

PREP GUIDE

MEAL #1

- Cut vegetables:
 - ½ bell pepper, chopped (½ cup)
 - 1 carrot, shredded (½ cup)
 - 2 scallions, chopped (¼ cup)
 - 6 ounces mushrooms, sliced (2 cups)
 - 1 bunch kale, chopped (4 cups)

MEAL #2

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

MEAL #3

- Cut vegetables:
 - 1 yellow onion, sliced (1 cup)
 - 2½ bell peppers, sliced (2½ cups)

MEAL #4

- 1 lime, juiced (2 Tablespoons juice)
- Cut vegetables:
 - ½ yellow onion, diced (½ cup)
 - 1 bell pepper, diced (1 cup)
 - 1 zucchini, diced (2 cups)
 - 4 scallions, chopped (½ cup)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 1 pound brussels sprouts, shredded (4 cups)
 - 6 ounces mushrooms, sliced (2 cups)

MENU

MONDAY ①

TURKEY BURGERS
Sweet Potato Fries & Veggie Sauté

TUESDAY ②

SEARED COD
'Cheesy' Broccoli

WEDNESDAY ③

PERUVIAN STIR-FRY

THURSDAY ④

TACO SKILLET

FRIDAY ⑤

SWEET POTATO HASH



PALEO March 9, 2018

Shopping List

(1) Turkey Burgers (2) Seared Cod (3) Peruvian Stir Fry (4) Taco Skillet (5) Sweet Potato Hash

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	ground turkey	3 pounds		15
2	cod fillets	2 pounds		12
3	sirloin steak	1-1/2 pounds		8
5	chicken breast	2 pounds	<i>boneless, skinless</i>	12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,5	sweet potatoes	3-1/2 pounds		3.5
1,3,4	bell peppers	4	<i>any color</i>	4
1	carrots	1		0.5
1,4	scallions	6 (1 sm bunch)		1
1,5	mushrooms	3/4 pound	<i>brown or button</i>	5
1	kale	1 bunch		2
2	broccoli	1 head		2
3,4,5	yellow onion	3		3
3,4	tomatoes	4		2
3,4	cilantro	1 bunch	<i>need 1/2 cup chopped</i>	1.5
4	zucchini	1		1
4	lime	1		0.5
4	avocado	2		2
5	brussels sprouts	1 pound		2

Recipe #	Misc	Quantity	Notes	Est Cost *
2	whole cashews	1 cup		5
2	nutritional yeast	1/4 cup		2
4	chili powder	1/2 teaspoon	<i>optional</i>	0.5

Fresh 20 Grocery Est \$84.50
 Cost Per Dinner \$16.90
 Cost Per Serving \$4.23

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	paprika	
	grapeseed oil	1/4 cup	dried oregano	
	coconut oil		herbes de provence	
	balsamic vinegar*		ground cumin	2-1/2 teaspoons
	white wine vinegar*	2 Tablespoons	raw organic honey	
	chicken or veggie broth: low sodium	3/4 cup (6 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	9 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2-1/2 teaspoons	raw coconut aminos	1 Tablespoon
	black pepper	1-1/2 teaspoons	almond flour	
cayenne pepper		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) TURKEY BURGERS

sweet potato fries & veggie sauté

OVEN TEMPERATURE: 425°F

MADE AHEAD

- Cut vegetables: bell pepper, carrots, scallions, mushrooms, kale

DIRECTIONS

For sweet potato fries

1. Heat oven to 425°F.
2. Toss potatoes with oil, salt, and pepper.
3. Put in a single layer on two baking sheets and bake for about 20-25 minutes until tender and lightly browned.
4. Save $\frac{2}{3}$ for Meals #3 and #5. Serve remaining fries with turkey burgers and veggie sauté.

Meanwhile

For turkey burgers

1. Heat an outdoor grill or large stovetop grill pan over medium heat.
2. Combine all ingredients and form into 4 patties.
3. Cook for about 5-7 minutes on each side or until cooked through (no longer pink in the center, juices run clear).
4. Serve over veggie sauté with a side of sweet potato fries.

For veggie sauté

1. Heat a large nonstick skillet over medium heat and add oil and garlic; sauté 1 minute.
2. Add mushrooms and cook for 1-2 minutes then add kale, salt, and pepper and cook until kale is wilted.

INGREDIENTS

For sweet potato fries

3½ pounds sweet potatoes, peeled & cut into strips
2½ Tablespoons olive oil
 $\frac{3}{4}$ teaspoon organic sea salt
dash of black pepper

For turkey burgers

1½ pounds ground turkey
 $\frac{1}{2}$ bell pepper, chopped ($\frac{1}{2}$ cup)
2 cloves garlic, minced
1 carrot, shredded ($\frac{1}{3}$ cup)
2 scallions, chopped ($\frac{1}{4}$ cup)
 $\frac{1}{4}$ teaspoon organic sea salt
dash of black pepper
 $\frac{1}{2}$ teaspoon cumin

For veggie sauté

2 Tablespoons olive oil
2 cloves garlic, minced
6 ounces mushrooms, sliced (2 cups)
1 bunch kale, chopped (4 cups)
dash of salt and pepper

Fries: 150kcal, 3g Protein, 27g Carb, 190mg Sodium, 5g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 9g Sugar, 4% Calcium, 6% Iron

Turkey Burger: 320kcal, 29g Protein, 4g Carb, 250mg Sodium, 1g Fiber, 135mg Cholesterol, 21g Fat, 6g Saturated, 2g Sugar, 8% Calcium, 15% Iron

Veggie Medley: 110kcal, 4g Protein, 8g Carb, 170mg Sodium, 2g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 1g Sugar, 10% Calcium, 6% Iron



(2) SEARED COD “cheesy” broccoli

MADE AHEAD

- Cut vegetables: broccoli

DIRECTIONS

For “cheesy” broccoli

1. Heat a large skillet over medium heat and add oil and garlic; sauté 1 minute.
2. Add broccoli and cashews and cook for about 2 minutes then add broth and cook another 2-3 minutes until broccoli is tender.
3. Add nutritional yeast, salt, and pepper. Stir until well combined.
4. Serve with seared cod.

