

PREP GUIDE

MEAL #1

- **Marinate tri tip roast up to 24 hours ahead** * see Meal #1
- 1 large spaghetti squash cooked according to directions below (8 cups cooked) *for the week
- 1 lemon, juiced and zested (3 Tablespoons juice, 1 Tablespoon zest) *for the week
- Cut vegetables:
 - ¾ pound brussels sprouts, trimmed and shaved (3 cups)

MEAL #2

- 1 orange, juiced (¼ cup)
- 2" fresh ginger, grated (1 Tablespoon + 1 teaspoon)
- Cut vegetable:
 - 1 large bunch kale, chopped (5 cups)

MEAL #3

- Cut fruit & vegetables:
 - 6 medium beets (3" diameter), peeled and diced (4 cups)
 - 2 oranges, peeled, segments

MEAL #4

- Cut vegetables:
 - 2 bell peppers, chopped (2 cups)
 - 1 bunch scallions, chopped (1 cup)
 - 1 large bunch kale, chopped (5 cups)

MEAL #5

- Cut vegetables:
 - 4 scallions, chopped (½ cup)
 - 1 bell pepper, chopped (1 cup)
 - ¾ pound brussels sprouts, trimmed and sliced thin (3 cups)

Cooked Spaghetti Squash -makes 8 cups

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

1. Heat oven to 400°F.
2. Put squash on baking sheet. Drizzle with olive oil, salt, and pepper. Flip over, cut side down.
3. Roast for about 45 minutes.
4. When cool enough to touch, using a fork, remove the strands from the skin.

MENU

MONDAY ①

GARLIC TRI-TIP
Brussels Sprouts & Spaghetti Squash

TUESDAY ②

ORANGE SALMON
Kale Sauté

WEDNESDAY ③

STEAK
Beets & Sweets

THURSDAY ④

THAI TURKEY

FRIDAY ⑤

KITCHEN SINK HASH



PALEO January 26, 2018

Shopping List

(1) Garlic Tri Tip (2) Orange Salmon (3) Steak (4) Thai Turkey (5) Kitchen Sink Hash

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	tri tip roast	3 pounds		20
2	salmon fillets	2 pounds		20
4	ground turkey	1-1/2 pounds		9
5	ground beef	1 pound		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	spaghetti squash	1 large		3
1,5	rosemary	few sprigs	<i>need 4 teaspoons chopped rosemary</i>	1
1,5	brussels sprouts	1-1/2 pounds		4
1,4	lemon	1		0.5
2,3	oranges	3		1.5
2,4	fresh ginger	2-3"	<i>need 4 teaspoons grated ginger</i>	1.5
2,4	cilantro	1 bunch	<i>need 6 Tablespoons chopped</i>	1.5
2,4	kale	2 large bunches		5
3	beets	6 medium	<i>3" diameter</i>	3
3	sweet potatoes	5	<i>about 2 pounds total</i>	3
4,5	bell peppers	3	<i>any color</i>	3
4,5	scallions	2 bunches	<i>6-8 scallions/bunch</i>	2

Recipe #	Misc	Quantity	Notes	Est Cost *
1	worcestershire sauce	1 Tablespoon	<i>optional</i>	1
1,3	slivered almonds	1 cup		5
4	cashews	1/4 cup		1.5
5	eggs	4		2

Fresh 20 Grocery Est \$92.50
 Cost Per Dinner \$18.50
 Cost Per Serving \$4.63

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	
	grapeseed oil	1/4 cup	dried oregano	
	coconut oil		herbes de provence	
	balsamic vinegar*		ground cumin	
	white wine vinegar*		raw organic honey	2 Tablespoon
	chicken or veggie broth: low sodium		organic tomato paste (no sugar or additives)	
	fresh garlic	8 cloves	Dijon mustard (gluten-free, no sugar added)	1 teaspoon
	organic sea salt	3 teaspoons	raw coconut aminos	1/4 cup
	black pepper	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) GARLIC TRI TIP

brussels sprouts & spaghetti squash

OVEN TEMPERATURE: 425°F

MADE AHEAD

- **Marinate tri tip up to 24 hours ahead**
- 4 cups cooked spaghetti squash strands * *see prep guide*
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: brussels sprouts

