# PALEO Week 3

**PREP GUIDE**

**MEAL #1**

- Make chimichurri sauce * *see recipe below*
- Par bake sweet potatoes * *see directions below*
- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables:
  - ½ head broccoli, chopped into florets
  - 2 stalks green onions, chopped crosswise

**MEAL #2**

- Cut vegetables:
  - 3 medium carrots, cut into sticks

**MEAL #3**- no prep needed

**MEAL #4**

- Cook spaghetti squash * *see Meal #4 for directions*
- Cut vegetables:
  - 1 medium carrot, finely shredded
  - 1 red bell pepper, finely sliced
  - 1 green bell pepper, finely sliced
  - 2 green onions, sliced into thin strips

**MEAL #5**

- Cut vegetables:
  - ⅓ head broccoli, chopped into florets
  - 7-8 mushroom, sliced
  - 1 red bell pepper, cut into long slices
  - 1 green bell pepper, cut into long slices
  - 1 yellow bell pepper (or another red), cut into long slices
  - ½ red onion, thinly sliced

**Chimichurri Sauce** (Meal #1)
1 cup finely chopped parsley
½ cup olive oil
1 teaspoon sea salt
3 cloves garlic, pressed
1 teaspoon red pepper flakes (reduce amount if preferred)

Combine parsley, olive oil, sea salt, garlic and red pepper flakes in air tight container. Cover and refrigerate for up to 3 days.

**Par baked Sweet Potatoes** (Meals #1, 2 & 3)
7 large sweet potatoes, peeled (or scrubbed, if prefer skin on) – *long skinny sweet potatoes work best for chips!*

1. Preheat oven to 425ºF.
2. Using a fork, pierce the skin of each sweet potato a few times all over.
3. Place sweet potatoes on a baking sheet and bake for 25-30 minutes. Remove from the oven and set aside to cool. Once cool, store sweet potatoes in the refrigerator for use later in the week.

**MENU**

MONDAY ①
CHIMICHURRI STEAK
Steamed Sweet Potato Rounds
Broccoli Side Salad

TUESDAY ②
OVEN BAKED FISH STICKS
Carrots & Rosemary Sea Salt
Sweet Potato Chips

WEDNESDAY ③
HONEY MUSTARD CHICKEN DRUMSTICKS
Oven-Roasted Sweet Potato Fries

THURSDAY ④
FLANK STEAK
Thai Spaghetti Squash
Fresh Asian Pear Wedges

FRIDAY ⑤
CRUSTLESS BROCCOLI QUICHE
Tri-Color Pepper Salad

**PALEO** Week 3

# Shopping List

(1) Chimichurri Steak (2) Oven Baked Fish (3) Honey Mustard Chicken Drumsticks (4) Flank Steak (5) Crustless Broccoli Quiche

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 1,4 | beef flank steak | 2 pounds | | 20 |
| 2 | cod or tilapia fillets | 1-1/4 pounds | | 10 |
| 3 | chicken legs | 8 | | 4 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 1,3,5 | parsley | 2 bunches | | 3 |
| 1,2,3 | sweet potatoes | 7 large | long & skinny potatoes work best | 6 |
| 1,5 | broccoli | 1 head | | 3 |
| 1,4 | green onions | 4 onions | | 1.5 |
| 2,4 | carrots | 4 | | 2 |
| 2 | dried rosemary | 1 teaspoon | | 1 |
| 4 | spaghetti squash | 1 medium | | 3 |
| 4,5 | bell peppers | 5 | 2 red, 2 green, 1 yellow | 5 |
| 4,5 | Asian pears | 5 | can sub regular pears or apples | 5 |
| 5 | mushrooms | 7-8 | button or brown mushrooms | 2.5 |
| 5 | red onion | 1 | | 1 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 2,5 | large organic eggs | 1 dozen | | 4 |
| 5 | ghee butter | 1/2 Tablespoon | | 2 |
| | | | | |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 1,3 | red pepper flakes | 4 teaspoons | | 2 |
| 2 | arrowroot powder | 1/2 cup | | 2 |
| 4 | almond butter, organic | 2 Tablespoons | | 2 |
| 5 | coconut milk | 1/2 cup | can sub water instead | 2 |
| | | | | |

| | |
|---|---|
| Fresh 20 Grocery Est | $81.00 |
| Cost Per Dinner | $16.20 |
| Cost Per Serving | $4.05 |

