PALEO Week 2

PREP GUIDE

MEAL #1

- Cauliflower rice * *see recipe below*
- Cut vegetables:
  - 8 medium carrots, shredded (2 for burger, 6 for slaw)
  - 2/3 cup button mushrooms, wiped clean & chopped
  - ¼ red onion, thinly sliced

MEAL #2

- Cut vegetables:
  - 2 medium zucchini, cut into ¼ inch slices
  - ¼ medium red onion, thinly sliced

MEAL #3

- Cut vegetables:
  - ½ small red onion, diced fine
  - 5 scallions, diced (separate green & white parts)
  - 3 carrots, chopped into small dice
  - 1 pound button mushrooms, wiped clean & chopped
  - 2 cups broccoli florets, chopped into small dice

MEAL #4

- Zucchini linguini * *see Meal #4*
- Cut vegetables:
  - 2 cups broccoli florets, chopped
  - 2 medium carrots, shredded or chopped
  - 8 button mushrooms, wiped clean & chopped

MEAL #5

- Paleo tortillas * *see recipe below*
- Enchilada sauce * *see Meal #5 for recipe*

Cauliflower Rice (Meal #1 & #3)

1. Rinse 2 large heads of cauliflower under running water and thoroughly pat dry.
2. Chop into large florets and put in a food processor. Pulse the contents until the cauliflower resembles the consistency of quinoa or rice grains; be sure not to leave in the processer too long or it will take on a mushy consistency.
3. Wrap in a paper towel to absorb any remaining moisture and store in an airtight container in the refrigerator. Use 4 cups for Meal #1; reserve 2 cups for Meal #3.

Paleo Tortillas (Meal #5)

6 large eggs
1 Tablespoon melted ghee butter
1 Tablespoon room temperature water
1 cup almond flour
¼ cup coconut flour
½ teaspoon of sea salt

1. Whisk eggs, ghee butter and water in a bowl.
2. Add coconut flour, almond flour and sea salt, beat well to combine mixture.
3. Heat 8-inch skillet over medium heat and add 1/3 cup of the mixture to coat the bottom of the pan. Cook for about 1 minute on each side or until edges are coming away from the pan. Carefully slide or lift out of pan.
4. Let the tortillas cool completely before storing in an airtight container. Makes 12 (8" tortillas) tortillas.

MENU

MONDAY ①
THE FRESH 20 PALEO BURGER
Carrot Slaw

TUESDAY ②
OVEN ROASTED COD
Zucchini & Tomato Ragout
Roasted Spaghetti Squash

WEDNESDAY ③
GARLIC LEMON CHICKEN
Vegetable Fried Cauliflower Rice

THURSDAY ④
BROCCOLI CHICKEN ZUCCHINI LINGUINI
Side salad

FRIDAY ⑤
TURKEY & KALE ENCHILADAS

PALEO Week 2

Shopping List

(1) The Fresh 20 Paleo Burger (2) Oven Roasted Cod (3) Garlic Lemon Chicken (4) Broccoli Chicken Zucchini Linguini (5) Turkey Kale Enchiladas

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,5	ground turkey (93/7)	2 pounds		10
2	cod	4 (6oz) fillets	about 1-1/2 pounds total	15
3,4	chicken thighs	2 pounds	boneless, skinless	12
Recipe #	**Vegetables & Fruit**	**Quantity**	**Notes**	**Est Cost**
1,2,3,4	lemons	4		2
1,3,4	carrots	13		5
1	fresh basil leaves	1 small bunch	need 6 leaves	1.5
1,4	romaine lettuce	2 heads		4
2,4	green italian zucchini	5		5
2,4	cherry tomatoes	3 cups	about 3/4 pound	5
1,2,3	red onion	1		1
2,3,5	fresh flat leaf parsley	1 bunch		1.5
3,4	broccoli florets	1 pound	about 4 cups	3
5	kale	1 lg bunch	need 6 cups	2
1,3	cauliflower	2 large heads		5
2	spaghetti squash	2 medium		6
3	scallions	1 bunch	need 5 scallions	1.5
1,3,4	button mushrooms	1-1/2 pounds		6
Recipe #	**Dairy/Bakery/Misc**	**Quantity**	**Notes**	**Est Cost**
3,5	ghee butter	3 Tablespoons	generally comes in stick form; will use for future r	2
1,3,5	large organic eggs*	1-1/2 dozen		6
5	mild chili powder	2 Tablespoons		1

