

## PALEO Weekly Prep Guide

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### VEGETABLES

- 3" piece of fresh ginger, peeled
- 15 green onions, diced
- 1 large bunch kale, washed, dried, left as whole leaves
- 1 pound green beans, trimmed and cut into 1" pieces (3 cups)
- 1 bell pepper, any color, chopped (1 cup)
- 2 yellow squash, ends removed and sliced lengthwise into ½" thick strips
- 2 large zucchini, spiralized into zoodles (6 cups)

### FRUITS

- 5-6 limes, juiced (10½ Tablespoons juice)
- ½ pineapple, a few slices for garnish and the rest chopped into chunks
- ½ pineapple (2 cups), blended into a puree

### MISC.

- Make cauliflower rice (MONDAY)
- Marinate ribs up to 24 hours ahead (MONDAY)
- 3 cooked chicken breasts (FRIDAY) \* *see below*

### CHICKEN FOR TROPICAL SALAD (FRIDAY)

3 chicken breasts, boneless, skinless, cut in half (1½ pounds)  
4 cups water  
1 teaspoon organic sea salt

In a deep sauté pan bring water and salt to a simmer. Add chicken and cook 12 minutes or until no longer pink. Cool. Store in an airtight container for Friday.

*the* **FRESH 20**

**MARCH 30, 2018**

#### **MONDAY**

Korean Style Short Ribs  
Crispy Kale & Toasted Almond  
Cauliflower Rice

#### **TUESDAY**

Hot Scallion Salmon  
Green Beans & Squash

#### **WEDNESDAY**

Pineapple Citrus Chicken  
Toasted Almond Cauliflower  
Rice & Sautéed Bananas

#### **THURSDAY**

Easy Asian Zoodle Bowl  
Pear Salad

#### **FRIDAY**

Tropical Chicken  
Toasted Almond Cauliflower  
Rice & Arugula Salad

# Shopping List

*the* **FRESH 20**

(1) Korean Style Short Ribs (2) Hot Scallion Salmon (3) Pineapple Citrus Chicken (4) Easy Asian Zoodle Bowl, Tropical Chicken

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
3,5	chicken breast	3 pounds	<i>boneless, skinless</i>	15
1	beef short ribs	1-1/2 pounds	<i>cross cut into 1" thick Korean style ribs</i>	15
2	salmon	1-1/2 pounds		15
4	beef flank steak	1-1/2 pounds		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,4	green onion	15		2
1	kale	1 large bunch		2
1,3,5	cauliflower	3 heads		6
2,4	fresh ginger	3" piece		1.5
2	fresh green beans	1 pound		2
2,5	bell pepper	2	<i>any color</i>	2
2	yellow squash	2		2
3,5	pineapple	1 sm/medium		2.5
3,4,5	limes	6		3
3	bananas	2 medium		1.5
4	zucchini	2 large		2
4	pears	2		1
4,5	arugula	8 ounces	<i>need about 8 cups total</i>	3
5	avocado	2		2

Recipe #	Misc	Quantity	Notes	Est Cost *
1	sliced almonds	1/2 cup		2.5
2	nutritional yeast	2 Tablespoons		2
3	ghee	1 Tablespoon	optional, can use grapeseed oil	1
4	chili powder	1/8 teaspoon	<i>optional, can omit</i>	0.5

Fresh 20 Grocery Est \$91.50  
 Cost Per Dinner \$18.30  
 Cost Per Serving \$4.58

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

**KOREAN STYLE SHORT RIBS with Crispy Kale & Toasted Almond Cauliflower Rice**

MONDAY PREP

- Marinate ribs 2 hours up to 24 hours
- Make cauliflower rice
- 4 green onions, diced (½ cup)
- 1 large bunch kale, washed & dried, left as whole leaves
- 3 heads of cauliflower, florets
- 1 yellow onion, chopped (1 cup)

**For short ribs**

- ¼ cup raw coconut aminos
- 2 Tablespoons maple syrup
- 2 Tablespoons grapeseed or sesame oil
- 4 green onions, diced (½ cup)
- 3 cloves garlic, minced or pressed
- 1 Tablespoon extra-virgin olive oil
- 2 Tablespoons white wine or rice vinegar
- 1½ pounds beef short ribs cross cut into 1" thick slabs Korean style (ask butcher to cut)
- ¾ cup low sodium chicken or vegetable broth

