Add in rice, basil, salt, pepper, and almonds.
5. Save half the rice for Meal #5, serve remaining rice with fish sticks.

INGREDIENTS

For fish sticks

1½ pounds fresh white fish fillets cut into strips (can sub 1½ pounds chicken breast)
2 eggs, beaten
¼ teaspoon organic sea salt
½ teaspoon black pepper
½ teaspoon paprika
½ cup almonds, ground
1 Tablespoon lemon zest

For veggie rice

2 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
2 cloves garlic, minced
3 carrots, grated (1 cup)
4 ounces mushrooms, chopped (1½ cups)
4 tomatoes, chopped (3 cups)
5 cups cooked cauliflower rice * see prep guide
½ cup chopped basil
¼ teaspoon organic sea salt
dash of black pepper
1 cup almonds, chopped

Fish Sticks: 350kcal, 40g Protein, 3g Carb, 250mg Sodium, 2g Fiber, 190mg Cholesterol, 19g Fat, 2.5g Saturated, 1g Sugar, 6% Calcium, 10% Iron

Rice: 190kcal, 6g Protein, 17g Carb, 240mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 7g Sugar, 8% Calcium, 8% Iron



(3) SAUSAGE MUSHROOM SAUTE

MADE AHEAD

- Cut vegetables: onion, mushrooms, spinach

DIRECTIONS

For sausage mushroom sauté

1. Heat a very large nonstick skillet over medium heat and add oil.
2. Add sausage, sweet potatoes, and onion crumbling sausage as it cooks; about 5-7 minutes.
3. Add mushrooms, spinach, broth, salt, and pepper and cook for 3-4 minutes until sweet potatoes are tender.
4. Turn heat to low and stir in yogurt and basil.

INGREDIENTS

For sausage mushroom sauté

2 Tablespoons olive oil
1½ pounds sausage, no casings
1 medium (8 oz) sweet potato, cut into small cubes
1 yellow onion, diced (1 cup)
10 ounces mushrooms, quartered (4 cups)
6 ounces spinach, chopped (4 cups)
½ cup low-sodium chicken broth
¼ teaspoon organic sea salt
¼ teaspoon black pepper
2 ounces plain coconut milk yogurt
¼ cup chopped basil

Saute: 520kcal, 21g Protein, 21g Carb, 1100mg Sodium, 6g Fiber, 80mg Cholesterol, 38g Fat, 14g Saturated, 6g Sugar, 10% Calcium, 8% Iron



(4) PORK & SPINACH

warm slaw

MADE AHEAD

- 1½ pounds cooked pork tenderloin * *from Meal #1*
- Cut vegetables: bell pepper, zucchini, cabbage

DIRECTIONS

For pork & spinach

1. Warm sliced pork in a sauté pan over medium heat.
2. Remove pork, set aside, and keep warm.
3. Add olive oil to pan. When oil is hot add spinach and sauté until wilted.
4. Stir in coconut milk yogurt, Dijon, and syrup.
5. Serve spinach over pork slices.
6. Serve with slaw.

For warm slaw

1. Heat a large non-stick skillet over medium heat and add oil and bell pepper. Sauté for 1-2 minutes.
2. Add zucchini and cabbage and cook for 2-3 minutes.
3. Add salt, pepper, syrup, and vinegar; cook for 1-2 minutes.
4. Toss in almonds before serving.

INGREDIENTS

For pork & spinach

1½ pounds pork tenderloin, sliced and warmed if desired * *from Meal #1*
1 Tablespoon olive oil
4 ounces spinach (3 cups)
4 ounces plain coconut milk yogurt
1 Tablespoon Dijon mustard
1 Tablespoon maple syrup

For warm slaw

2 Tablespoons olive oil
1 bell pepper, sliced thin (1 cup)
1 zucchini, into small strips (2 cups)
1 small head green cabbage, shredded (6 cups)
dash of organic sea salt and pepper
1 Tablespoon maple syrup
2 Tablespoons white or red wine vinegar
½ cup almonds, chopped

Pork: 300kcal, 37g Protein, 9g Carb, 480mg Sodium, 2g Fiber, 110mg Cholesterol, 13g Fat, 3g Saturated, 4g Sugar, 8% Calcium, 15% Iron

Slaw: 220kcal, 8g Protein, 19g Carb, 190mg Sodium, 6g Fiber, 0mg Cholesterol, 15g Fat, 1.5g Saturated, 8g Sugar, 20% Calcium, 15% Iron



(5) BURGERS

bruschetta sauté

MADE AHEAD

- Reserved veggie rice * from Meal #2
- Cut vegetables: spinach

DIRECTIONS

For burgers

1. Heat an outdoor grill or a stovetop grill pan to medium-high heat.
2. Combine beef, salt, and pepper and make 4 patties.
3. Grill about 3-4 minutes per side depending on preferred doneness (recommended 160°F).
4. Top burgers with bruschetta sauté and serve with veggie rice.

For bruschetta sauté

1. Heat a large non-stick skillet to medium heat and add oil and garlic and sauté for 1 minute.
2. Add tomatoes and spinach and sauté for about 3-4 minutes. Add salt, pepper, basil, and balsamic vinegar and stir to combine. Serve atop burgers.

INGREDIENTS

For burgers

1½ pounds lean ground beef
¼ teaspoon organic sea salt
¼ teaspoon black pepper

Reserved veggie rice *from Meal #2

For bruschetta sauté

1 Tablespoon olive oil
3 cloves garlic, minced
3 tomatoes, diced (2½ cups)
6 ounces spinach, chopped (4 cups)
¼ teaspoon organic sea salt
dash of black pepper
¼ cup chopped basil
2 Tablespoon balsamic vinegar

Burgers topped with Bruschetta Sauté: 380kcal, 28g Protein, 9g Carb, 410mg Sodium, 2g Fiber, 95mg Cholesterol, 25g Fat, 9g Saturated, 4g Sugar, 8% Calcium, 25% Iron

Rice: 190kcal, 6g Protein, 17g Carb, 240mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 7g Sugar, 8% Calcium, 8% Iron