

## PREP GUIDE

### MEAL #1

- 8 cups cooked cauliflower rice prepared according to prep guide directions *\* for the week*
- 4 limes, zested (8 Tablespoons juice, 4 teaspoons zest) *\* for the week*
- 3" fresh ginger, grated (3 Tablespoons) *\* for the week*
- Cut vegetables:
  - 2 carrots, shredded, ( $\frac{2}{3}$  cup)
  - $\frac{1}{2}$  yellow onion, chopped ( $\frac{1}{2}$  cup)
  - 2 bell peppers, diced small (2 cups)
  - $\frac{1}{2}$  bunch kale, chopped (2 cups)

### MEAL #2

- Cut vegetables:
  - 1 head broccoli, florets (4 cups)

### MEAL #3

- 1 butternut squash, roasted, see below *\*for the week*
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 bell pepper, diced (1 cup)

### MEAL #4

- Cut vegetables:
  - $\frac{1}{2}$  yellow onion, chopped ( $\frac{1}{2}$  cup)
  - 3 carrots, shredded (1 cup)
  - 2 bell peppers, sliced thin (2 cups)

### MEAL #5

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 carrots, diced (1 cup)
  - 2 bell peppers, diced (2 cups)
  - $\frac{1}{2}$  bunch kale, chopped (2 cups)

### Roasted Butternut Squash (Meals #3 & 5)

1 medium butternut squash, peeled, seeds removed, cubed (5 cups)  
 1 Tablespoon olive oil  
 $\frac{1}{2}$  teaspoon each kosher salt & black pepper

Heat oven to 400°F. Toss squash with oil, salt, and pepper and put on a baking sheet. Bake about 20 minutes until tender.

## MENU

### MONDAY ①

TURKEY CURRY MEATBALLS  
 Pepper 'Rice'

### TUESDAY ②

FISH & BROCCOLI PESTO

### WEDNESDAY ③

HAM & BUTTERNUT STIR-FRY

### THURSDAY ④

LETTUCE WRAPS

### FRIDAY ⑤

CHICKEN CURRY

### Cauliflower Rice

2 heads cauliflower, florets  
 1 yellow onion, chopped  
 1 garlic clove, minced  
 $\frac{1}{2}$  teaspoon 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. Sauté approximately 5 minutes or until golden brown.



PALEO February 2, 2018

# Shopping List

(1) Turkey Curry Meatballs (2) Fish & Broccoli Pesto (3) Ham & Butternut Stir Fry (4) Lettuce Wraps (5) Chicken Curry

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	ground turkey	4 pounds		20
2	fish fillets	2 pounds		10
3	ham	1-1/4 pounds		10
5	ground chicken	1-1/2 pounds	optional - can use additional ground turkey	7.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
3,5	butternut squash	1 medium		2.5
1,3,5	cauliflower	2 heads		4
1,3,4,5	yellow onion	4		4
1,4,5	carrots	7		2
1,4,5	cilantro	1 bunch		1.5
1,2,3	basil	1 bunch		1.5
1,4,5	fresh ginger	2-3"	need 3 Tablespoons grated	2
1,2,4	lime	4-5		2.5
1,3,4,5	bell peppers	7	any color	7
1,5	kale	1 bunch		2
2	broccoli	1 head		2
4	butter or bibb lettuce	1 head		2
4	avocado	1		1

Recipe #	Misc	Quantity	Notes	Est Cost *
1,5	light coconut milk	2 (14 oz) cans		4
1,5	red curry paste	1/4 cup		2
2,3	cashews	1-1/4 cups		6
5	diced tomatoes	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$95.00  
 Cost Per Dinner \$19.00  
 Cost Per Serving \$4.75

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	
	grapeseed oil	2 Tablespoons	dried oregano	
	coconut oil		herbes de provence	
	<b>balsamic vinegar*</b>		ground cumin	1 teaspoon
	<b>white wine vinegar*</b>	1 Tablespoon	raw organic honey	
	chicken or veggie broth: low sodium	1/2 cup (4 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	14 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2 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](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 CURRY MEATBALLS

pepper rice

OVEN TEMPERATURE: 375°F

## MADE AHEAD

- 3 cups cooked cauliflower rice \* see prep guide
- 1-2" fresh ginger, grated (1 Tablespoon)
- 3 limes, juiced (6 Tablespoons)
- Cut vegetables: carrots, onion, bell peppers, kale

## DIRECTIONS

### *For turkey curry meatballs*

1. Heat oven to 375°F.
2. Combine all ingredients and shape into golf ball size meatballs and place on a baking sheet.
3. Cook 15 minutes then turn over and cook another 10 minutes.
4. Save half the meatballs for Meal #4.
5. While meatballs are cooking combine sauce ingredients and simmer for 10 minutes. Save half the sauce for Meal #4.
6. Serve remaining meatballs and sauce over pepper rice.