*Quick Tip:*

*Start the ribs. While they are simmering, prepare kale. Once kale is in oven, start cauliflower rice*

1. Combine marinade ingredients (raw coconut aminos through vinegar) in a large non-aluminum (reactive) container.
2. Add ribs to marinade and coat well. Seal container and marinate at least 2 hours and up to 24 hours.
3. Remove ribs from marinade, reserving liquid. Arrange ribs in large sauté pan (with lid) over medium-high heat and sear for 4 minutes each side.
4. Pour remaining marinade and broth into sauté pan with ribs and cover with lid. Reduce heat to medium-low and cook for 15 minutes.
5. Remove lid and cook uncovered for 5 minutes. The liquid will reduce down. Remove ribs and place on a platter or in a serving dish. Loosely cover with foil. Pour remaining sauce in a bowl to serve alongside.

**For kale**

- 1 large bunch kale, washed & dried, left as whole leaves
- 1 Tablespoon extra-virgin olive oil
- dash of organic sea salt

1. Preheat oven to 400°F.
2. Line a large baking sheet with parchment paper or generously grease with olive oil.
3. Arrange kale on the baking sheet making sure to not overlap leaves too much. Brush with olive oil and sprinkle with salt. Bake for 10 minutes. Kale will become crispy. Gently move to serving dish. Kale crisps are best when picked up and eaten straight off the stem.

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(1) MONDAY

**KOREAN STYLE SHORT RIBS with Crispy Kale & Toasted Almond Cauliflower Rice**

***For Toasted Almond Cauliflower Rice***

3 heads of cauliflower, florets  
4 green onions, diced  
1 garlic clove, peeled  
½ teaspoon organic sea salt  
3 Tablespoons extra virgin olive oil  
½ cup toasted sliced almonds

1. In a food processor blend all ingredients, aside from 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.
3. Reserve 8 cups for Wednesday and Friday.
4. Garnish with toasted almonds.

Serving Size: 5oz ribs, ¼ cup kale, 1 cup cauliflower rice

Ribs: 350kcal, 32g protein, 10g carb, 750mg sodium, 0g fiber, 85mg cholesterol, 20g fat, 5g sat fat, 8g sugar, 3%DV calcium, 20%DV iron

Kale: 60kcal, 3g protein, 6g carb, 75mg sodium, 2g fiber, 0mg cholesterol, 4g fat, .5g sat fat, 1.5g sugar, 10%DV calcium, 6%DV calcium

Cauli Rice: 120kcal, 5g protein, 15g carb, 125mg sodium, 5g fiber, 0mg cholesterol, 6g fat, 0g.5 sat fat, 8g sugar, 6%DV calcium, 6%DV iron

(2) TUESDAY

**HOT SCALLION SALMON with Green Beans & Squash**

TUESDAY PREP

- 3 green onions, diced (heaping  $\frac{1}{3}$  cup)
- 2" piece of fresh ginger, peeled and sliced
- 1 pound green beans, trimmed and cut into 1" pieces (3 cups)
- 1 bell pepper, any color, chopped (1 cup)
- 2 yellow squash, ends removed and sliced lengthwise into  $\frac{1}{2}$ " thick strips

***For salmon***

3 Tablespoons extra virgin olive oil, divided  
1½ pounds fresh salmon fillets (sub 1½ pounds thin chicken breasts)  
 $\frac{1}{4}$  teaspoon organic sea salt  
 $\frac{1}{2}$  teaspoon black pepper  
3 green onions, diced (heaping  $\frac{1}{3}$  cup)  
2" piece of fresh ginger, peeled and sliced  
dash of organic sea salt

1. Rinse and pat dry salmon filets. Combine salt and pepper and rub onto salmon. Heat 1 Tablespoon olive oil in a large skillet over high heat. Place salmon skin side down in the skillet and cook 5-7 minutes.
2. Heat 2 Tablespoons olive oil in small sauce pot until very hot. Carefully add green onion, salt, and ginger. Simmer for 3-4 minutes or until fragrant.
3. Check salmon to make sure that the bottom half is pale pink. Reduce heat to medium.
4. Pour hot fragrant oil over salmon. Fish continues to cook as it cools down, so take it off heat a little before you think you should. You can remove any large pieces of ginger and discard.

