

PREP GUIDE

MEAL #1

- 3 large sweet potatoes, spiralized into noodles (about 4 cups)

MEAL #2

- Steam broccoli * *see below*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetable:
 - ½ yellow onion, chopped (½ cup)
 - 1 bell pepper, chopped (1 cup)

MEAL #3

- 2 large zucchini, spiralized into zoodles (about 4 cups)
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 1 zucchini, diced (2 cups)
 - 6 ounces mushrooms, quartered (2 cups)

MEAL #4

- Steam broccoli * *see below*
- Cut vegetables:
 - 2 carrots, shredded (¾ cup)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, diced (1 cup)
 - 2 zucchini, diced (4 cups)

Steamed Broccoli (Meals #2 & #4)

2 heads broccoli, florets (8 cups)

Heat pot of salted water to a boil. Add broccoli and cook for about 2-3 minutes, then transfer to a bowl of ice water. Drain well.

MENU

MONDAY ①

PORK CHOPS & APPLES
Sweet Potato Noodles

TUESDAY ②

BAKED HADDOCK
Broccoli

WEDNESDAY ③

CHICKEN CACCIATORE
Zucchini Noodles

THURSDAY ④

CUBAN WRAP
Broccoli Salad

FRIDAY ⑤

HAM & VEGGIE FRITATTA



PALEO December 8, 2017

Shopping List

(1) Pork Chops & Apples (2) Baked Haddock (3) Chicken Cacciatore (4) Cuban Wrap (5) Ham & Veggie Frittata

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	pork chops, boneless	3 pounds	<i>about 1/2" thick</i>	18
2	haddock	2 pounds		16
3	chicken thighs	2 pounds	<i>boneless, skinless</i>	12
4,5	low sodium ham	1-1/4 pounds		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	apples	2	<i>any variety, choose your favorite</i>	1
1	sweet potatoes	3 large	<i>about 1.5 - 2 pounds total</i>	3
2,3,5	yellow onion	3		3
2,3,5	bell pepper	4	<i>any color</i>	4
1	lemon	1		0.5
2,4	broccoli	2 heads		4
3,5	zucchini	5		5
3	mushrooms	6 ounces	<i>brown or button</i>	3
4	collard green leaves	4 large		2
4	carrots	2		1

Recipe #	Misc	Quantity	Notes	Est Cost *
2	cashews	1/2 cup		3
3	crushed tomatoes	1 (15 oz) can		1.5
4	pickle slices	1/2 cup		1
4	raisins	1/4 cup		1
5	eggs	8		4
5	unsweetened almond milk	1/2 cup		1

Fresh 20 Grocery Est \$92.00
 Cost Per Dinner \$18.40
 Cost Per Serving \$4.60

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	dash
	grapeseed oil	1 Tablespoon	dried oregano	1 teaspoon
	coconut oil		herbes de provence	3 teaspoons
	balsamic vinegar*	2 Tablespoons	ground cumin	
	white wine vinegar*		raw organic honey or pure maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium		organic tomato paste (no sugar or additives)	1 Tablespoon
	fresh garlic	6 cloves	Dijon mustard (gluten-free, no sugar added)	4 Tablespoons
	organic sea salt	2 teaspoons	raw coconut aminos	
	black pepper	1-1/2 teaspoons	almond flour	2 Tablespoons
	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) PORK CHOPS & APPLES

sweet potato noodles

MADE AHEAD

- 3 large sweet potatoes, spiralized into noodles (about 4 cups)

DIRECTIONS

For pork chops and apples

1. Combine Herbes, salt, pepper, oil, and garlic. Brush mixture evenly on pork chops.
2. Heat a large skillet over medium heat. Add pork chops and cook about 4 minutes per side or until internal temperature reaches 145°F. Save half for Meal #4, set aside remaining pork chops and keep warm.
3. Put skillet back on heat and add apples and cook for about 2-3 minutes and then stir in maple syrup. Serve over pork chops.

Meanwhile

For sweet potato noodles

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add sweet potato noodles and sauté for about 3-5 minutes until tender; season with salt and pepper.

INGREDIENTS

For pork chops and apples

- 1 teaspoon Herbes de Provence
- ½ teaspoon organic sea salt
- ½ teaspoon black pepper
- 3 Tablespoons olive oil
- 2 cloves garlic, minced
- 3 pounds boneless pork chops, about ½ inch thick
- 2 apples, sliced thin (any variety)
- 1 Tablespoon maple syrup

For sweet potato noodles

- 2 Tablespoons olive oil
- 3 large sweet potatoes, spiralized into noodles (about 4 cups)
- ¼ teaspoon organic sea salt
- dash of black pepper

Pork Chops and Apples: 360kcal, 37g Protein, 14g Carb, 230mg Sodium, 2g Fiber, 115mg Cholesterol, 17g Fat, 5g Saturated, 11g Sugar, 2% Calcium, 6% Iron

Pork Chops and Apples: 140kcal, 2g Protein, 20g Carb, 200mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 4g Sugar, 2% Calcium, 4% Iron



(2) BAKED HADDOCK broccoli

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Steamed broccoli * *see prep guide*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: onion, bell pepper

DIRECTIONS

For baked haddock

1. Heat oven to 400°F.
2. Heat a medium skillet over medium heat and add oil. When oil is hot add onions, bell peppers, and garlic and sauté for about 4-5 minutes until soft.
3. Transfer to a bowl and add salt, pepper, paprika, cayenne, Herbes, Dijon, lemon, and almond flour. Mix gently until well combined.
4. Top each haddock filet with mixture and bake for 5-7 minutes.

