

## PREP GUIDE

### MEAL #1

- Cut vegetables:
  - 1 small yellow onion, minced ( $\frac{3}{4}$  cup)
  - 2 carrots, shredded ( $\frac{2}{3}$  cup)
  - 6 ounces mushrooms, chopped (2 cups)
  - 4 bell peppers, cut in half lengthwise and seeded

### MEAL #2

- Cut vegetables:
  - 2 butternut squash, peeled & cut into cubes (about 10 cups)
  - 1 bunch kale, chopped (6 cups)

### MEAL #3

- 7 cups cooked cauliflower rice prepared according to package directions \* *for the week*
- Cut vegetables:
  - 1 small yellow onion, chopped ( $\frac{3}{4}$  cup)
  - 1 head broccoli, chopped (4 cups)

### MEAL #4

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 bell pepper, diced small (1 cup)
  - 4 ounces mushrooms, chopped (1 $\frac{1}{2}$  cups)
  - $\frac{1}{2}$  bunch kale, chopped (3 cups)

### MEAL #5

- 6 eggs, hardboiled
- Cut vegetables:
  - 1 $\frac{1}{2}$  bunches kale, chopped (9 cups)
  - 4 ounces mushrooms, sliced (1 $\frac{1}{2}$  cups)

### Cauliflower Rice

2 heads cauliflower, florets  
1 yellow onion, chopped (1 cup)  
1 garlic clove  
 $\frac{1}{2}$  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

TURKEY STUFFED PEPPERS

### TUESDAY ②

ROAST SALMON with BUTTERNUT  
SQUASH & KALE

### WEDNESDAY ③

TURKEY BROCCOLI BAKE

### THURSDAY ④

CHICKEN & BACON CHOWDER

### FRIDAY ⑤

KALE COBB SALAD



PALEO December 1, 2017

# Shopping List

(1) Turkey Stuffed Peppers (2) Roast Salmon with Squash & Kale (3) Turkey Broccoli Bake (4) Bacon Chicken Chowder (5) Kale Cobb Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	ground turkey	3 pounds		15
2	salmon fillets	2 pounds		15
4,5	bacon	12 ounces	<i>about 12 slices</i>	5
4,5	chicken breast	2 pounds		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
3,5	cauliflower	2 heads		4
1,3,4	yellow onion	4		4
1	carrots	2		1
1,4,5	mushrooms	1 pound	<i>brown or button</i>	6
1,4	bell peppers	5		5
2,4	butternut squash	2 medium	<i>about 3 pounds each</i>	4
2,4	fresh rosemary	few sprigs	<i>need 3-1/2 teaspoons chopped</i>	1
2,4,5	kale	3 bunches		6
3	broccoli	1 head		2
5	cherry tomatoes	1 cup	<i>1/2 pint</i>	1

Recipe #	Misc	Quantity	Notes	Est Cost *
1,5	eggs	8		4
1	ground almonds	1/4 cup		2
1	crushed tomatoes	1 (15 oz) can		1.5
2	walnuts	1/4 cup		2
3	ghee	3 Tablespoons		2

Fresh 20 Grocery Est \$88.50  
 Cost Per Dinner \$17.70  
 Cost Per Serving \$4.43

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	paprika	
	grapeseed oil		dried oregano	
	coconut oil		herbes de provence	2 teaspoons
	<b>balsamic vinegar*</b>		ground cumin	
	<b>white wine vinegar*</b>		raw organic honey or pure maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium	4 cups (8 fl oz)	organic tomato paste (no sugar or additives)	2 Tablespoons
	fresh garlic	9 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2 teaspoons	raw coconut aminos	1 Tablespoon
	black pepper	1 teaspoon	almond flour	4 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) TURKEY STUFFED PEPPERS

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- Cut vegetables: onion, carrots, mushrooms, bell peppers

### DIRECTIONS

#### *For turkey stuffed peppers*

1. Heat oven to 400°F.
2. Combine all ingredients except tomatoes and peppers.
3. Stuff each pepper half with turkey mixture and put in baking dish.
4. Pour crushed tomatoes over peppers and cover dish with foil.
5. Bake about 25 minutes.

### INGREDIENTS

#### *For turkey stuffed peppers*

- 2 Tablespoons olive oil
  - 1 small yellow onion, minced ( $\frac{3}{4}$  cup)
  - 2 cloves garlic, minced
  - 2 carrots, shredded ( $\frac{2}{3}$  cup)
  - 6 ounces mushrooms, chopped (2 cups)
  - 1½ pounds ground turkey
  - 2 eggs
  - 2 Tablespoons tomato paste
  - 1 Tablespoon maple syrup
  - 1 Tablespoon raw coconut aminos
  - dash of organic sea salt
  - $\frac{1}{4}$  teaspoon black pepper
  - 1 teaspoon Herbes de Provence
  - $\frac{1}{4}$  cup ground almonds
- 
- 1 (15 ounce) can crushed tomatoes
  - 4 bell peppers, cut in half lengthwise and seeded

Turkey Stuffed Peppers: 570kcal, 39g Protein, 31g Carb, 610mg Sodium, 8g Fiber, 230mg Cholesterol, 35g Fat, 8g Saturated, 17g Sugar, 15% Calcium, 30% Iron



## (2) ROAST SALMON with BUTTERNUT & KALE

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- Cut vegetables: butternut, kale

### DIRECTIONS

*For salmon with butternut squash & kale*

1. Heat oven to 400°F.
2. Toss the squash with olive oil, garlic, rosemary, salt, and pepper and put on a baking sheet.
3. Roast for about 20 minutes. Remove from oven and save half the squash for Meal #4.
4. Leave the remaining squash on the baking sheet, toss in the chopped kale, and place salmon fillets on top. Season with salt and pepper.
5. Turn oven down to 375°F.
6. Put pan back in the oven for about 15 minutes until salmon is opaque and flaky.
7. Top with walnuts just before serving.