Fresh 20 Grocery Est	$94.50
Cost Per Dinner	$18.90
Cost Per Serving	$4.73

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	
	grapeseed oil	1/4 cup	dried oregano	5 teaspoons
	coconut oil	1/4 teaspoon	herbes de provence	1 teaspoon
	balsamic vinegar*	1/4 cup	ground cumin	1-1/2 teaspoons
	white wine vinegar*	1 Tablespoon	raw organic honey	3 Tablespoons
	chicken or veggie broth: low sodium	4 cups	organic tomato paste (no sugar or additives)	1/4 cup (4 oz)
	fresh garlic	10 cloves	Dijon mustard (gluten-free, no sugar added)	1/4 teaspoon
	organic sea salt	5-3/4 teaspoons	raw coconut aminos	2 teaspoons
	black pepper	2-1/4 teaspoons	almond flour	1-1/2 cups
	cayenne pepper	3/4 teaspoon	coconut flour	6 Tablespoons

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

***are not considered paleo but can be used in moderation**

(1) THE FRESH 20 PALEO BURGER

carrot slaw

You're not going to believe how juicy and flavorful these turkey burgers are! Impress the family tonight with these delicious burgers, loaded with veggies, spices and flavorful fresh ground turkey.

MADE AHEAD

- Cauliflower rice * *see prep guide*
- Cut vegetables: carrots, mushrooms, onion

DIRECTIONS

For the paleo buns

1. Pre-heat oven 400 degrees F.
2. Mix cauliflower rice with coconut flour, almond flour, eggs, garlic, and sea salt - stir to combine
3. Divide mixture into 8 portions; form each portion into a round, flat "bun." Place on a parchment lined baking sheet that has been lightly greased with coconut oil.
4. Bake for 15 minutes and then turn the oven to broil; cook for another 2-3 minutes or until light golden brown.
5. Remove from the oven and carefully transfer buns to a cooling rack.

For dressing

Whisk all ingredients together until smooth; use as condiment.

For The Fresh 20 paleo burgers

1. Heat outdoor grill.
2. Combine burger ingredients (turkey through pepper) in a large bowl, mix well.
3. Form mixture into four equal patties, about 1 inch thick. Gently indent the middle of each patty with your thumb, this helps the burgers remain flat while cooking.
4. Place burgers on preheated grill brushed with oil. Cook about 5 minutes per side or until cooked through and juices are no longer pink. Do not try to turn too early or they will stick. (Cooking indoors? Heat a grill pan or large nonstick sauté pan over high heat. Once hot add 1 Tablespoon of grapeseed oil and cook burgers until they are cooked through and juices are no longer pink.)
5. Spread one Tablespoon of dressing onto paleo bun. Top with burger and garnish with lettuce leaf and red onion.

For carrot slaw

1. In a medium bowl, combine garlic, vinegar, Herbes, honey, grapeseed oil, sea salt & pepper – stir to combine.
2. Add in shredded carrots and toss to combine.
3. Taste and adjust salt & pepper.

*Kitchen note: Most paleo experts do not shy away from animal fat - or beef for that matter. Use grass-fed ground beef instead of turkey if you prefer. The paleo buns are a great alternative to bread, but if you're short on time, feel free to use lettuce leaves or serve burgers over fresh spinach!