For broccoli

1. Toss broccoli with oil, salt, and pepper.
2. Put on a baking sheet in 400° oven and cook for about 5-7 minutes.
3. Toss with lemon juice and cashews before serving.

INGREDIENTS

For baked haddock

2 Tablespoons olive oil
½ yellow onion, chopped (½ cup)
1 bell pepper, chopped (1 cup)
2 cloves garlic, minced
¼ teaspoon organic sea salt
dash of black pepper
dash of paprika
dash of cayenne
¼ teaspoon Herbes de Provence
1½ Tablespoons Dijon mustard
1 Tablespoon lemon zest
2 Tablespoons almond flour
2 pounds of haddock (4 filets)

For broccoli

1¼ heads broccoli, florets, steamed
(5 cups)
2 Tablespoon olive oil
dash of organic sea salt and pepper
3 Tablespoons lemon juice
½ cup cashews, chopped

Baked Haddock: 310kcal, 44g Protein, 7 Carb, 110mg Sodium, 2g Fiber, 110mg Cholesterol, 12g Fat, 2g Saturated, 2g Sugar, 4% Calcium, 4% Iron

Broccoli: 190kcal, 6g Protein, 13g Carb, 110mg Sodium, 4g Fiber, 0mg Cholesterol, 15g Fat, 2,5g Saturated, 3g Sugar, 6% Calcium, 10% Iron



(3) CHICKEN CACCIATORE zucchini noodles

MADE AHEAD

- 2 large zucchini, spiralized into zoodles (about 4 cups)
- Cut vegetables: onion, bell peppers, zucchini, mushrooms

DIRECTIONS

For chicken cacciatore with zoodles

1. Heat a large pot over medium heat and add oil. When oil is hot add chicken, salt, and pepper and cook for 2 minutes.
2. Add onions, bell peppers, zucchini, mushrooms, and garlic and cook for 3-4 minutes.
3. Add Herbes, oregano, tomatoes, tomato paste, vinegar, and water and bring to simmer.
4. Cover and reduce heat to low. Cook about 15 minutes.
5. Serve over warmed zoodles.

INGREDIENTS

For chicken cacciatore

3 Tablespoons olive oil
2 pounds boneless, skinless chicken thighs, cubed
¼ teaspoon organic sea salt
¼ teaspoon black pepper
1 yellow onion, diced (1 cup)
2 bell peppers, diced (2 cups)
1 zucchini, diced (2 cups)
6 ounces mushrooms, quartered (2 cups)
2 cloves garlic, minced
½ teaspoon Herbes de Provence
1 teaspoon oregano
1 (15 ounce) can crushed tomatoes
1 Tablespoon tomato paste
2 Tablespoons balsamic vinegar
¼ cup water

2 large zucchini, spiralized into zoodles (about 4 cups)

Chicken Cacciatore: 450kcal, 48g Protein, 17g Carb, 390mg Sodium, 4g Fiber, 215mg Cholesterol, 20g Fat, 4g Saturated, 10g Sugar, 6% Calcium, 15% Iron

Zoodles: 25kcal, 2g Protein, 5g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 0.5g Fat, 0g Saturated, 4g Sugar, 2% Calcium, 4% Iron



(4) CUBAN WRAPS

broccoli salad

MADE AHEAD

- Pork chops * *from Meal #1*
- Steamed broccoli * *see prep guide*
- Cut vegetables: carrots

DIRECTIONS

For Cuban wraps

1. In a skillet, warm oil over medium-high heat.
2. Warm the pork and ham if desired.
3. Make wraps by layering pork, ham, pickles, and Dijon on the collard greens.
4. Serve with broccoli salad.

For broccoli salad

Toss ingredients together.

INGREDIENTS

For Cuban wraps

- 1 Tablespoon grapeseed oil
- 1½ pounds cooked pork chops, sliced thin **see Meal #1*
- 4 large collard green leaves
- 2 ounces ham, very thinly sliced
- ½ cup pickle slices
- 2 Tablespoon Dijon mustard

For broccoli salad

- ¾ head broccoli, florets, steamed (3 cups)
- ¼ cup raisins
- 2 carrots, shredded (¾ cup)
- dash of black pepper
- 1 Tablespoon maple syrup

Cuban Wrap: 450kcal, 44g Protein, 22g Carb, 810mg Sodium, 2g Fiber, 120mg Cholesterol, 24g Fat, 6g Saturated, 11g Sugar, 4% Calcium, 6% Iron

Broccoli Salad: 70kcal, 2g Protein, 16g Carb, 35mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 4% Iron



(5) HAM & VEGGIE FRITTATA

OVEN TEMPERATURE: 350°F

MADE AHEAD

- Cut vegetables: onion, bell pepper, zucchini

DIRECTIONS

For ham & veggie frittata

1. Heat oven to 350°F.
2. Heat a large non-stick skillet over medium heat and add oil, onion, bell pepper, and zucchini and cook for 3-4 minutes.
3. Add ham and cook 2-3 minutes.
4. Add salt, pepper, Herbes and stir once.
5. Mix eggs and almond milk together then pour in skillet.
6. Let cook about 3-5 minutes then put in oven to finish for about 10 minutes.

INGREDIENTS

For ham & veggie frittata

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 1 bell pepper, diced (1 cup)
- 2 zucchini, diced (4 cups)
- 1 pound low-sodium ham, diced
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- 8 eggs, beaten
- ½ cup almond milk, unsweetened

Frittata: 510kcal, 47g Protein, 10g Carb, 1830mg Sodium, 2g Fiber, 475mg Cholesterol, 29g Fat, 7g Saturated, 5g Sugar, 8% Calcium, 15% Iron