### Meanwhile

### *For pepper rice*

1. Heat a large non-stick skillet over medium heat and add oil and garlic and sauté for 1 minute.
2. Add bell pepper, kale, salt, and pepper and cook for about 3 minutes.
3. Add in cauliflower rice and stir until heated through.

## INGREDIENTS

### *For turkey curry meatballs*

2 carrots, shredded (¾ cup)  
½ yellow onion, chopped (½ cup)  
3 Tablespoons chopped cilantro  
4 Tablespoons chopped basil  
2 Tablespoons raw coconut aminos  
1 Tablespoon grated ginger  
2 cloves garlic, minced  
1 teaspoon cumin  
dash of cayenne  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper  
4 pounds ground turkey

### *For coconut curry sauce*

1 (14 oz) can light coconut milk  
2 Tablespoons red curry paste  
6 Tablespoons lime juice  
2 cloves garlic, minced

### *For pepper rice*

2 Tablespoons olive oil  
1 clove garlic, minced  
2 bell peppers, diced small (2 cups)  
½ bunch kale, chopped (2 cups)  
dash of salt and pepper  
3 cups cooked cauliflower rice

Meatballs: 320kcal, 29g Protein, 3g Carb, 260mg Sodium, 1g Fiber, 135mg Cholesterol, 21g Fat, 5g Saturated, 1g Sugar, 8% Calcium, 15% Iron

Sauce: 45kcal, 0g Protein, 5g Carb, 15mg Sodium, 1g Fiber, 0mg Cholesterol, 3g Fat, 2g Saturated, 2g Sugar, 2% Calcium, 2% Iron

Rice: 140kcal, 5g Protein, 14g Carb, 340mg Sodium, 5g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 6g Sugar, 10% Calcium, 8% Iron



## (2) FISH & BROCCOLI PESTO

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- 1 lime, zested (2 teaspoons)
- Cut vegetables: broccoli

### DIRECTIONS

#### *For fish & broccoli pesto*

1. Heat oven to 400°F.
2. Combine oil, salt, pepper, garlic, and lime zest.
3. Place fish and broccoli on a baking sheet and drizzle with oil mixture.
4. Cook for about 15-20 minutes until broccoli is tender and fish is opaque and flaky.
5. Meanwhile, puree pesto ingredients.
6. Serve pesto over fish garnished with crushed cashews.

### INGREDIENTS

#### *For fish & broccoli*

3 Tablespoons olive oil  
¼ teaspoon organic sea salt  
dash of black pepper  
1 clove garlic, minced  
2 teaspoons lime zest  
1 head broccoli, florets (4 cups)  
2 pounds fish fillets (sub 2 pounds  
chicken breast)

#### *For pesto*

2 Tablespoons olive oil  
3 Tablespoons chopped basil  
2 Tablespoons cashews  
dash of salt and pepper  
1 Tablespoon white vinegar

½ cup crushed cashews

Fish: 420kcal, 47g Protein, 11g Carb, 330mg Sodium, 3g Fiber, 110mg Cholesterol, 22g Fat, 3.5g Saturated, 2g Sugar, 6% Calcium, 10% Iron

Pesto: 80kcal, 1g Protein, 1g Carb, 150mg Sodium, 0g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 0g Sugar, 0% Calcium, 2% Iron



## (3) HAM & BUTTERNUT STIR-FRY

### MADE AHEAD

- 3 cups cooked cauliflower rice \* *see prep guide*
- ½ roasted butternut squash (2½ cups) \* *see prep guide*
- Cut vegetables: onion, bell pepper

### DIRECTIONS

#### *For ham & butternut stir fry*

1. Heat a large non-stick skillet over medium heat and add oil, onions, and garlic and sauté for 2 minutes.
2. Add ham and bell pepper and cook for 2 minutes.
3. Add squash, black pepper, broth, and cauliflower rice and stir until heated through.
4. Remove from heat and stir in basil and cashews.

