

PREP GUIDE**MEAL #1**

- Roast acorn squash * *see below*
- Make cauliflower rice (for the week) * *see below*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 4 ounces mushrooms, chopped (1½ cups)

MEAL #2

- 1 lemon, juiced (3 Tablespoons juice)
- Cut vegetable:
 - 1 bunch kale, chopped (4 cups)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 zucchini, shredded (1½ cups)
 - 2 carrots, shredded (⅔ cup)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 4 carrots, diced (2 cups)
 - 4 stalks celery, diced (2 cups)
 - 6 ounces brown mushrooms, quartered (2 cups)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 carrots, shredded (⅔ cup)

Acorn Squash (Meal #1 & #5)

4 large acorn squash, cut in half lengthwise and seeded

Heat oven to 400°F. Brush squash with a drizzle of olive oil and put cut side down on baking sheet for about 45 minutes.

Riced Cauliflower (Meals #1, #3, #5)

2 large heads cauliflower, florets

Place cauliflower florets in a food processor and pulse until roughly rice sized. Refrigerate until needed.

MENU**MONDAY ①**

TURKEY STUFFED SQUASH

TUESDAY ②

SEARED FISH

Sautéed Greens

WEDNESDAY ③

TACO SKILLET

THURSDAY ④

HAM SOUP with AVOCADO

FRIDAY ⑤

HEARTY ACORN SQUASH



PALEO January 5, 2018

Shopping List

(1) Turkey Stuffed Squash (2) Seared Fish (3) Taco Skillet (4) Ham & Avocado Soup (5) Hearty Acorn Squash

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	ground turkey	3 pounds		18
2	fish fillets	2 pounds	<i>your choice</i>	20
4	low sodium ham	1-1/4 pounds		10
5	sausage	1 pound	<i>bulk or links removed from casings</i>	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	acorn squash	4 large		10
1,3,4,5	yellow onion	4		4
1,4	brown mushrooms	2/3 pound		4
1,3	cilantro	1 bunch	<i>need 1/2 cup chopped</i>	1.5
1,3,5	cauliflower	2 large heads		4
2	lemon	1		0.5
2	kale	1 bunch		2
3	zucchini	1		1
3,4,5	carrots	8		2
3,4	avocado	3		3
3	apples	2	<i>any variety</i>	1
4	celery	4 stalks		2
4,5	parsley	1 bunch	<i>need 1/2 cup chopped</i>	1.5

Recipe #	Misc	Quantity	Notes	Est Cost *
2	cashews	3/4 cup		4
2,5	sun dried tomatoes	1 cup		2
3	chili powder	1 teaspoon	<i>optional</i>	0.5

Fresh 20 Grocery Est	\$97.00
Cost Per Dinner	\$19.40
Cost Per Serving	\$4.85

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	paprika	1/4 teaspoon
	grapeseed oil		dried oregano	1/2 teaspoon
	coconut oil		herbes de provence	
	balsamic vinegar*		ground cumin	1 teaspoon
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium	4 cups (32 fl oz)	organic tomato paste (no sugar or additives)	1 Tablespoon
	fresh garlic	10 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	1 teaspoon	raw coconut aminos	2 Tablespoons
	black pepper	1-1/2 teaspoons	almond flour	1 Tablespoon
	cayenne pepper		coconut flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressing

*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 SQUASH

OVEN TEMPERATURE: 350°F

MADE AHEAD

- 2 roasted acorn squash (4 halves) * see prep guide
- 3 cups riced cauliflower *see prep guide
- Cut vegetables: onion, mushrooms

DIRECTIONS

For turkey stuffed squash

1. Heat oven to 350°F.
2. Heat a large skillet over medium heat and add oil, onion, and garlic and sauté for 1-2 minutes.
3. Add turkey and mushrooms; cook 4-5 minutes, crumbling turkey as it cooks.
4. Add coconut aminos, black pepper, and cilantro.
5. Stir in riced cauliflower.
6. Fill the squash halves with turkey/mushroom mixture and bake for 10-15 minutes.

INGREDIENTS

For turkey stuffed squash

- 2 roasted acorn squash (4 halves)
*see prep guide
- 2 Tablespoons olive oil or sesame oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
1½ pounds ground turkey
4 ounces brown mushrooms, chopped
(1½ cups)
2 Tablespoons raw coconut aminos
¼ teaspoon black pepper
3 Tablespoons chopped cilantro
3 cups riced cauliflower * see prep guide

Turkey Stuffed squash: 550kcal, 35g Protein, 39g Carb, 510mg Sodium, 7g Fiber, 135mg Cholesterol, 31g Fat, 7g Saturated, 6g Sugar, 20% Calcium, 25% Iron



(2) SEARED FISH sautéed greens

MADE AHEAD

- 1 lemon, juiced (3 Tablespoons juice)
- Cut vegetables: kale

DIRECTIONS

For seared fish

1. Heat a large skillet over medium-high heat and add oil.
2. Season fish with salt, pepper, and paprika.
3. Place fish in skillet and cook about 2-3 minutes per side until firm and opaque.
4. Drizzle cooked fish with lemon juice and serve with sautéed greens.