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

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

# (1) CHIMICHURRI STEAK

## steamed sweet potato rounds & broccoli salad

MADE AHEAD

- Chimichurri sauce * *see prep guide*
- Par baked sweet potatoes * *see prep guide*
- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables: broccoli, green onions

DIRECTIONS

*For chimichurri steak*

1. Rinse and pat steak with a paper towel. Sprinkle with black pepper (see Kitchen Note).
2. Heat large, dry skillet on medium-high. Spoon enough chimichurri sauce onto bottom of skillet to accommodate size of steak. Lay steak over the sauce and cook for 5 minutes before flipping to other side. *Note: When you flip, make sure the spatula gets under the chimichurri crust so that it remains intact with one side of the steak*.
3. Cook an additional 5-6 minutes, depending on thickness, until the inside is pale pink (medium).
4. Transfer to serving platter and cut into strips. Tent with foil until ready to serve. Set aside half of the steak and store in an airtight container for Meal #4.

*For steamed sweet potato rounds*

1. Slice sweet potatoes into rounds.
2. Bring broth to a simmer on stovetop. Add sweet potatoes and seasonings and cover.
3. Cook for 10 minutes until potatoes are fork tender, drain, and serve. If desired, you can toss potatoes in any extra chimichurri sauce.

*For broccoli salad*

1. Toss broccoli and green onions with pantry dressing. Top with any leftover fresh herbs you have on hand.
2. Sprinkle with black pepper.

Kitchen Note:
Cut beef flank in half if it comes as one large 2 pound piece. Cook both pieces separately to cook more evenly.

INGREDIENTS

*For chimichurri steak*

2 pounds beef flank steak
½ teaspoon black pepper
Chimichurri sauce * *see prep guide*

*For steamed sweet potato rounds*

3 par baked sweet potatoes* *see prep guide*
½ cup gluten-free chicken stock or water
¼ teaspoon sea salt
¼ teaspoon black pepper

*For broccoli salad*

½ head broccoli, chopped into florets
2 stalks green onions, chopped crosswise
¼ cup pantry dressing (www.thefresh20.com/pantrydressings)
Black pepper to taste

# (2) OVEN-BAKED FISH STICKS

## carrots and rosemary sea salt sweet potato chips

MADE AHEAD

- Par baked sweet potatoes * *see prep guide*
- Cut vegetables: carrots

DIRECTIONS

*For oven-baked fish sticks*

1. Preheat oven to 375°F.
2. Brush a non-stick baking sheet (9x13) with olive oil.
3. In a shallow bowl, combine the almond flour, arrowroot powder, salt, cayenne and black pepper.
4. Beat eggs and water together in a medium bowl.
5. Dip fish pieces in egg wash and then roll in flour mixture.
6. Place fish sticks on oiled baking sheet.
7. Bake at 375° for 10-15 minutes, or until fish flakes easily with a fork. (Cooking time for alternative chicken nuggets is 15-18 minutes.)

*For steamed carrots*

Combine carrots, salt, pepper, and water in a small pot over medium-high heat. Cook for 3-4 minutes until tender. Carrots can also be cooked in the microwave.

*For rosemary sea salt sweet potato chips*

1. Keep oven at 375 degrees F.
2. Peel and thinly slice sweet potatoes or use a mandolin set to ⅛ inch.
3. In a large bowl, toss sweet potatoes with olive oil, salt, and rosemary. Arrange in an even layer on a greased baking sheet and place in oven.
4. Bake for 8 minutes and then flip each chip. Continue baking for another 8 minutes (see Kitchen Note).
5. Remove the baking sheet from the oven and place all of the chips that look crisp and slightly brown on a cooling rack. Return the baking sheet to the oven to finish cooking any remaining chips. Watch carefully!

Kitchen Note:
Every oven is different, so be sure to keep a close eye on your sweet potato chips, making sure not to burn them. Using skinny, long sweet potatoes should help the chips crisp evenly. Great guilt free paleo treat - enjoy!