***For green beans***

2 Tablespoons white wine or rice vinegar  
1 Tablespoon maple syrup  
1 Tablespoon extra virgin olive oil  
 $\frac{1}{4}$  teaspoon organic sea salt  
1 pound green beans, trimmed and cut into 1" pieces (3 cups)  
1 bell pepper, any color, chopped (1 cup)

Steam or boil green beans for 5 minutes.

Whisk vinegar, maple syrup, oil, and salt in a medium bowl until well combined. Add beans and bell peppers to coat. Chill until ready to serve. Can be made ahead of time and stored up to 2 days.  
Save any leftover salad for Friday.

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(2) TUESDAY

**HOT SCALLION SALMON with Green Beans & Squash**

***For squash***

2 yellow squash, ends removed and sliced lengthwise into ½" thick strips

2 Tablespoon extra virgin olive oil

dash of organic sea salt

¼ teaspoon black pepper

2 Tablespoons nutritional yeast

1. Preheat oven to 350°F.
2. Arrange the squash on a large baking sheet that has been lightly oiled. Drizzle with olive oil and sprinkle with salt; bake for 7 minutes.
3. Flip over, sprinkle with black pepper and nutritional yeast. Bake another 5 minutes or until golden brown.

Serving Size: 6 oz salmon, ¼ cup bean salad, ¼ cup squash

Salmon: 330kcal, 34g protein, 0g carb, 220mg sodium, 0g fiber, 95mg cholesterol, 21g fat, 3g sat fat, 0g sugar, 2%DV calcium, 8%DV iron

Salad: 80kcal, 2g protein, 12g carb, 150mg sodium, 5g fiber, 0mg cholesterol, 3.5g fat, 0.5g sat fat, 7g sugar, 6%DV calcium, 4%DV iron

Squash: 80kcal, 3g protein, 3g carb, 150mg sodium, 1g fiber, 0mg cholesterol, 7g fat, 1g sat fat, 2g sugar, 0%DV calcium, 2%DV iron

(3) WEDNESDAY

**PINEAPPLE CITRUS CHICKEN WITH Toasted Almond Cauliflower Rice & Sautéed Bananas**

WEDNESDAY PREP

- ½ pineapple, a few slices for garnish and the rest chopped into chunks for marinade
- 4 limes, juiced (½ cup juice)

***For pineapple chicken***

½ pineapple, a few slices for garnish and the rest chopped into chunks for marinade

4 limes, juiced (½ cup juice)

2 cloves garlic, minced

¼ teaspoon ground cumin

½ teaspoon dried oregano

dash of organic sea salt

3 chicken breasts, boneless, skinless (1½ pounds)

2 Tablespoon extra virgin olive oil

¼ teaspoon organic sea salt

½ teaspoon black pepper

1. In a blender, process pineapple chunks with garlic, cumin, lime juice, oregano, and salt until smooth. Set aside. Reserve ¼ cup of marinade for Arugula Salad on Friday.
2. Season chicken with salt and pepper. Heat oil in a skillet over medium heat.
3. When oil is hot add chicken and cook 4-5 minutes. Turn chicken and drizzle with pineapple marinade.
4. Cook on second side for 4-5 minutes depending on thickness. Internal temperature should be 165°F. Remove from heat and let rest 5 minutes before slicing (juices should run clear). Serve with remaining pineapple marinade/sauce on the side and garnish with reserved pineapple. *Note: You can marinate the chicken if you have time, if not just cook it on the stovetop and serve pineapple marinade on the side. NEVER consume marinating liquid that has been in contact with raw chicken!!*

***For toasted almond cauliflower rice***

4 cups toasted almond cauliflower rice (from Monday)

Warm through.

***For bananas***

2 medium ripe bananas, peeled & cut in half lengthwise and then cut in half (should yield 8 pieces)

1 Tablespoon ghee (can sub grapeseed oil)

Melt ghee in a sauté pan over medium heat. Arrange bananas in a single layer and sauté for 3 minutes, depending on how soft you like them. Serve immediately.

