

VEGETABLES

- 1½ heads broccoli florets, chopped (6 cups)
- ½ head broccoli, in florets for dipping
- 1 bell pepper, finely chopped (1 cup)
- 2 bell peppers, cut into strips
- ½ yellow or red onion, finely chopped (½ cup)

FRUITS

- 3 limes, juiced (5 Tablespoons)

MISC.

- 8 cups cauliflower rice (see below)
- ¼ cup pantry dressing for dipping (MONDAY)
- Marinate carne asada up to 24 hours (WEDNESDAY)
- Salsa can be made ahead (WEDNESDAY)
- ½ cup nuts (pecan, cashew or macadamia), finely chopped

FOR CAULIFLOWER RICE (TUESDAY, WEDNESDAY)

2 heads cauliflower, florets
1 yellow onion, chopped
1 garlic clove, peeled
½ teaspoon organic sea salt
1 Tablespoon extra virgin 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 until golden brown. Makes about 8 cups.

GRILLED CHICKEN (THURSDAY)

2 pounds boneless, skinless chicken breast (about 4-5)
1 teaspoon organic sea salt
1 teaspoon black pepper
1 teaspoon oregano
2 Tablespoons extra virgin olive oil

1. Slice chicken breast in half, length wise to form thin, long, 1" pieces. Preheat an outdoor grill or stovetop grill pan.
2. Combine seasonings until well blended. Lightly coat chicken with oil and dust with seasoning. Arrange chicken on grill or pan. Do not crowd. Grill each side for 5-7 minutes before flipping. Time will really depend on how thin you slice your chicken breast. Chicken is done when no pink is visible in center.
3. Reserve 4 breast pieces (1 pound) in an airtight container for Bruschetta night. Chop the rest of the chicken and store for Alfredo night.

the **FRESH 20**

MAY 11, 2018

MONDAY

Seared Lamb Chops with
Vegetable Crudité

TUESDAY

Red Pepper Nut Crusted
White Fish

WEDNESDAY

Carne Asada

THURSDAY

Mediterranean Chicken Salad

FRIDAY

Steak Nachos

(1) Seared Lamb Chops (2) Red Pepper Crusted Fish (3) Carne Asada (4) Mediterranean Chicken Salad (5) Steak Nachos

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
4	chicken breast	2 pounds	<i>boneless, skinless</i>	8
1	lamb rib chops	1-1/2 pounds		12
2	halibut	1 pound	<i>can sub cod, haddock or other white fish</i>	8
3,5	flank steak	3 pounds	<i>1/2" thick, can sub skirt steak</i>	24

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
2,3	cauliflower	2 heads		4
2,3,5	yellow onion	2	<i>can use red or yellow onion</i>	2
1,2	bell peppers	3		3
1,4	cucumbers	1		1
1,2	broccoli	2 heads		4
3,4	limes	4		2
3,5	fresh parsley	1 bunch		1.5
3,5	avocado	3		3
3,4	tomatoes	3		1.5
4	fresh basil	10-12 leaves		1
4	green leaf lettuce	1 head		2
5	sweet potatoes	3 (10-12 oz)		3

Recipe #	Misc	Quantity	Notes	Est Cost *
1,2	nuts	1 cup	<i>pecans, cashews, macadamia nuts</i>	5
2	egg	1		0.5
4	kalamata olives	1/2 cup		2

Fresh 20 Grocery Est \$87.50
 Cost Per Dinner \$17.50
 Cost Per Serving \$4.38

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

SEARED LAMB CHOPS with Vegetable Crudit  Plate

MONDAY PREP

- 2 bell peppers, cut into strips
-   cucumber, sliced into rounds
-   head broccoli, in florets for dipping
-   cup pantry dressing for dipping

FOR SEARED LAMB CHOPS

2 Tablespoon extra virgin olive oil
1  pounds lamb rib chops
  teaspoon organic sea salt
  teaspoon black pepper

1. Heat a skillet over medium-high heat and add oil.
2. Season chops with salt and pepper.
3. Sear on each side for about 3 minutes depending on thickness and desired doneness.
4. Serve with crudit  plate.

FOR CRUDIT  PLATE

2 bell peppers, cut into strips
  cucumber, sliced into rounds
  head broccoli, in florets for dipping
  cup nuts (pecan, cashew or macadamia)
  cup pantry dressing for dipping
(www.thefresh20.com/pantrydressings)

On a dinner plate, place dressing in a small bowl and surround with cut vegetables and nuts.