INGREDIENTS

*For oven-baked fish sticks*

Olive oil (for prepping pan)
1½ cups almond flour
½ cup arrowroot powder
½ teaspoon sea salt
¼ teaspoon cayenne pepper
¼ teaspoon black pepper
2 large organic eggs
1 cup water
1¼ pounds cod or tilapia fillets, cut into long strips for fish sticks
(*or 1 pound chicken tenders cut into 1-inch nuggets*)

*For steamed carrots*

3 medium carrots, cut into sticks
¼ teaspoon sea salt
⅛ teaspoon cayenne pepper
⅓ cup water

*For rosemary sea salt sweet potato chips*

2 par baked sweet potatoes * *see potatoes*
1 Tablespoon olive oil
½ teaspoon sea salt
1 teaspoon dried rosemary

# (3) HONEY MUSTARD CHICKEN DRUMSTICKS

## oven-roasted sweet potato fries

*This paleo combo meal is satisfying and a healthy twist on an old American favorite.*

MADE AHEAD

- Par baked sweet potatoes * *see prep guide*

DIRECTIONS

*For honey mustard chicken drumsticks*

1. Preheat oven to 350 º F.
2. Sprinkle chicken legs with sea salt and pepper, and place in a lightly greased 9x13 inch baking dish.
3. In a small bowl, combine the honey, mustard, paprika, red pepper flakes, and parsley. Mix well. Brush 2/3 of mixture over chicken until well coated.
4. Bake for 20 minutes. Turn chicken legs over and brush with the remaining honey mustard mixture.
5. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear.

*For oven-roasted sweet potato fries*

1. Meanwhile, slice sweet potatoes into eighths then toss in olive oil until well coated. Sprinkle with salt and paprika.
2. Arrange on a foil lined baking sheet.
3. Bake for 12-15 minutes in oven with chicken, turning once at halfway point for even crispness.

INGREDIENTS

*For honey mustard chicken drumsticks*

8 chicken legs
1 teaspoon sea salt
½ teaspoon black pepper
Olive oil, for greasing baking dish
3 Tablespoons raw honey
3 Tablespoons Dijon mustard
½ teaspoon paprika
1 Tablespoon red pepper flakes
2 Tablespoons fresh chopped parsley

*For oven-roasted sweet potato fries*

2 par baked sweet potatoes * *see prep guide*
2 Tablespoons olive oil
1 teaspoon sea salt
½ teaspoon paprika

# (4) FLANK STEAK & THAI SPAGHETTI SQUASH

## fresh Asian pear wedges

*Step out of the box and try this delicious multi-cultural cuisine – it's sure to hit the spot and 100% paleo approved!*

MADE AHEAD

- Flank steak * *see Meal #1*
- Spaghetti squash * *see directions below*
- Cut vegetables: carrot, bell peppers, green onion

DIRECTIONS

*For spaghetti squash noodles*

1. Pre heat oven to 450 degrees.
2. Cut spaghetti squash in half lengthwise and scoop out seeds. Brush generously with olive oil and sprinkle with sea salt & pepper.
3. Place halves, cut-side down, on a foil lined baking sheet and roast for 45-60 minutes or until tender.
4. Remove from oven and let cool slightly. Scrape a fork across cut surface to loosen 'spaghetti' strands. Refrigerate if making ahead.

*For flank steak*

1. Set flank steak out 30 minutes before dinner.
2. When spaghetti squash noodles are almost ready, reheat flank steak in a pan over medium low heat to finish cooking through.

*For Thai spaghetti squash*

1. Make Thai dressing by whisking almond butter, white wine vinegar, and raw honey until well incorporated. Season with cayenne pepper. Drizzle in grapeseed oil and whisk. Pour in chicken stock. Season with sea salt.
2. Toss spaghetti squash and vegetables with Thai dressing.
3. Drizzle in more chicken stock if the sauce is too thick; toss spaghetti squash and vegetables again. Repeat if necessary to reach a smoother consistency. Serve with flank steak and Asian pears.