DIRECTIONS

For garlic tri tip

1. In a large glass bowl combine olive oil, Worcestershire, mustard, garlic, rosemary, salt, and pepper. Add tri-tip and turn to coat. Cover and refrigerate for up to 24 hours.
2. Heat oven to 425°F.
3. Put marinated tri-tip in a roasting pan.
4. Put in oven for 30-35 minutes, turning once until desired doneness (recommended internal temperature 145°F).
5. Let rest 5-10 minutes. Slice and save half for Meal #3. Serve remaining roast with brussels sprouts & spaghetti squash.

For brussels sprouts & spaghetti squash

1. Heat a large non-stick skillet over medium heat and add oil and brussels sprouts and sauté for about 3-4 minutes.
2. Add spaghetti squash, salt, pepper, and almonds; stir until warm.
3. Top with lemon zest and serve.

INGREDIENTS

For garlic tri tip

- 1 (3 pound) tri tip roast
- 2 Tablespoons olive oil
- 1 Tablespoon Worcestershire sauce, optional
- 1 teaspoon Dijon mustard
- 3 cloves garlic, minced
- 1 Tablespoon chopped rosemary
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper

For brussels sprouts & spaghetti squash

- 2 Tablespoons olive oil
- ¾ pound brussels sprouts, trimmed and shaved (3 cups)
- 4 cups cooked spaghetti squash
- ¼ teaspoon organic sea salt
- dash of black pepper
- ½ cup slivered almonds
- 1 Tablespoon lemon zest

Tri Tip: 300kcal, 35g Protein, 1g Carb, 270mg Sodium, 0g Fiber, 110mg Cholesterol, 17g Fat, 5g Saturated, 0g Sugar, 4% Calcium, 15% Iron

Brussels: 250kcal, 6g Protein, 16g Carb, 280mg Sodium, 6g Fiber, 0mg Cholesterol, 20g Fat, 2.5g Saturated, 5g Sugar, 8% Calcium, 4% Iron



(2) ORANGE SALMON kale sauté

MADE AHEAD

- 1 orange, juiced (¼ cup)
- 1" fresh ginger, grated (1 teaspoon)
- Cut vegetables: kale

DIRECTIONS

For orange salmon

1. Heat a large skillet over medium-high heat and add oil.
2. Add fish to skillet and cook about 2-3 minutes on one side then flip over. In a small bowl, combine orange juice, honey, aminos, ginger, and pepper. Add to pan with salmon and cook another 3-4 minutes until sauce is reduced.
3. Serve over Kale Sauté with cilantro garnish.

For kale sauté

1. Heat a large non-stick skillet over medium heat and add oil and garlic and cook for 1 minute.
2. Add kale and sauté for 2-3 minutes until starting to wilt. Add salt and pepper and stir until heated through.

INGREDIENTS

For orange salmon

2 Tablespoons grapeseed oil
2 pounds salmon fillets
(sub 2 pounds chicken breast)
¼ cup orange juice
2 Tablespoons honey
1½ Tablespoons raw coconut aminos
1 teaspoon grated ginger
dash of black pepper
2 Tablespoons chopped cilantro

For kale sauté

2 Tablespoons olive oil
2 cloves garlic, minced
1 large bunch kale, chopped (5 cups)
dash of organic sea salt and pepper

Salmon: 430kcal, 45g Protein, 12g Carb, 230mg Sodium, 0g Fiber, 125mg Cholesterol, 21g Fat, 3g Saturated, 10g Sugar, 4% Calcium, 10% Iron

Kale: 100kcal, 4g Protein, 8g Carb, 180mg Sodium, 2g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 2g Sugar, 15% Calcium, 6% Iron

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 1½ pounds sliced tri tip * *from Meal #1*
- Cut fruits & vegetables: beets, oranges

DIRECTIONS

For steak, beets & sweets

1. Heat oven to 400°F.
2. Toss beets with half the oil, salt, and pepper.
3. Put on baking sheet and roast 10 minutes.
4. Meanwhile, toss sweet potatoes with remaining oil, salt, and pepper and put on another baking sheet. Put in oven with beets and cook both for another 30 minutes.
5. Save half the beets and sweet potatoes for Meal #5.
6. Serve sliced meat over remaining sweet potatoes and beets and top with almonds and oranges.