(2) TUESDAY

RED PEPPER NUT CRUSTED WHITE FISH

TUESDAY PREP

- ½ cup nuts (pecan, cashew or macadamia), finely chopped
- 1½ heads broccoli florets, chopped (6 cups)
- 4 cups cauliflower rice, prepared (see prep guide)
- 1 bell pepper, finely chopped (1 cup)

RED PEPPER NUT CRUSTED WHITE FISH

1 whole egg
¼-½ teaspoon cayenne pepper
1 teaspoon organic sea salt
1 teaspoon black pepper
1 pound fresh halibut (sub haddock or cod)
½ cup nuts (pecan, cashew or macadamia),
finely chopped
2 Tablespoons extra virgin olive oil
1½ heads broccoli florets, chopped (6 cups)
1 bell pepper, finely chopped (1 cup)
4 cups cauliflower rice, prepared (see prep guide)

1. Preheat oven to 350°F.
2. In a shallow bowl, whisk egg with cayenne, salt, and black pepper.
3. Spread the chopped nuts on a plate.
4. Dip each fish fillet in the egg mixture to coat both sides, and then dip into nuts. Press the nuts firmly onto the fish.
5. Heat the olive oil in a large ovenproof skillet over medium-high heat. Place fish in skillet and sear on each side for 3-4 minutes until golden.
6. Remove skillet from heat, cover with foil, and transfer to the oven. Bake for about 10 minutes (depending on the thickness of the fish). The fish is done when juices become clear and fish is flakey. Don't overcook or it will fall apart!
7. While fish is in the oven, steam broccoli and bell pepper in a large saucepan on the stovetop for 3-4 minutes. Drain, and add cauliflower rice to the pan. Stir until rice is warmed through.

(3) WEDNESDAY
CARNE ASADA

WEDNESDAY PREP

- Salsa can be made ahead
- Marinate carne asada up to 24 hours
- 1½ limes, juiced (3 Tablespoons)
- ½ cup fresh parsley leaves and stems, roughly chopped
- 4 cups cooked cauliflower rice (see prep)
- ¼ yellow or red onion, finely chopped (¼ cup)

FOR CARNE ASADA

3 pounds ½" thick flank steak *
3 Tablespoons extra virgin olive oil
4 garlic cloves, minced
1½ limes, juiced (3 Tablespoons)
1 teaspoon maple syrup
1 teaspoon organic sea salt
½ teaspoon black pepper
1 teaspoon ground cumin
½ cup fresh parsley leaves and stems, roughly chopped
4 cups cooked cauliflower rice (see prep)
2 avocado, peeled, pit removed and cut into 8 wedges

** you can substitute skirt steak, it will not need to be cut in half like flank steak*

1. Flatten out your steak(s) and slice in half lengthwise with a very sharp knife to yield two thin pieces.
2. In a large glass container (such as a baking dish) combine olive oil, garlic, lime juice, maple syrup, salt, pepper, cumin, and parsley.
3. Add steak to marinade, cover dish tightly, and let marinate in the refrigerator for up to 24 hours.
4. Preheat your grill or grill pan over high heat. Brush with a little oil to prevent the meat from sticking. Remove the steak from the marinade discarding any parsley bits that stick to the meat (they will burn).
5. Place steak on hot grill pan and cook for 3 minutes each side (2 minutes per side for skirt steak) Cooking times are for ½" thick cuts of meat.
6. Remove from grill pan and allow to rest covered with foil for a few minutes. Store half of steak in an airtight container for FRIDAY. To serve: thinly slice the remaining steak across the grain on a diagonal into several pieces.
7. While steak is resting heat cauliflower rice in a medium saucepan with 1 Tablespoon water. Stir well, cover and let warm for a few minutes.
8. To serve, place a 1 cup scoop of cauliflower rice on plate and top with ¼ cup salsa. Arrange strips of steak on plate with avocado on the side.

FOR SALSA

2 medium tomatoes
¼ medium yellow or red onion, finely chopped (¼ cup)
½ teaspoon kosher salt
½ teaspoon extra virgin olive oil
½ -1 lime

1. Remove core from tomatoes, dice, and place in medium container (with lid). Mix in onions, olive oil and salt. Squeeze in lime juice. Combine all ingredients until well mixed.
2. Cover and refrigerate for up to two days. Save ½ cup of salsa for later in the week. Salsa is best when made ahead!