INGREDIENTS

*For spaghetti squash*

1 medium spaghetti squash
Olive oil
Sea salt and black pepper

*For flank steak*

Flank steak * *see Meal #1*

*For Thai spaghetti squash*

2 Tablespoons organic almond butter
2 ½ teaspoons white wine vinegar
1 Tablespoon raw honey
¼ teaspoon cayenne pepper
1½ Tablespoons grapeseed oil
3 Tablespoons (+ extra) gluten-free chicken or vegetable stock
Sea salt to taste
10 ounces cooked spaghetti squash
1 medium carrot, finely shredded
1 red bell pepper, finely sliced
1 green bell pepper, finely sliced
2 green onions, sliced into thin strips

3 fresh Asian pears, cored and sliced in wedges (can also use regular pears or apples)

# (5) CRUSTLESS BROCCOLI QUICHE

## tri-color pepper salad

MADE AHEAD

- Cut vegetables: broccoli, mushrooms, bell peppers, onion

INSTRUCTIONS

*For crustless broccoli quiche*

1. Preheat oven to 350°F
2. Butter an 8x8 glass baking pan or a pie pan; set aside.
3. In a medium bowl, whisk together eggs, coconut milk (or water), sea salt, black pepper, and paprika.
4. Stir in broccoli and mushrooms.
5. Pour into prepared pan. Bake 30 minutes, until golden brown.

*For tri-color pepper salad*

1. Whisk together oil, oregano, raw honey, cumin, black pepper, and sea salt in a medium bowl until well incorporated.
2. Toss with remaining ingredients and chill until ready to serve.

Kitchen Note:
*Ghee butter is a clarified butter, originating in India, and used frequently in the paleo diet. Made from the highest quality milk fat, ghee is free of the impurities that can cause most common dairy allergies. It has a high smoke point (482 degrees F) and is naturally rich in vitamins A, D, E and medium-chain fatty acids, similar to coconut milk. It is also packed with butyric acid, a short chain fatty acid, known to help with digestion and immune function. If you are using ghee often, store in a dark, room temperature place, like the pantry or cabinet to avoid oxidation from the refrigerator. It should last 2-3 months. This clarified paleo gem can be found in most health food grocery stores and is well worth the investment.*

INGREDIENTS

*For crustless broccoli quiche*

½ Tablespoon ghee butter, for greasing baking pan **see Kitchen Note*
8 large eggs
½ cup coconut milk (or water)
½ teaspoon sea salt
½ teaspoon black pepper
⅛ teaspoon paprika
⅓ head broccoli, chopped into florets
7-8 mushroom, sliced

*For tri-color pepper salad*

4 Tablespoons olive oil
1 teaspoon dried oregano
2 Tablespoon raw honey
½ teaspoon cumin
½ teaspoon black pepper
½ teaspoon sea salt
1 red bell pepper, cut into long slices
1 green bell pepper, cut into long slices
1 yellow bell pepper (or another red), cut into long slices
½ red onion, thinly sliced
2 Asian pears, thinly sliced (can also use regular pears or apples)
2 Tablespoons freshly chopped parsley

# Nutrition Information

| Chimicurri Steak | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 4 ounces | | | | | |
| Calories | 280 | kcal | Fat | 20 | g |
| Protein | 25 | g | Saturated | 4.5 | g |
| Carbohydrate | 1 | g | Sugar | 0 | g |
| Sodium | 360 | mg | Calcium | 4 | %DV |
| Fiber | 0 | g | Iron | 15 | %DV |
| Cholesterol | 70 | mg | | | |

| Sweet potato Rounds | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 3/4 sweet potato | | | | | |
| Calories | 90 | kcal | Fat | 0 | g |
| Protein | 2 | g | Saturated | 0 | g |
| Carbohydrate | 20 | g | Sugar | 4 | g |
| Sodium | 210 | mg | Calcium | 2 | %DV |
| Fiber | 3 | g | Iron | 4 | %DV |
| Cholesterol | 0 | mg | | | |

| Broccoli Salad | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 1/2 cup, dressed | | | | | |
| Calories | 120 | kcal | Fat | 11 | g |
| Protein | 2 | g | Saturated | 1.5 | g |
| Carbohydrate | 6 | g | Sugar | 2 | g |
| Sodium | 190 | mg | Calcium | 4 | %DV |
| Fiber | 2 | g | Iron | 4 | %DV |
| Cholesterol | 0 | mg | | | |