INGREDIENTS

*For paleo buns (or lettuce)*see Kitchen Note*

4 cups cauliflower rice **see prep guide*
2 Tablespoons coconut flour
4 Tablespoons almond flour
4 eggs
1 teaspoon garlic, minced
½ teaspoon sea salt
¼ teaspoon coconut oil (greasing)

For dressing

4 Tablespoons balsamic vinegar
2 Tablespoons raw honey
¼ teaspoon gluten free Dijon mustard
¼ teaspoon cayenne pepper

For The Fresh 20 paleo burgers

1 pound fresh ground turkey (93/7) or grass-fed ground beef **see Kitchen Note*
2 egg whites
1 Tablespoon lemon juice (½ lemon)
2 medium carrots, shredded
2/3 cup button mushrooms, wiped clean and chopped
2 garlic cloves, minced
6 fresh basil leaves, roughly chopped
2 teaspoons dried oregano
½ teaspoon sea salt
½ teaspoon ground black pepper

1 Tablespoon grapeseed oil
4 romaine lettuce leaves, whole
¼ red onion, thinly sliced

For carrot slaw

1 garlic clove, minced
1 Tablespoon white wine vinegar
1 teaspoon Herbes de Provence
2 teaspoons raw honey
1 Tablespoon grapeseed oil
½ teaspoon sea salt
¼ teaspoon black pepper
6 medium carrots, shredded

(2) OVEN ROASTED COD

zucchini tomato ragout & roasted spaghetti squash

Served right out of the spaghetti squash, this paleo meal provides a fun and surprising presentation! What better way to serve healthy proteins and vegetables to your kids?!

MADE AHEAD

- Cut vegetables: zucchini, onion

DIRECTIONS

For oven roasted cod

1. Preheat oven to 450 degrees and place oven racks in the top third and center of the oven.
2. Brush the cod with olive oil and season with sea salt & black pepper; set aside.

For roasted spaghetti squash

1. With the oven at 450 degrees F, cover 2 baking sheets with aluminum foil.
2. Cut spaghetti squash in half lengthwise (see Kitchen Note) and scoop out seeds. Brush generously with olive oil and sprinkle with sea salt & pepper.
3. Place 4 squash halves, cut-side down, on baking sheets and roast for 45-60 minutes or until tender.

For zucchini and tomato ragout

1. In a medium bowl, toss zucchini, tomatoes, and onion with olive oil, lemon juice, garlic, oregano, and sea salt & pepper. In a large oven proof sauté pan or a shallow baking dish, arrange the vegetables in an even layer. Place into the oven on the middle rack and roast for 10 minutes.
2. Remove from the oven and place fish on top of the vegetables. Return to the top rack of the oven and roast the cod for 7 -10 minutes (depending on the thickness of your fish). Cod is done when it can be easily flaked through the center with a fork. Finish the fish with a squeeze of fresh lemon juice and chopped fresh parsley.
3. To serve, run a fork over the cut halves of the spaghetti squash to fluff the 'spaghetti.' Serve the baked cod & vegetables warm inside the spaghetti squash shells.

Kitchen Note:
If it is too challenging to cut the raw spaghetti squash in half, you can always roast it whole and then cut and remove seeds after it is cooked.

INGREDIENTS

For oven roasted cod

4 (6 oz) cod fillets, about 1½ pounds
2 Tablespoons olive oil
½ teaspoon sea salt
¼ teaspoon black pepper

For roasted spaghetti squash

2 medium spaghetti squash
2 Tablespoons olive oil
pinch of sea salt & pepper

For zucchini and tomato ragout

2 medium zucchini, cut into ¼ inch slices
½ pound of cherry tomatoes, about 2 cups
¼ medium red onion, thinly sliced
2 Tablespoons olive oil
2 teaspoons lemon juice (½ lemon)
2 clove of garlic, minced
2 teaspoons dried oregano
½ teaspoon sea salt
¼ teaspoon black pepper
½ lemon (to squeeze over top of fish)
¼ cup chopped fresh flat leaf Italian parsley (¼ bunch)

(3) GARLIC LEMON CHICKEN

vegetable fried cauliflower rice

This dish is stellar! The lemon chicken is to die for and the cauliflower fried rice is the perfect paleo addition. If there is any chance for leftovers, the fried cauliflower rice tastes even better on day 2 and 3.