### INGREDIENTS

*For salmon with butternut squash & kale*

- 2 butternut squash, peeled & cut into cubes (10 cups)
- 3 Tablespoons olive oil
- 3 cloves garlic, minced
- 1 Tablespoon chopped rosemary
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper
- 1 bunch kale, chopped (6 cups)
- 2 pounds salmon fillets
- dash of organic sea salt and pepper
- ¼ cup crushed walnuts

Salmon Butternut Kale: 510kcal, 51g Protein, 21g Carb, 140mg Sodium, 6g Fiber, 125mg Cholesterol, 25g Fat, 3.5g Saturated, 4g Sugar, 25% Calcium, 25% Iron



## (3) TURKEY BROCCOLI BAKE

OVEN TEMPERATURE: Medium Broil

### MADE AHEAD

- 3 cups cooked cauliflower rice \* see prep guide
- Cut vegetables: onion, broccoli

### DIRECTIONS

*For turkey broccoli bake*

1. Heat a large non-stick skillet over medium heat and add oil, onion, and garlic; sauté for 1 minute.
2. Add turkey and cook for 4-5 minutes then add broccoli, salt, and pepper and cook for another 3-4 minutes.
3. Stir in cauliflower rice, then put in a lightly oiled 11x7 or 9x9 baking dish.
4. Combine ghee, almond flour, and Herbes and sprinkle on top.
5. Broil about 5 minutes until topping is golden brown.

### INGREDIENTS

*For turkey broccoli bake*

- 2 Tablespoons olive oil
- 1 small yellow onion, chopped (¾ cup)
- 2 cloves garlic, minced
- 1½ pounds ground turkey
- 1 head broccoli, chopped (4 cups)
- ¼ teaspoon organic sea salt
- dash of black pepper
- 3 cups cooked cauliflower rice
- 3 Tablespoons ghee
- 3 Tablespoons almond flour
- 1 teaspoon Herbes de Provence

Turkey Broccoli Bake: 590kcal, 35g Protein, 18g Carb, 450mg Sodium, 6g Fiber, 165mg Cholesterol, 44g Fat, 14g Saturated, 6g Sugar, 15% Calcium, 20% Iron



## (4) CHICKEN & BACON CHOWDER

### MADE AHEAD

- Roasted butternut squash \* *from Meal #2*
- Cut vegetables: onion, bell pepper, mushrooms, kale

### DIRECTIONS

#### *For chicken & bacon chowder*

1. Heat a large pot over medium heat and add oil, garlic, onion, and bacon. Cook until most of fat has rendered and remove excess grease from pot.
2. Add diced chicken and cook 4-5 minutes or until cooked through.
3. Remove half of the bacon and chicken for Meal #5.
4. Add bell pepper and mushrooms and cook for about 3-4 minutes.
5. Add almond flour and stir for 1-2 minutes then add in broth and bring to a simmer for 2-3 minutes.
6. Add black pepper, rosemary, squash, and kale and bring to a simmer again. Cook until kale is wilted.

### INGREDIENTS

#### *For chicken & bacon chowder*

2 Tablespoons olive oil  
1 garlic clove, minced  
1 yellow onion, diced (1 cup)  
12 ounces bacon, diced (12 slices)  
2 pounds chicken breast, diced  
1 bell pepper, diced small (1 cup)  
4 ounces mushrooms, chopped (1½ cups)  
1 Tablespoon ground almond flour  
4 cups low-sodium chicken broth  
¼ teaspoon black pepper  
½ teaspoon chopped rosemary  
Roasted butternut squash \**from Meal #2*  
½ bunch kale, chopped (3 cups)

Chicken Bacon Chowder: 510kcal, 38g Protein, 28g Carb, 500mg Sodium, 6g Fiber, 85mg Cholesterol, 27g Fat, 1.5g Saturated, 7g Sugar, 15% Calcium, 15% Iron

### MADE AHEAD

- Cooked bacon and chicken *\*from Meal #4*
- 4 cups cooked cauliflower rice *\* see prep guide*
- 6 eggs, hardboiled
- Cut vegetables: kale, mushrooms, tomatoes

### DIRECTIONS

#### *For Cobb Salad*

1. Heat the bacon and chicken if desired.
2. Place chopped kale in a large bowl. Top with rows of mushrooms, tomatoes, cauliflower rice\*, eggs, bacon and chicken (all ingredients can be tossed together if preferred).
3. Top with pantry dressing of choice.

*\* cauliflower rice can also be warmed and served as a side dish*

### INGREDIENTS

#### *For Cobb Salad*

Cooked chicken and bacon *\*from Meal #4*

1½ bunches kale, chopped (9 cups)  
4 ounces mushrooms, sliced (1½ cups)  
1 cup cherry tomatoes, diced  
4 cups cooked cauliflower rice  
6 hardboiled eggs, chopped

Pantry dressing

([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

Kale Cobb Salad: 620kcal, 52g Protein, 28g Carb, 650mg Sodium, 10g Fiber, 375mg Cholesterol, 34g Fat, 3.5g Saturated, 10g Sugar, 30% Calcium, 20% Iron