(4) THURSDAY
MEDITERRANEAN CHICKEN SALAD

THURSDAY PREP

- 2 pounds grilled chicken breast, diced (see prep guide)
- 1 lime, juiced (2 Tablespoons)
- ½ cucumber, seeded and chopped (1 cup)
- 1 tomato, chopped (¾ cup)
- 1 head green leaf lettuce, whole leaves, washed

FOR MEDITERRANEAN ORZO SALAD

2 teaspoon maple syrup
2 Tablespoons extra virgin olive oil
1 Tablespoon balsamic vinegar
1 lime, juiced (2 Tablespoons)
1 clove garlic, minced
¾ teaspoon organic sea salt
½ teaspoon black pepper
½ cucumber, seeded and chopped (1 cup)
1 tomato, chopped (¾ cup)
½ cup kalamata olives, chopped
10-12 basil leaves, cut into strips
1 head green leaf lettuce, whole leaves, washed
2 pounds grilled chicken breast, diced (see prep guide)

1. Whisk dressing ingredients (maple syrup through black pepper) until creamy in a large bowl.
2. Add cucumbers, tomatoes, olives, basil, and diced chicken to bowl of dressing; mix well.
3. Arrange lettuce leaves on a serving plate. Serve chicken salad on lettuce leaves.

(5) FRIDAY
STEAK NACHOS

FRIDAY PREP

- ¼ cup flat leaf parsley, chopped
- ¼ yellow or red onion, finely chopped (¼ cup)

Nachos make great use of fridge leftovers. Make a huge platter and bring on the dinner time fun!

FOR STEAK NACHOS

3 sweet potatoes, sliced into thin rounds

2 Tablespoons extra virgin olive oil

½ teaspoon organic sea salt

1½ pounds cooked steak, cut into bite sized cubes
or shredded (FROM WEDNESDAY)

¼ yellow or red onion, finely chopped (¼ cup)

½ cup prepared salsa (FROM WEDNESDAY)

1 avocado, pitted and sliced

¼ cup flat leaf parsley, chopped

1. Preheat oven to 425°F.
2. Brush both sides of sweet potato rounds with olive oil and add a pinch of sea salt.
3. Cook for 15-18 minutes until lightly browned and crispy turning once half way through.
4. Remove from oven. Toss into a pile on same baking sheet. Top with steak and onion. Place back into oven for 5 minutes.
5. Remove from oven and top nachos with salsa and avocado. Finish with parsley.

NUTRITION

(1) MONDAY

Serving Size: 6 ounces lamb chop; ¼ crudité with dressing

Lamb Chops: 300kcal, 34g Protein, 0g Carb, 290mg Sodium, 0g Fiber, 110mg Cholesterol, 18g Fat, 5g Saturated, 0g Sugar, 2% Calcium, 15% Iron

Crudité: 200kcal, 5g protein, 14g carb, 150mg sodium, 5g fiber, 0mg cholesterol, 14g fat, 1g sat fat, 6g sugar, 6%DV calcium, 8%DV iron.

(2) TUESDAY

Serving Size: 6 ounces crusted fish; 1 cup cauliflower rice

Fish: 480kcal, 43g protein, 21g carb, 660mg sodium, 6g fiber, 130mg cholesterol, 26g fat, 4.5g sat fat, 5g sugar, 10%DV calcium, 20%DV iron.

Cauliflower Rice: 70kcal, 3g protein, 10g carb, 240mg sodium, 3g fiber, 0mg cholesterol, 3g fat, 0g sat fat, 4g sugar, 4%DV calcium, 4%DV iron.

(3) WEDNESDAY

Serving Size: 6 ounces steak, 1 cup cauliflower rice, ¼ prepared salsa

Carne Asada: 400kcal, 37g protein, 6g carb, 390mg sodium, 4g fiber, 110mg cholesterol, 25g fat, 7g sat fat, 1g sugar, 6%DV calcium, 20%DV iron.

Cauliflower Rice: 70kcal, 3g protein, 10g carb, 240mg sodium, 3g fiber, 0mg cholesterol, 3g fat, 0g sat fat, 4g sugar, 4%DV calcium, 4%DV iron.

Salsa: 25kcal, 1g protein, 5g carb, 290mg sodium, 1g fiber, 0mg cholesterol, 1g fat, 0g sat fat, 2g sugar, 2%DV calcium, 2%DV iron.

(4) THURSDAY

Serving Size: Mediterranean Chicken Salad

Salad: 480kcal, 52g protein, 11g carb, 1240mg sodium, 2g fiber, 160mg cholesterol, 25g fat, 4g sat fat, 5g sugar, 8%DV calcium, 10%DV iron

(5) FRIDAY

Serving Size: 1/4th prepared nachos

Nachos: 540kcal, 40g protein, 32g carb, 1460mg sodium, 8g fiber, 100mg cholesterol, 29g fat, 6g sat fat, 8g sugar, 10%DV calcium, 25%DV iron