MADE AHEAD

- 2 cups cauliflower rice ** see prep guide*
- Cut vegetables: carrots, mushrooms, broccoli, onion, scallions

DIRECTIONS

For garlic lemon chicken

1. Rinse and pat dry chicken thighs. Heat a large frying pan over medium heat and add the oil and 1 Tablespoon ghee butter.
2. Generously season the chicken with sea salt and pepper.
3. When the ghee butter is foaming, drop in the thighs and fry (rotating all sides) until lightly browned. Reduce heat to medium-low.
4. Cover the pan with a lid or foil and leave the chicken to fry gently for 10-15 minutes, turning once or twice.
5. Melt remaining 1 Tablespoon ghee butter in a small microwave dish. Add garlic, lemon juice and parsley to butter; pour over chicken.
6. Remove from heat and let sit five minutes.
7. Reserve ¾ pound of chicken for Meal #4. Serve remaining chicken with veggie fried cauliflower rice.

For vegetable fried cauliflower rice

1. Heat a large, nonstick skillet over medium-high heat and add 1 Tablespoon oil. Whisk eggs and egg whites together in a small bowl. Once oil is hot add eggs, scramble, and set aside.
2. In the same large skillet, over medium heat, add remaining oil, onion, and scallion whites; stir to prevent burning. Once fragrant, about 15 seconds, add carrots, mushrooms, broccoli, and garlic, sauté for 3-4 minutes.
3. Add cauliflower rice, stir to combine, and sauté for 5-6 minutes or until tender and golden. Drizzle with raw organic coconut aminos or Bragg's liquid aminos. Add in cooked eggs, stirring to distribute evenly. Remove from heat and stir in scallion greens to finish.

INGREDIENTS

For garlic lemon chicken

2 pounds boneless, skinless chicken thighs
¼ cup olive oil
2 Tablespoons ghee butter, divided
1 teaspoon sea salt
½ teaspoon black pepper

2 garlic cloves, minced
2 lemons, juiced (about 6 Tablesoons)
2 Tablespoons chopped parsley

For vegetable fried cauliflower rice

2 Tablespoons grapeseed oil, divided
2 large eggs
2 egg whites
½ small red onion, diced fine
5 scallions, diced (separate greens & whites)
3 carrots, chopped into small dice
1 pound button mushrooms, wiped clean & chopped
2 cups broccoli florets, chopped into small dice
1 garlic clove, minced
2 cups cauliflower rice * *see prep guide*
2 teaspoons raw organic coconut aminos

(4) BROCCOLI CHICKEN ZUCCHINI LINGUINE
side salad

Bowl dinners are big hits in our house. If you have it on hand, this dish is wonderful with the addition of fresh basil or thyme.

MADE AHEAD

- Garlic lemon chicken ** see Meal #3*
- Zucchini linguini ** see recipe below*
- Cut vegetables: broccoli, carrots, mushrooms

DIRECTIONS

For zucchini linguini

1. Wash, dry, and cut the ends of each zucchini.
2. Using a mandolin, vegetable spiral cutter, or julienne peeler, begin forming long flat spiral noodles, resembling a linguini pasta.
3. Transfer noodles to a mesh colander, lightly sprinkle with sea salt, and gently toss.
4. Leave zucchini noodles in the sink for 20-30 minutes, being sure to squeeze as much moisture out as possible.
5. Store in airtight container in the refrigerator.

For broccoli chicken zucchini linguine

1. Add 1 Tablespoon oil to a large, deep sauté pan over medium heat. Add zucchini linguini, broccoli, and a pinch of sea salt, sauté for 5-7 minutes or until tender.
2. Add chicken to pan with remaining olive oil, stock, sea salt & pepper, and lemon juice. Toss gently and cook until heated through.

