

**MONDAY**

BRAISED CHICKEN THIGHS with APPLES  
Broccoli with Walnuts  
Fresh Strawberries

**TUESDAY**

PAN SEARED SCALLOPS  
Sautéed Spinach & Egg Slaw

**WEDNESDAY**

BROCCOLI BACON AVOCADO QUICHE  
Side Salad

**THURSDAY**

CHICKEN FRICASSEE  
Strawberry Apple Crumble

**FRIDAY**

STEAK & VEGETABLE SAUTÉ  
Guacamole

**PREP GUIDE****MEAL #1**

- Cut vegetables:
  - ¼ medium leek (white part only), chopped

**MEAL #2**

- 2 eggs, hard boiled \* *see Meal #2 for directions*
- Cut vegetables:
  - ¼ head cabbage, shredded (2 cups)
  - 1½ carrots, shredded (½ cup)
  - 2 Tablespoons diced yellow onion

**MEAL #3**

- Cut vegetables:
  - 3 ounces broccoli florets, chopped into ½-inch pieces (¾ cup)
  - 1 Tablespoon diced red or yellow onion

**MEAL #4**

- Cut vegetables:
  - 1 Tablespoon diced yellow onion
  - ¼ cup green beans, ends trimmed

**MEAL #5**

- ½ lemon or lime, juiced (1 Tablespoon)
- Cut vegetables:
  - 3 Tablespoons diced yellow onion
  - ¼ red bell pepper, seeded and sliced (¼ cup)

**CLASSIC &  
CLASSIC FOR ONE**



**March 26, 2016**

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
chicken thighs	16 thighs	8 thighs	4 thighs	11	
scallops	1 pound	1/2 pound	1/4 pound	13	
Canadian bacon	12 ounces	6 ounces	3 ounces	10	
flank steak	3/4 pound	6 ounces	3 ounces	9	

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
leek	1 medium	1 medium	1 medium	1	
apples	3	2	1	3	
strawberries	3 pints	2 pints	1 pint	7	
lemon	2	1	1	1.5	
spinach	2 pounds	1 pound	1/2 pound	6	
green cabbage	1 med head	1 med head	1 med head	3	
carrots	6 medium	3 medium	2 mediumt	3	
fresh parsley	1 bunch	1 bunch	1 bunch	1	
yellow onion	2 small	1 small	1 small	2	
green beans	1/4 pound	2 ounces	1 ounce	3	
broccoli florets	2 pounds	1 pound	1/2 pound	4.5	
tomato	2	1	1	1	
red bell pepper	1	1	1	1	
avocado	2	1	1	2	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
walnuts	3/4 cup	6 Tablespoons	3 Tablespoons	5	
eggs	1 dozen	6	3	5	

**PANTRY INGREDIENTS**

olive oil	3/4 cup	6 Tablespoons	3 Tablespoons		
grapeseed oil	2-1/2 Tblspns	1-1/2 Tblspns	1 Tablespoon		
coconut oil	2 Tablespoons	1 Tablespoon	1/2 Tblspns		
balsamic vinegar					
white wine vinegar	2 Tablespoons	1 Tablespoon	1/2 Tblspns		
chicken/veg broth	3-3/4 cups	2 cups	1 cup		
fresh garlic	8 cloves	4 cloves	2 cloves		
kosher salt	3-3/4 teaspoons	2 teaspoons	1 teaspoon		
black pepper	3 teaspoons	1-1/2 tsp	1 teaspoon		
cayenne pepper	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
paprika					
dried oregano	3/4 teaspoon	1/2 teaspoon	1/4 teaspoon		
herbes de provence	1-1/2 teaspoon	1 teaspoon	1/2 teaspoon		
ground cumin	1/4 teaspoon	Dash	pinch		
raw organic honey	1/2 cup	1/4 cup	2 Tablespoons		
organic tomato paste					
Dijon mustard					
raw coconut aminos					
almond flour	2 cups + 9 Tbls	1-1/2 cups	3/4 cup		
coconut flour	2 Tablespoons	1 Tablespoon	1/2 Tblspn		

## ■ DAY ONE ■

**DINNER:** Braised Chicken Thighs with Apples, Polenta & Broccoli*For braised chicken thighs with apples*

¼ teaspoon olive oil  
¼ medium leek (white part only), chopped  
2 chicken thighs, skin removed  
½ apple, peeled cored and sliced  
½ cup low sodium chicken or vegetable broth  
¼ teaspoon Herbes de Provence  
Dash of black pepper  
Dash of kosher salt  
Dash of cayenne pepper

*For broccoli with walnuts*

3 ounces broccoli florets (¾ cup)  
2 Tablespoons walnuts, chopped  
¼ garlic clove, thinly sliced  
¼ teaspoon grapeseed oil  
Dash of organic sea salt  
Dash of black pepper  
Pinch of cayenne pepper (optional)

4 large strawberries, washed, stems removed, sliced

*For braised chicken thighs with apples*

1. Heat olive oil over medium-high heat. Sauté leeks until softened, about 5 minutes. Remove leeks and set aside.
2. Arrange chicken in the pan, flesh side down, and brown about 5 minutes.
3. Turn the chicken over and add apples, stock, Herbes de Provence, and reserved leeks. Do not stir. Cover and simmer for 15 minutes or until chicken is no longer pink in the center.
4. Season with black pepper, organic sea salt, and cayenne pepper.

*For broccoli & walnuts*

1. Heat oven to 425°F. Place broccoli, walnuts, and sliced garlic on a baking sheet; drizzle with oil and gently toss until well coated. Season with salt, pepper, and cayenne. Roast until edges are slightly browned, about 12-15 minutes.
2. Serve warm with chicken and strawberries on the side.

