

VEGETABLES

- 16 ounces baby spinach, chopped (8 cups)
- 1 yellow onion, diced (1 cup)
- 4 medium carrots, peeled
- 1 head broccoli, florets (4 cups)

FRUITS

- 1 cup dried apricots, finely chopped
- 4 kiwi, peeled and sliced

MISC.

- Apricot chutney can be made a day ahead (MONDAY)
- ¼ cup pantry dressing
(www.thefresh20.com/pantrydressings)
- Meatloaves can be made two days ahead (WEDNESDAY)
- 1½ cups breadcrumbs (see below)

For Paleo Breadcrumbs (WEDNESDAY, THURSDAY)

¾ cup almond flour

1½ Tablespoon coconut flour

¾ teaspoon baking powder

¼ teaspoon organic sea salt

2 eggs, whisked

4 Tablespoons melted coconut oil

1. Mix all ingredients together in a microwave safe dish. Microwave on high for 90 seconds. Let cool for a few minutes before removing and breaking into small pieces.
2. Bake in a 350°F oven for 10-15 minutes until dried out, but not too crispy. Let cool completely.
3. Tear into small pieces and add to blender or food processor; blend until coarse crumbs.

the **FRESH 20**

APRIL 20, 2018

MONDAY

Bacon Stuffed Chicken with Apricot
Chutney & Spinach Salad

TUESDAY

Clam Chowder
Kiwi

WEDNESDAY

One Sheet Meatloaf
Sweet Potatoes & Carrots

THURSDAY

Baked Chicken Nuggets
Broccoli

FRIDAY

Easy Skillet Joes
Tomato Salad

Shopping List

the **FRESH 20**

(1) Bacon Stuffed Chicken (2) Clam Chowder (3) Meatloaf (4) Baked Chicken Nuggets (5) Skillet Joes

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	chicken breasts	3 pounds	<i>boneless, skinless</i>	15
1,2	uncured bacon	12 ounces		5
2	little neck clams	1 pound		12
3,5	ground turkey or beef	2-1/2 pounds		15

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	baby spinach	1-1/4 pounds		6
2,3,5	yellow onion	1		1
2,3	sweet potatoes	6 medium	<i>10-12 ounces each</i>	6
2,3,5	parsley	1 bunch		1.5
2,5	avocado	3		
2	kiwi	4		2
3	carrots	4 medium		1.5
4	broccoli	1 head		2
5	tomatoes	4		2

Recipe #	Misc	Quantity	Notes	Est Cost *
3,4	baking powder	1 teaspoon		0.5
3,4	eggs	5		2.5
1	dried apricots	1 cup		3
4	red chili powder	1/8 teaspoon	<i>optional</i>	0.5

Fresh 20 Grocery Est \$75.50
 Cost Per Dinner \$15.10
 Cost Per Serving \$3.78

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity	
		olive oil	2/3 cup	paprika	
		grapeseed oil		dried oregano	1 teaspoon
		coconut oil	1/4 cup	herbes de provence	
		balsamic vinegar*	1/2 cup	ground cumin	2 teaspoons
		white wine vinegar*		raw organic honey or pure maple syrup	2 Tablespoons
		chicken or veggie broth: low sodium	5 cups (40 fl oz)	organic tomato paste (no sugar or additives)	
		fresh garlic	4 cloves	Dijon mustard (gluten-free, no sugar added)	1 teaspoon
		organic sea salt	4 teaspoons	raw coconut aminos	1 teaspoon
		black pepper	3 teaspoons	almond flour	3/4 cup + 1 Tblspn
		cayenne pepper		coconut flour	1-1/2 Tablespoons

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) MONDAY

BACON STUFFED CHICKEN & APRICOT CHUTNEY with Spinach Salad

MONDAY PREP

- Chutney can be made ahead
- 16 ounces baby spinach, chopped (8 cups)
- 1 cup dried apricots, finely chopped
- ¼ cup pantry dressing (www.thefresh20.com/pantrydressings)