INGREDIENTS

For steak, beets & sweets

- 3 Tablespoons olive oil, divided
- ¾ teaspoon organic sea salt, divided
- ½ teaspoon black pepper, divided
- 6 medium beets, peeled & diced (4 cups)
- 5 sweet potatoes, peeled and diced (4½-5 cups)
- 1½ pounds sliced tri tip, warmed
- ½ cup slivered almonds
- 2 oranges, peeled, segmented

Steak, Beets and Sweets: 570kcal, 41g Protein, 39g Carb, 820mg Sodium, 8g Fiber, 110mg Cholesterol, 29g Fat, 7g Saturated, 18g Sugar, 15% Calcium, 25% Iron

MADE AHEAD

- 4 cups cooked spaghetti squash * *see prep guide*
- 1-2" fresh ginger, grated (1 Tablespoon)
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: bell peppers, scallions, kale

DIRECTIONS

For Thai turkey

1. Heat a large skillet over medium heat and add oil.
2. Add ginger and garlic and sauté for 1 minute.
3. Add bell peppers, scallions, and turkey and crumble meat as it cooks.
4. Add kale, aminos, cayenne, and lemon.
5. Add spaghetti squash and stir until warm. Serve garnished with cashews and cilantro.

INGREDIENTS

For Thai turkey

- 2 Tablespoons grapeseed or sesame oil
- 1 Tablespoon grated ginger
- 2 cloves garlic, minced
- 2 bell peppers, chopped (2 cups)
- 1 bunch scallions, chopped (1 cup)
- 1½ pounds ground turkey
- 1 large bunch kale, chopped (5 cups)
- 2 Tablespoons raw coconut aminos
- dash of cayenne
- 3 Tablespoons lemon juice
- 4 cups cooked spaghetti squash * *see prep guide*
- ¼ cup chopped cashews
- ¼ cup chopped cilantro

Thai Turkey: 520kcal, 34g Protein, 23g Carb, 410mg Sodium, 7g Fiber, 135mg Cholesterol, 34g Fat, 7g Saturated, 8g Sugar, 25% Calcium, 25% Iron

MADE AHEAD

- Beets & Sweets * *from Meal #3*
- Cut vegetables: scallions, bell pepper, brussels sprouts

DIRECTIONS

For kitchen sink hash

1. Heat a large non-stick skillet over medium heat and add oil and ground beef.
2. Cook 2-3 minutes, crumbling beef while cooking.
3. Add garlic, scallions, bell pepper, and brussels sprouts and cook for 3-4 minutes.
4. Add beets & sweets, rosemary, salt, and pepper and cook until warmed through.

For eggs

1. Heat oil in large skillet over medium heat.
2. Crack eggs into skillet and cook until desired doneness.
3. Serve over hash.

INGREDIENTS

For kitchen sink hash

- 2 Tablespoons olive oil
- 1 pound ground beef
- 1 clove garlic, minced
- 4 scallions, chopped (½ cup)
- 1 bell pepper, chopped (1 cup)
- ¾ pound brussels sprouts, trimmed & sliced thin (3 cups)
- Beets & sweets * *from Meal #3*
- 1 teaspoon chopped rosemary
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper

For eggs

- 1 Tablespoon olive oil
- 4 eggs

Hash: 510kcal, 26g Protein, 34g Carb, 800mg Sodium, 9g Fiber, 75mg Cholesterol, 30g Fat, 8g Saturated, 12g Sugar, 8% Calcium, 20% Iron

Eggs: 100kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 180mg Cholesterol, 8g Fat, 2g Saturated, 0g Sugar, 2% Calcium, 6% Iron