| Oven Baked Fish Sticks | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 5 ounces fish, 5-6 carrot sticks | | | | | |
| Calories | 470 | kcal | Fat | 24 | g |
| Protein | 38 | g | Saturated | 0.5 | g |
| Carbohydrate | 28 | g | Sugar | 4 | g |
| Sodium | 590 | mg | Calcium | 15 | %DV |
| Fiber | 6 | g | Iron | 15 | %DV |
| Cholesterol | 155 | mg | | | |

| Sea Salt, Rosemary Sweet Potatoes | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 1/2 potato | | | | | |
| Calories | 90 | kcal | Fat | 3.5 | g |
| Protein | 1 | g | Saturated | 0.5 | g |
| Carbohydrate | 13 | g | Sugar | 3 | g |
| Sodium | 330 | mg | Calcium | 2 | %DV |
| Fiber | 2 | g | Iron | 2 | %DV |
| Cholesterol | 0 | mg | | | |

| Honey Mustard Chicken Drumsticks | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 2 drumsticks | | | | | |
| Calories | 480 | kcal | Fat | 25 | g |
| Protein | 47 | g | Saturated | 7 | g |
| Carbohydrate | 16 | g | Sugar | 12 | g |
| Sodium | 840 | mg | Calcium | 2 | %DV |
| Fiber | 0 | g | Iron | 10 | %DV |
| Cholesterol | 245 | mg | | | |

| Oven Roasted Sweet Potato Fries | | | | Serves: 4 | |
|---|---|---|---|---|---|
| | | | | | |
| Calories | 120 | kcal | Fat | 7 | g |
| Protein | 1 | g | Saturated | 1 | g |
| Carbohydrate | 13 | g | Sugar | 3 | g |
| Sodium | 620 | mg | Calcium | 2 | %DV |
| Fiber | 2 | g | Iron | 2 | %DV |
| Cholesterol | 0 | mg | | | |

| Flank Steak | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 4 ounces | | | | | |
| Calories | 280 | kcal | Fat | 20 | g |
| Protein | 25 | g | Saturated | 4.5 | g |
| Carbohydrate | 1 | g | Sugar | 0 | g |
| Sodium | 360 | mg | Calcium | 4 | %DV |
| Fiber | 0 | g | Iron | 15 | %DV |
| Cholesterol | 70 | mg | | | |

| Thai Spaghetti Squash | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 1/2 cup | | | | | |
| Calories | 140 | kcal | Fat | 10 | g |
| Protein | 3 | g | Saturated | 1 | g |
| Carbohydrate | 13 | g | Sugar | 8 | g |
| Sodium | 45 | mg | Calcium | 6 | %DV |
| Fiber | 3 | g | Iron | 4 | %DV |
| Cholesterol | 0 | mg | | | |

| Asian Pear Wedges | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 3/4 pear | | | | | |
| Calories | 90 | kcal | Fat | 0 | g |
| Protein | 1 | g | Saturated | 0 | g |
| Carbohydrate | 22 | g | Sugar | 15 | g |
| Sodium | 0 | mg | Calcium | 0 | %DV |
| Fiber | 7 | g | Iron | 0 | %DV |
| Cholesterol | 0 | mg | | | |

| Broccoli Quiche | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: | | | | | |
| Calories | 250 | kcal | Fat | 19 | g |
| Protein | 16 | g | Saturated | 11 | g |
| Carbohydrate | 7 | g | Sugar | 3 | g |

| | | | | | |
|---|---|---|---|---|---|
| Sodium | 460 | mg | Calcium | 10 | %DV |
| Fiber | 2 | g | Iron | 15 | %DV |
| Cholesterol | 285 | mg | | | |

| **Tri Colored Pepper Salad** | | | | **Serves: 4** | |
|---|---|---|---|---|---|
| Serving Size: 1/2 cup | | | | | |
| Calories | 210 | kcal | Fat | 14 | g |
| Protein | 2 | g | Saturated | 2 | g |
| Carbohydrate | 22 | g | Sugar | 15 | g |
| Sodium | 300 | mg | Calcium | 4 | %DV |
| Fiber | 4 | g | Iron | 6 | %DV |
| Cholesterol | 0 | mg | | | |