For side salad

In a salad bowl, combine lettuce, tomatoes, carrots, and mushrooms. Toss with pantry dressing of your choice.

INGREDIENTS

For zucchini linguini

3 medium zucchini

For broccoli chicken zucchini linguine

2 Tablespoons olive oil, divided
4 cups zucchini linguini
2 cups broccoli florets, chopped
¾ pound cooked garlic lemon chicken, cut into 2" pieces ** see Meal #3*
½ cup gluten free chicken or vegetable stock
½ teaspoon sea salt
⅛ teaspoon black pepper
1 Tablespoon lemon juice (½ lemon)

For side salad

1 head of romaine lettuce, roughly chopped
1 cup cherry tomatoes
2 medium carrots, shredded or chopped
8 button mushrooms, wiped clean & chopped

¼ cup Pantry dressing of your choice
www.thefresh20.com/pantrydressings

(5) TURKEY & KALE ENCHILADAS

This meal can be made 2-3 days ahead and refrigerated until dinner night. Serving size is two enchiladas per person; you will have 4 tortillas left over. Try to resist eating them!

MADE AHEAD

- Enchilada Sauce ** steps 6-9 below*
- Paleo tortillas * *see prep guide*

DIRECTIONS

For turkey & kale enchiladas

1. Heat a large nonstick sauté pan over medium heat and add oil. Once the oil is hot, add the ground turkey, cumin, cayenne, and sea salt. Brown ground turkey until the meat is no longer pink, drain any liquid.
2. Add kale and cook until it is wilted and most of the moisture has cooked out, about 4 – 6 minutes.
3. Remove the kale and ground turkey from the pan and set aside on a plate lined with paper towels to absorb any remaining moisture.

Meanwhile

4. Preheat oven to 400 degrees.
5. Lightly oil a 9x13 inch baking dish and set aside.
6. In a small bowl, mix tomato paste, cumin, oregano, garlic and sea salt & pepper – stir to combine and set aside.
7. Heat a large, nonstick sauté pan over medium heat. Add in oil, almond flour, and cayenne or chili powder; stir to combine until it becomes a thick paste. Add in tomato paste mixture and stir to combine.
8. Slowly add in hot vegetable stock while whisking to dissolve the almond flour mixture. Continue whisking while adding in all the stock.
9. Reduce heat to a simmer and cook for 10 minutes. Remove from the heat and allow to cool slightly.
10. In a medium bowl, combine cooked kale & ground turkey and 1 cup of sauce.
11. Stack tortillas and wrap in damp paper towels or a clean dish towel; microwave on high for 1 minute.
12. Spoon 1 cup of enchilada sauce into the bottom of the prepared baking dish.
13. Fill each tortilla with a heaping 1/4 cup of turkey & kale filling; roll up tightly and arrange, seam side down, in prepared baking dish. Continue with remaining tortillas and filling.
14. Pour remaining sauce over the top of the enchiladas.
15. Cover with foil and place into the preheated oven for 20-25 minutes. Garnish with fresh parsley before serving.

INGREDIENTS

For turkey & kale enchiladas

Splash of olive oil
1 pound ground turkey (93/7)
½ teaspoon cumin
½ teaspoon cayenne (or mild chili powder)
½ teaspoon sea salt
6 cups kale leaves, about 4 handfuls, roughly chopped with stems removed

¼ cup (4 oz) organic, no salt added tomato paste
1 teaspoon ground cumin
1 teaspoon dried oregano
1 garlic clove, minced
½ teaspoon sea salt
¼ teaspoon black pepper
3 Tablespoons olive oil
¼ cup almond flour
2 Tablespoons mild chili powder or 1 Tablespoon cayenne
3½ cups gluten free vegetable stock, heated
8 paleo tortillas **see prep guide*
¼ bunch fresh parsley, roughly chopped