Meanwhile

For seared cod

1. Heat a large skillet over medium-high heat and add oil.
2. Season fish with salt and pepper.
3. When oil is hot add fish and cook 2-3 minutes per side until firm and flaky. Chicken will take slightly longer depending on thickness, about 6 minutes total.

INGREDIENTS

For “cheesy” broccoli

2 Tablespoons olive oil
1 garlic clove, minced
1 head broccoli, chopped (4 cups)
1 cup whole cashews
¼ cup low-sodium chicken broth
¼ cup nutritional yeast
dash of salt and pepper

For seared cod

2 Tablespoons olive oil
2 pounds cod fillets (sub 2 pounds
chicken breast cut into 1” cubes)
dash of salt and pepper

Cheesy broccoli: 310kcal, 12g Protein, 18g Carb,
250mg Sodium, 5g Fiber, 0mg Cholesterol, 23g Fat,
4g Saturated, 2g Sugar, 6% Calcium, 15% Iron

Cod: 250kcal, 40g Protein, 0g Carb, 120mg Sodium,
0g Fiber, 100mg Cholesterol, 9g Fat, 1.5g Saturated,
0g Sugar, 4% Calcium, 4% Iron



(3) PERUVIAN STIR-FRY

MADE AHEAD

- 1 pound cooked sweet potato fries * *from Meal #1*
- Cut vegetables: onion, bell peppers

DIRECTIONS

For Peruvian stir-fry

1. Heat a large skillet over medium-high heat and add oil.
2. Season steak with salt and pepper.
3. Sauté steak in 2 batches, about 3-4 minutes per batch until browned, and set aside.
4. Place pan back on heat and add onions and bell peppers and cook about 2-3 minutes.
5. Add tomatoes and cook for 2 minutes.
6. Add aminos, vinegar, broth, and cumin; stir well.
7. Add cooked steak, cilantro, and sweet potatoes and stir until warmed through.

INGREDIENTS

For Peruvian stir-fry

- 2 Tablespoons grapeseed oil
- 1½ pounds sirloin steak, cut into thin slices
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper
- 1 yellow onion, sliced (1 cup)
- 2½ bell peppers, sliced (2½ cups)
- 2 tomatoes, sliced
- 1 Tablespoon raw coconut aminos
- 2 Tablespoons white or red wine vinegar
- ½ cup low-sodium chicken broth
- 1 teaspoon cumin
- ¼ cup chopped cilantro
- 1 pound sweet potato fries **from Meal #1*

Stir fry: 520kcal, 52g Protein, 36g Carb, 1220mg Sodium, 6g Fiber, 115mg Cholesterol, 19g Fat, 7g Saturated, 12g Sugar, 8% Calcium, 40% Iron

MADE AHEAD

- 1 lime, juiced (2 Tablespoons juice)
- Cut vegetables: onion, bell pepper, zucchini, scallions

DIRECTIONS

For taco skillet

1. Heat a large non-stick skillet over medium heat.
2. Add oil, onion, garlic, and turkey and sauté for 2-3 minutes until turkey is cooked. Add salt, pepper, cumin, and chili powder and stir to combine.
3. Add bell pepper and zucchini and cook for 2-3 minutes.
4. Add tomatoes, lime juice, and cilantro and cook for 1-2 minutes.
5. Top with scallions and avocado.

INGREDIENTS

For taco skillet

2 Tablespoons grapeseed oil
½ yellow onion, diced (½ cup)
2 cloves garlic, minced
1½ pounds ground turkey
¼ teaspoon organic sea salt
dash of black pepper or cayenne
1 teaspoon cumin
½ teaspoon chili powder, optional
1 bell pepper, diced (1 cup)
1 zucchini, diced (2 cups)
2 tomatoes, diced (1½ cups)
2 Tablespoons lime juice
¼ cup chopped cilantro
4 scallions, chopped (½ cup)
2 avocados, diced

Skillet: 580kcal, 33g Protein, 21g Carb, 400mg Sodium, 9g Fiber, 135mg Cholesterol, 43g Fat, 9g Saturated, 7g Sugar, 15% Calcium, 20% Iron



(5) SWEET POTATO HASH

MADE AHEAD

- 1 pound cooked sweet potato fries **from Meal #1*
- Cut vegetables: onion, brussels sprouts, mushrooms

DIRECTIONS

For sweet potato hash

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and garlic and sauté for 1 minute.
3. Add chicken and sauté for 2-3 minutes until cooked through.
4. Add brussels sprouts and sauté for 2-3 minutes and then add mushrooms. Cook an additional 2 minutes.
5. Add salt, pepper, and sweet potato fries and stir until warmed through.

INGREDIENTS

For sweet potato hash

- 2 Tablespoons olive oil
- 1 yellow onion, chopped (1 cup)
- 2 garlic cloves, minced
- 2 pounds boneless, skinless chicken breast, diced
- 1 pound brussels sprouts, shredded (4 cups)
- 6 ounces mushrooms, sliced (2 cups)
- ¼ teaspoon organic sea salt
- dash of black pepper
- 1 pound sweet potato fries, diced **from Meal #1*

Hash: 510cal, 55g Protein, 39g Carb, 510mg Sodium, 9g Fiber, 145mg Cholesterol, 14g Fat, 2.5g Saturated, 11g Sugar, 10% Calcium, 10% Iron