FOR STUFFED CHICKEN

2 Tablespoons extra virgin olive oil (for pan)
3 chicken breasts (1½ pounds), sliced in half horizontally
½ teaspoon organic sea salt
½ teaspoon black pepper
8 ounces baby spinach, chopped (4 cups)
6 ounces (approx. 8 slices) uncured bacon, cooked

1. Heat oven to 325°F.
2. Pound out chicken so it forms long, thin pieces; season with salt and pepper. Arrange on an oiled sheet pan.
3. Lay bacon on top of chicken breasts and then top with spinach.
4. Bake for 15 minutes or until no longer pink. Remove from oven.
5. Serve chicken with spoonful of chutney on top.

FOR SPINACH SALAD

8 ounces baby spinach, chopped (4 cups)
Black pepper to taste
¼ cup pantry dressing
(www.thefresh20.com/pantrydressings)

Top spinach with pantry dressing. Top with any fresh herbs you have on hand. Sprinkle with black pepper.

FOR CHUTNEY

1 Tablespoon extra virgin olive oil
1 clove garlic, minced or pressed
1 cup dried apricots, finely chopped
½ cup balsamic vinegar
½ cup water
2 Tablespoons honey

1. In a medium saucepan, heat olive oil and sauté garlic over medium-low heat.
2. After a minute, add dried apricots. Sauté for a minute before adding the vinegar, water, and honey. Reduce heat to low and simmer for 15 minutes or until liquid evaporates and mixture becomes thickened.
3. Set aside ½ cup for Wednesday. Allow to cool before serving.

(2) TUESDAY
CLAM CHOWDER with KIWI

TUESDAY PREP

- ½ yellow onion, diced (½ cup)
- ½ bunch parsley, finely chopped (½ cup)
- 4 kiwi, peeled and sliced

FOR CLAM CHOWDER

2 Tablespoon extra virgin olive oil
6 ounces uncured bacon, diced
½ yellow onion, diced (½ cup)
3 medium sweet potatoes, peeled and chopped into bite sized pieces
4 cups water
1 pound little neck clams, washed and scrubbed of any dirt (or 2 cups cooked diced chicken)
4 cups low sodium chicken broth
1 Tablespoon balsamic vinegar
1 teaspoon organic sea salt
½ teaspoon black pepper
½ bunch parsley, finely chopped (½ cup)
1 avocado, pit removed and chopped

1. Heat olive oil in a stockpot on medium-high; add bacon and cook 3-4 minutes.
2. Remove bacon, leaving grease, and set aside.
3. Add onion and sweet potatoes.
4. Cook, stirring occasionally, until the onion softens, about 5 minutes.
5. Add water to the stockpot. Bring to boil.
6. Reduce to a simmer on low for 8 minutes, until sweet potatoes are tender. If using clams, add now, cover and continue to simmer for an additional 5 minutes. With tongs, remove clams and set aside.
7. Add the cooked bacon and chicken broth and heat through for a few minutes.
8. Remove 2 cups of chowder and puree in blender for 10 seconds on low. Return puree to stockpot and stir to combine. If using chicken, add in now.
9. Stir in balsamic vinegar, salt, and pepper.
10. Divide chowder into bowls. Place cooked clams on top of chowder. Garnish with parsley and avocado.

FOR KIWI

4 kiwi, peeled and sliced (sub any fruit)

Arrange kiwi slices on a plate.

(3) WEDNESDAY
ONE SHEET MEATLOAF with APRICOT GLAZE

WEDNESDAY PREP

- Meatloaves can be made ahead
- 2 Tablespoons fresh parsley, finely chopped
- ½ cup paleo breadcrumbs (see prep guide)
- ½ yellow onion, diced (½ cup)
- 4 medium carrots, peeled

FOR SWEET POTATOES

3 medium sweet potatoes, scrubbed, cut into quarters

Olive oil for baking sheet

¼ teaspoon organic sea salt

¼ teaspoon black pepper

1. Preheat oven to 400°F.
2. Arrange potato quarters on an oiled baking sheet. Sprinkle with salt and pepper.
3. Place in oven to bake while you prep meatloaf (about 20 minutes).