Nutrition Information

Fresh 20 Burger					Serves: 4
Serving Size: 1 burger					
Calories	440	kcal	Fat	22	g
Protein	34	g	Saturated	5	g
Carbohydrate	27	g	Sugar	16	g
Sodium	480	mg	Calcium	10	%DV
Fiber	6	g	Iron	20	%DV
Cholesterol	270	mg			

Carrot salw					Serves: 4
Serving Size: 1/2 cup					
Calories	80	kcal	Fat	3.5	g
Protein	1	g	Saturated	0.5	g
Carbohydrate	12	g	Sugar	7	g
Sodium	300	mg	Calcium	4	%DV
Fiber	3	g	Iron	2	%DV
Cholesterol	0	mg			

Oven Roasted Cod					Serves: 4
Serving Size: 6 ounces					
Calories	200	kcal	Fat	8	g
Protein	30	g	Saturated	1	g
Carbohydrate	0	g	Sugar	0	g
Sodium	380	mg	Calcium	2	%DV
Fiber	0	g	Iron	4	%DV
Cholesterol	75	mg			

Spaghetti Squash					Serves: 4
Serving Size: 1/2 squash (approximately 1 cup)					
Calories	160	kcal	Fat	9	g
Protein	2	g	Saturated	1.5	g
Carbohydrate	22	g	Sugar	9	g
Sodium	85	mg	Calcium	8	%DV
Fiber	5	g	Iron	6	%DV
Cholesterol	0	mg			

Zucchini and Tomato Ragout					Serves: 4
Serving Size: 1/2 cup					
Calories	90	kcal	Fat	7	g
Protein	2	g	Saturated	1	g
Carbohydrate	7	g	Sugar	3	g
Sodium	10	mg	Calcium	2	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	0	mg			

Garlic Lemon Chicken				Serves: 4	
Serving Size: 5 ounces chicken					
Calories	240	kcal	Fat	18	g
Protein	24	g	Saturated	5	g
Carbohydrate	0	g	Sugar	0	g
Sodium	440	mg	Calcium	3	%DV
Fiber	0	g	Iron	8	%DV
Cholesterol	140	mg			

Cauliflower Fried Rice				Serves: 4	
Serving Size: 1 1/2 cups					
Calories	210	kcal	Fat	10	g
Protein	12	g	Saturated	1.5	g
Carbohydrate	23	g	Sugar	8	g
Sodium	210	mg	Calcium	10	%DV
Fiber	7	g	Iron	10	%DV
Cholesterol	0	mg			

Broccoli Chicken Zucchini Linguine				Serves: 4	
Serving Size: 1 1/2 cups					
Calories	300	kcal	Fat	19	g
Protein	21	g	Saturated	4.5	g
Carbohydrate	11	g	Sugar	7	g
Sodium	640	mg	Calcium	6	%DV
Fiber	5	g	Iron	10	%DV
Cholesterol	90	mg			

Side Salad				Serves: 4	
Serving Size: 1 cup with 1 Tablespoon dressing					
Calories	150	kcal	Fat	11	g
Protein	4	g	Saturated	1.5	g
Carbohydrate	13	g	Sugar	5	g
Sodium	210	mg	Calcium	8	%DV
Fiber	6	g	Iron	10	%DV
Cholesterol	0	mg			

Turkey Kale Enchiladas				Serves: 4	
Serving Size: 5 ounces filling					
Calories	360	kcal	Fat	26	g
Protein	24	g	Saturated	4.5	g
Carbohydrate	9	g	Sugar	2	g
Sodium	800	mg	Calcium	10	%DV
Fiber	3	g	Iron	15	%DV
Cholesterol	85	mg			

Paleo Tortillas				**Serves: 6**	
Serving Size: 2 tortillas					
Calories	220	kcal	Fat	17	g
Protein	11	g	Saturated	4.5	g
Carbohydrate	7	g	Sugar	1	g
Sodium	280	mg	Calcium	6	%DV
Fiber	4	g	Iron	10	%DV
Cholesterol	195	mg			