### INGREDIENTS

#### *For ham & butternut stir fry*

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1¼ pounds ham, diced
- 1 bell pepper, diced (1 cup)
- ½ roasted butternut squash (2½ cups)  
\* *see prep guide*
- ¼ teaspoon black pepper
- ½ cup low-sodium chicken broth
- 3 cups cooked cauliflower rice
- ¼ cup chopped basil
- ½ cup cashews

Stir Fry: 520kcal, 39g Protein, 31g Carb, 1570mg Sodium, 7g Fiber, 80mg Cholesterol, 29g Fat, 7g Saturated, 9g Sugar, 10% Calcium, 25% Iron

### MADE AHEAD

- 1½ pounds cooked turkey meatballs \* *from Meal #1*
- Coconut curry sauce \* *from Meal #1*
- 1lime, zested and juiced (2 Tablespoons juice, 2 teaspoons zest)
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, bell pepper, carrots

### DIRECTIONS

#### *For lettuce wraps*

1. Heat a large non-stick skillet over medium heat and add oil, onions, garlic, and ginger and sauté for 1 minute.
2. Add coconut aminos, pepper, and meatballs and cook 2-3 minutes.
3. Add lime and cilantro.
4. Serve in lettuce leaves with bell peppers, carrots, avocado, and coconut curry sauce on top.

### INGREDIENTS

#### *For lettuce wraps*

2 Tablespoons grapeseed or sesame oil  
½ yellow onion, chopped (½ cup)  
2 cloves garlic, minced  
1 Tablespoon grated ginger  
2 Tablespoons raw coconut aminos  
dash of black pepper  
1½ pounds meatballs, crumbled \* *from Meal #1*  
2 Tablespoons lime juice  
2 teaspoons lime zest  
¼ cup chopped cilantro  
1 head butter or Bibb lettuce, separated into large leaves  
3 carrots, shredded (1 cup)  
2 bell peppers, sliced thin (2 cups)  
1 avocado, sliced

Coconut curry sauce \* *from Meal #1*

Lettuce Wraps: 520kcal, 32g Protein, 20g Carb, 460mg Sodium, 7g Fiber, 135mg Cholesterol, 36g Fat, 8g Saturated, 6g Sugar, 10% Calcium, 20% Iron

## MADE AHEAD

- 2 cups cooked cauliflower rice \* *see prep guide*
- ½ roasted butternut squash (2½ cups) \* *see prep guide*
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, carrot, bell pepper, kale

## DIRECTIONS

### *For chicken curry*

1. Heat a large pot over medium heat and add oil and curry paste and sauté for 1 minute.
2. Add ground chicken and cook 2-3 minutes, crumbling while cooking.
3. Add onion, carrots, garlic, ginger, and bell pepper and cook for 4-5 minutes.
4. Add salt, pepper, coconut milk, tomatoes, and butternut squash and bring to a simmer for 5 minutes.
5. Stir in kale.
6. Serve over cauliflower rice with cilantro.

## INGREDIENTS

### *For chicken curry*

2 Tablespoon olive oil  
2 Tablespoons red curry paste (to your liking)  
1½ pounds ground chicken  
1 yellow onion, diced (1 cup)  
2 carrots, diced (1 cup)  
3 cloves garlic, minced  
1 Tablespoon grated ginger  
2 bell peppers, diced (2 cups)  
¼ teaspoon organic sea salt  
dash of black pepper  
1 (14 oz) can light coconut milk  
1 (15 oz) can diced tomatoes  
½ roasted butternut squash \* *see prep guide*  
½ bunch kale, chopped (2 cups)  
¼ cup chopped cilantro

2 cups cooked cauliflower rice, warmed

Chicken Curry: 510kcal, 35g Protein, 37g Carb, 570mg Sodium, 10g Fiber, 145mg Cholesterol, 27g Fat, 9g Saturated, 13g Sugar, 20% Calcium, 20% Iron

Rice: 70kcal, 3g Protein, 10g Carb, 240mg Sodium, 3g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 4g Sugar, 4% Calcium, 4% Iron