FOR MEATLOAF

1 pound ground turkey or beef

½ cup paleo bread crumbs (see prep guide)

2 Tablespoons fresh parsley, finely chopped

½ yellow onion, diced (½ cup)

1½ teaspoons ground cumin

2 large eggs, whisked

1 teaspoon Dijon mustard

1 teaspoon raw coconut aminos

1 teaspoon organic sea salt

1 teaspoon black pepper

½ cup apricot chutney (from Monday)

4 medium carrots, peeled

1. In a large bowl, combine meat, bread crumbs, parsley, onion, cumin, egg, Dijon, aminos, pepper and salt until well mixed. Don't be afraid to use your hands. Kids can have fun with this! Equally divide mixture into 4 individual loaves shaped however you please (footballs, domes, or squares). If making ahead cover with a layer of plastic wrap and store in refrigerator.
2. Before baking, baste the tops of meatloaves with apricot chutney.
3. Remove potatoes from oven and arrange mini loaves and carrots on same sheet with sweet potatoes.
4. Place back into oven and bake about 25 minutes until meatloaves are firm but moist. Internal temp should be 165°F.

(4) THURSDAY
CHICKEN NUGGETS & Broccoli

THURSDAY PREP

- 1 cup paleo bread crumbs (see prep guide)
- 1 head broccoli, florets (4 cups)

FOR CHICKEN NUGGETS

1 teaspoon extra virgin olive oil (for pan)
2-3 large chicken breast halves (about 1½ pounds)
½ teaspoon organic sea salt
¼ teaspoon black pepper
1 egg
¼ cup water
1 cup paleo bread crumbs (see prep guide)
1 teaspoon dried oregano
½ teaspoon red chili powder, optional

1. Heat oven to 375°F.
2. Lightly coat a baking dish or cookie sheet with olive oil.
3. Cut chicken into small even cubes. One breast should yield 12 pieces. They should be similar in size for even cooking. Sprinkle chicken with salt and pepper.
4. In a small bowl, whisk together water and egg.
5. In shallow dish, combine bread crumbs, oregano, and chili powder.
6. Using a fork or chopsticks, one piece at a time, dip chicken into egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay onto baking dish/cookie sheet.
7. Repeat with remaining chicken, making sure the baking sheet is not overly crowded.
8. Bake 15 minutes until no longer pink.

FOR BROCCOLI

1 head broccoli, florets (4 cups)
1 garlic clove, minced
1 Tablespoon extra virgin olive oil

Toss florets with olive oil and garlic. Prepare a second baking sheet for broccoli. Place in oven with chicken and cook 15 minutes until tender.

(5) FRIDAY
SKILLET JOES with TOMATO Salad

FRIDAY PREP

- ½ yellow onion, diced (½ cup)
- ¼ cup fresh parsley, finely chopped

FOR SKILLET JOES

1 Tablespoon extra virgin olive oil
½ yellow onion, diced (½ cup)
2 cloves garlic, minced
¼ teaspoon organic sea salt
¼ teaspoon black pepper
1½ pounds lean ground turkey or beef
3 ounces baby spinach (2 cups)
1 cup low sodium chicken or vegetable broth
1 Tablespoon almond flour
1 Tablespoon balsamic vinegar
2 avocados, split in half, pit removed

1. In a large skillet, heat oil over medium-high heat. Add onion, garlic, salt, and pepper. Cook, stirring frequently, until onions are softened, about 3-4 minutes.
2. Add ground meat to skillet. Cook, breaking up meat with a wooden spoon, until it is no longer pink, 6 to 8 minutes. Add spinach.
3. In a small bowl, whisk chicken broth and almond flour together until lumps are gone. Pour broth and vinegar into meat. Simmer until thickened, stirring occasionally, 5 minutes.
4. Halve avocados and arrange, open face, on a serving tray. Spoon meat onto avocado halves and serve immediately with tomato salad.