For sautéed greens

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

INGREDIENTS

For seared fish

2 Tablespoons olive oil
2 pounds fish fillets (your choice)
dash of salt and pepper
dash of paprika
3 Tablespoons lemon juice

For sautéed greens

2 Tablespoons olive oil
2 cloves garlic, minced
1 bunch kale, chopped (4 cups)
 $\frac{3}{4}$ cup whole cashews
 $\frac{1}{2}$ cup sun-dried tomatoes, chopped *
dash of organic sea salt and pepper
 $\frac{1}{2}$ teaspoon oregano

* to rehydrate sundried tomatoes, place in a glass bowl and cover with very hot water. Let soak 10 minutes, drain, and chop.

Seared Fish: 270kcal, 42g Protein, 0g Carb, 150mg Sodium, 0g Fiber, 110mg Cholesterol, 10g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 2% Iron

Sautéed Greens: 250kcal, 8g Protein, 17g Carb, 45mg Sodium, 4g Fiber, 0mg Cholesterol, 19g Fat, 3g Saturated, 5g Sugar, 10% Calcium, 15% Iron



(3) TACO SKILLET

MADE AHEAD

- 2 cups cooked cauliflower rice * see prep guide
- Cut vegetables: onion, zucchini, carrots

DIRECTIONS

For taco skillet

1. Heat a large skillet over medium heat and add oil.
2. When oil is hot add onions and garlic and cook for 1 minute.
3. Add turkey and crumble while cooking, about 4-5 minutes.
4. Add zucchini, carrots, salt, pepper, cumin, and chili powder and cook for 2-3 minutes.
5. Add cauliflower rice and cilantro and stir to warm through.
6. Garnish with avocado and serve with a side of apples.

INGREDIENTS

For taco skillet

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
1½ pounds ground turkey
1 zucchini, shredded (1½ cups)
2 carrots, shredded (½ cup)
¼ teaspoon organic salt
¼ teaspoon black pepper
1 teaspoon cumin
1 teaspoon chili powder, optional
2 cups cooked cauliflower rice * see prep guide
¼ cup chopped cilantro
1 avocado, diced

2 apples, sliced

Taco skillet: 520kcal, 33g Protein, 17g Carb, 380mg Sodium, 7g Fiber, 135mg Cholesterol, 37g Fat, 8g Saturated, 6g Sugar, 10% Calcium, 20% Iron

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



(4) HAM SOUP with AVOCADO

MADE AHEAD

- Cut vegetables: onions, carrots, celery, mushrooms

DIRECTIONS

For ham soup with avocado

1. Heat a large pot over medium heat and add oil.
2. When oil is hot add onions and garlic and cook for 1-2 minutes.
3. Add carrots, celery, and mushrooms and cook for 2-3 minutes.
4. Add tomato paste, pepper, and flour and cook for 1 minute.
5. Add ham and broth and bring to a simmer for 5 minutes.
6. Garnish with parsley; avocado can be served on the side or chopped and served on top of soup.

INGREDIENTS

For ham soup with avocado

1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
4 carrots, diced (2 cups)
4 stalks celery, diced (2 cups)
6 ounces brown mushrooms, quartered (2 cups)
1 Tablespoon tomato paste
¼ teaspoon black pepper
1 Tablespoon almond flour
1½ pounds of low sodium ham, chopped
4 cups low-sodium chicken broth
3 Tablespoons chopped parsley

2 avocados, sliced

Ham Soup with Avocado: 500kcal, 39g Protein, 26g Carb, 1560mg Sodium, 11g Fiber, 80mg Cholesterol, 28g Fat, 6g Saturated, 7g Sugar, 10% Calcium, 20% Iron



(5) HEARTY ACORN SQUASH

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 2 roasted acorn squash (4 halves) * see prep guide
- 3 cups cooked cauliflower rice * see prep guide
- Cut vegetables: onion, carrots

DIRECTIONS

For hearty acorn squash

1. Heat oven to 400°F.
2. Heat a large non-stick skillet over medium heat and add oil and sausage.
3. Brown sausage 2-3 minutes, crumbling while cooking.
4. Add onion, garlic, and carrots and cook for 3-4 minutes.
5. Add salt, pepper, tomatoes, and cauliflower rice. Turn off heat.
6. Stir in parsley and fill squash halves with mixture. See Kitchen Note.
7. Put in oven for 5-10 minutes to warm through.

Kitchen Note:

If you prefer, heat cauliflower rice but do not add to pan. Remove roasted squash from skin and cube, add to pan in step 5 and stir to heat through. Serve sausage/squash mixture over warm cauliflower rice.

INGREDIENTS

For hearty acorn squash

- 2 Tablespoons olive oil
 - 1 pound sausage, casings removed
 - 1 yellow onion, diced (1 cup)
 - 2 cloves garlic, minced
 - 2 carrots, shredded ($\frac{3}{4}$ cup)
 - $\frac{1}{4}$ teaspoon organic sea salt
 - dash of black pepper
 - $\frac{1}{2}$ cup sun-dried tomatoes, chopped *
 - 3 cups cooked cauliflower rice * see prep guide
 - $\frac{1}{4}$ cup chopped parsley
 - 2 roasted acorn squash (4 halves)
- * see prep guide

** to rehydrate sundried tomatoes, place in a glass bowl and cover with very hot water. Let soak 10 minutes, drain, and chop.*

Hearty acorn squash: 540kcal, 19g Protein, 43g Carb, 1070mg Sodium, 10g Fiber, 60mg Cholesterol, 34g Fat, 11g Saturated, 9g Sugar, 15% Calcium, 15% Iron