Serving Size: 6 ounces prepared chicken, 1 cup cauliflower rice, ½ sautéed bananas

Chicken: 300kcal, 39g protein, 8g carb, 220mg sodium, 1g fiber, 125mg cholesterol, 12g fat, 2g sat fat, 4g sugar, 2%DV calcium, 4%DV iron

Cauli Rice: 120kcal, 5g protein, 15g carb, 125mg sodium, 5g fiber, 0mg cholesterol, 6g fat, 0g.5 sat fat, 8g sugar, 6%DV calcium, 6%DV iron

Bananas: 80kcal, 1g protein, 14g carb, 0mg sodium, 2g fiber, 8mg cholesterol, 3g fat, 2g sat fat, 7g sugar, 0%DV calcium, 1%DV iron

(4) THURSDAY  
**EASY ASIAN ZOODLE BOWL with Pear Salad**

THURSDAY PREP

- 1" minced peeled fresh ginger (1 Tablespoon)
- 2 large zucchini, spiralized into zoodles (6 cups)
- 4 green onions, diced (½ cup)
- 1 lime, juiced (2 Tablespoons juice)

***For zoodle bowl***

3 Tablespoons extra virgin olive oil  
1½ pounds flank steak, sliced thin  
2 Tablespoons raw coconut aminos  
2 Tablespoons white wine or rice vinegar  
1" minced peeled fresh ginger (1 Tablespoon)  
⅛ teaspoon red chili powder, optional  
2 large zucchini, spiralized into zoodles (6 cups)  
4 green onions, diced (½ cup)

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add steak sauté for 1 minute.
3. In a small bowl, whisk together aminos, vinegar, ginger, and chili powder and pour over steak.
4. Add zoodles and cook for 3-4 minutes until cooked through.
5. Stir until heated through and garnish with green onions.

***For pear salad***

1 Tablespoon honey or maple syrup  
1 lime, juiced (2 Tablespoons juice)  
2 pears, cored and sliced  
4 ounces arugula, washed & chopped (4 cups)

Combine lime juice and honey. Arrange arugula on a plate, top with pears, and drizzle with dressing.

Serving Size: 1 prepared bowl with 6 oz prepared steak & 1 cup pear salad

Noodles: 400kcal, 38g protein, 7g carbs, 270mg sodium, 1g fiber, 110mg cholesterol, 23g fat, 7g sat fat, 4g sugar, 6%DV calcium, 20%DV iron

Pear Salad: 90kcal, 1g protein, 23g carb, 12mg sodium, 4g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 15g sugar, 3%DV calcium, 3%DV iron

(5) FRIDAY

**TROPICAL CHICKEN with Toasted Almond Cauliflower Rice & Arugula Salad**

FRIDAY PREP

- 3 cooked chicken breasts, shredded \* *see prep guide*
- ½ pineapple (2 cups), blended into a puree
- 1 teaspoon lime juice
- 1 bell pepper, sliced (1 cup)

***For tropical chicken***

3 cooked chicken breasts, shredded \* *see prep guide*

½ pineapple (2 cups), blended into a puree

2 Tablespoons balsamic vinegar

1 teaspoon lime juice

¼ teaspoon organic sea salt

Whisk together pineapple puree, balsamic vinegar, lime juice and salt until well blended and frothy. Toss with chicken and chill until ready to eat.

***For toasted almond cauliflower rice***

4 cups toasted almond cauliflower rice \* *From Monday*

Warm through.

***For arugula salad***

4 ounces arugula (4 cups)

¼ cup reserved marinade (from Wednesday) or pantry dressing

1 bell pepper, sliced (1 cup)

2 avocado, pitted and sliced or chopped for salad

Toss arugula with reserved marinade (or homemade pantry dressing). Top with avocado and bell pepper.

Serving Size: 4 oz chicken salad, 1 cup salad without dressing or leftovers, 1 cup cauliflower rice

Salad: 250kcal, 26g protein, 12g carb, 380mg sodium, 1g fiber, 71mg cholesterol, 10g fat, 2g sat fat, 9g sugar, 2%DV calcium, 7%DV iron

Salad: 200kcal, 3g protein, 13g carb, 15mg sodium, 8g fiber, 0mg cholesterol, 17g fat, 2g sat fat, 2g sugar, 6%DV calcium, 6%DV iron

Cauli Rice: 120kcal, 5g protein, 15g carb, 125mg sodium, 5g fiber, 0mg cholesterol, 6g fat, 0g.5 sat fat, 8g sugar, 6%DV calcium, 6%DV iron