FOR TOMATO SALAD

½ Tablespoon extra virgin olive oil
½ teaspoon balsamic vinegar
½ teaspoon kosher salt
⅛ teaspoon cumin
¼ teaspoon black pepper
4 tomatoes, sliced
¼ cup fresh parsley, finely chopped

Whisk together olive oil, vinegar, salt, cumin, and black pepper until well combined and smooth. Gently toss tomato and parsley with dressing. Chill until ready to serve.

NUTRITION

(1) MONDAY

Serving Size: 6 ounces prepared chicken; 1 cup spinach salad; 2 tablespoons chutney

Chicken: 440kcal, 59g protein, 1g carb, 1520mg sodium, 1g fiber, 165mg cholesterol, 26g fat, 9g sat fat, 0g sugar, 4%DV calcium, 8%DV iron.

Spinach Salad: 45kcal, 1g protein, 3g carb, 140mg sodium, 1g fiber, 0mg cholesterol, 4g fat, 0g sat fat, 1g sugar, 2%DV calcium, 4%DV iron.

Chutney: 70kcal, 0g protein, 13g carb, 5mg sodium, 1g fiber, 0mg cholesterol, 2g fat, 0g sat fat, 12g sugar, 2%DV calcium, 2%DV iron.

(2) TUESDAY

Serving Size: 2 cups soup; 1 kiwi

Chowder with Clams: 530kcal, 27g protein, 33g carb, 1680mg sodium, 7g fiber, 60mg cholesterol, 32g fat, 6g sat fat, 6g sugar, 10%DV calcium, 20%DV iron.

Kiwi: 45kcal, 1g protein, 10g carb, 0mg sodium, 2g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 7g sugar, 2%DV calcium, 10%DV iron.

(3) WEDNESDAY

Serving Size: ¾ cup sweet potatoes, 6 ounces meatloaf + 1 carrot, 2 tablespoons apricot chutney

Potatoes: 90kcal, 2g protein, 20g carb, 120mg sodium, 2g fiber, 0mg cholesterol, 1g fat, 0g sat fat, 1g sugar, 2%DV calcium, 4%DV iron.

Meatloaf and carrots: 430kcal, 28g protein, 14g carb, 1170mg sodium, 4g fiber, 210mg cholesterol, 29g fat, 12g sat fat, 4g sugar, 8%DV calcium, 20%DV iron.

Chutney: 70kcal, 0g protein, 13g carb, 5mg sodium, 1g fiber, 0mg cholesterol, 2g fat, 0g sat fat, 12g sugar, 2%DV calcium, 2%DV iron.

(4) THURSDAY

Serving Size: 9 chicken nuggets (Approximately 6 ounces of chicken), 1 cup broccoli

Chicken Nuggets: 430kcal, 45g protein, 5g carb, 580mg sodium, 2g fiber, 240mg cholesterol, 25g fat, 10g sat fat, 1g sugar, 6%DV calcium, 8%DV iron

Broccoli: 60kcal, 3g protein, 6g carb, 30mg sodium, 2g fiber, 0mg cholesterol, 4g fat, 0.5g sat fat, 2g sugar, 4%DV calcium, 4%DV iron

(5) FRIDAY

Serving Size: 1 Skillet Joe Sandwich (6 ounces meat mixture, ½ avocado), ½ cup tomato salad

1 Skillet Joe: 480kcal, 36g protein, 13g carb, 310mg sodium, 8g fiber, 125mg cholesterol, 33g fat, 6g sat fat, 2g sugar, 8%DV calcium, 20%DV iron

Tomato Salad: 50kcal, 1g protein, 7g carb, 80mg sodium, 1g fiber, 0mg cholesterol, 2.5g fat, 0g sat fat, 4g sugar, 2%DV calcium, 2%DV iron.