Chicken: 365 kcal, 20g Protein, 18g Carb, 415mg Sodium, 3g Fiber, 112mg Cholesterol, 23g Fat, 6g Saturated, 11g Sugar, 4% Calcium, 9% Iron  
Broccoli: 158 kcal, 5g Protein, 8g Carb, 224mg Sodium, 3g Fiber, 0 mg Cholesterol, 13g Fat, 1g Saturated, 2g Sugar, 6% Calcium, 6% Iron  
Strawberries: 24 kcal, 0g Protein, 4g Carb, 0mg Sodium, 0g Fiber, 0 mg Cholesterol, 0g Fat, 0g Saturated, 4g Sugar, 0% Calcium, 0% Iron

## ■ DAY TWO ■

**DINNER:** Pan Seared Scallops with Spinach & Egg Slaw*For pan-seared scallops*

5-6 ounces scallops (can sub 5-6 ounces cubed chicken tenders)  
 Dash of salt  
 Pinch of black pepper  
 1 teaspoon grapeseed oil  
 ¼ teaspoon lemon juice

*For sautéed spinach*

¾ teaspoon olive oil  
 ¼ garlic clove, minced  
 2 ounces Canadian Bacon, uncured & nitrate free, diced  
 ¾ bunch spinach (about ⅓ pound), washed and dried well  
 Pinch of kosher salt  
 Pinch of black pepper  
 ⅛ teaspoon lemon juice

*For egg slaw*

2 eggs  
 ¼ head green cabbage, shredded (2 cups)  
 1½ carrots, shredded (½ cup)  
 2 Tablespoons diced yellow onion  
 Pinch of organic sea salt  
 ½ Tablespoon white wine vinegar  
 1 Tablespoon olive oil

*For pan-seared scallops*

1. Lightly pat scallops dry with a paper towel and then season on both sides with salt & pepper. If scallops are previously frozen they will be slightly wet, make sure to dry them completely so they don't spit back at you in the sauté pan.
2. Heat a small non-stick sauté pan over medium heat; add grapeseed oil and once hot (almost smoking) add scallops. Sear until golden brown on each side, 1-2 minutes on the first side and another 1-2 minutes on the second side. Scallops will be done when they are golden brown on both sides and are firm to the touch in the middle but have some give.
3. Drizzle with lemon juice. Remove from pan and serve warm.

*For sautéed spinach*

1. Heat a small sauté pan over medium heat and add olive oil and garlic. Once garlic is fragrant, about 15 seconds, add bacon and cook until heated through. Add spinach.
2. Sauté the spinach until it is wilted and soft, 3-5 minutes. The spinach will decrease in mass and reduce to about ⅓ of its original size. Season with salt, pepper, and lemon juice. Stir to combine seasonings.
3. Taste to adjust salt & pepper and serve warm.

*For egg slaw*

1. Place eggs in a small sauce pan and cover with cold water. Bring water to a boil and boil eggs for about 6 minutes. Rinse eggs under cold water. Once cooled, peel and finely dice.
2. Place in a small mixing bowl. Add remaining ingredients to the mixing bowl, very gently toss with eggs. Serve ½ with scallops and save ½ for Meal #5.

Scallops: 123kcal, 24g Protein, 4g Carb, 445mg Sodium, 0g Fiber, 27mg Cholesterol, 6g Fat, 1g Saturated, 0g Sugar, 1% Calcium, 2% Iron  
 Spinach: 161 kcal, 17g Protein, 7g Carb, 641mg Sodium, 4g Fiber, 35mg Cholesterol, 8g Fat, 2g Saturated, 2g Sugar, 17% Calcium, 28% Iron  
 Slaw: 196 kcal, 9g Protein, 15g Carb, 137mg Sodium, 6g Fiber, 186mg Cholesterol, 12g Fat, 3g Saturated, 8g Sugar, 11% Calcium, 10% Iron

■ DAY THREE ■

**DINNER:** Broccoli Bacon Avocado Quiche with Side Salad

*For crust*

7 Tablespoons almond flour  
Pinch organic sea salt  
2 Tablespoons +1 teaspoon ice cold water  
1 Tablespoon olive oil  
¼ teaspoon honey

*For filling*

2 egg  
1 Tablespoon cold water  
⅛ teaspoon dried oregano  
⅛ teaspoon black pepper  
½ garlic clove, minced  
1 ounce Canadian bacon, chopped \*  
3 ounces broccoli florets, chopped into ½-inch pieces (¾ cup)  
¼ tomato, thinly sliced  
⅓ avocado, thinly sliced (tightly wrap remaining half & save for Meal #5)

*For salad*

1 cup spinach leaves  
1 Tablespoons diced yellow or red onion  
1 Tablespoon Paleo pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))  
1 Tablespoon fresh parsley, finely chopped

*\*Note: Look for unprocessed and organic Canadian bacon. Of course, you can always use a high quality, artisan made bacon, but it's not the healthiest choice, which is why we prefer Canadian bacon.*

*For crust*

1. Preheat oven to 425°F.
2. In a small bowl, combine flour and salt.
3. Mix in ice cold water, olive oil, and honey to form dough.
4. Press dough into a large ramekin, forming a ½-inch crust; bake for 3-5 minutes.

*For filling*

1. Whisk egg and water together. Add oregano and black pepper. Gently stir in garlic, bacon, and broccoli.
2. Remove shell from oven. Use a spoon to lightly press down any air bubbles. Lower heat to 350°F.
3. Pour filling into the shell and top with a layer of sliced tomatoes and avocado. Return the tart to the oven. Bake for 18-20 minutes or until the filling is firm.

*For salad*

Combine spinach and onion, toss with dressing and top with fresh parsley.

Quiche: 478 kcal, 21g Protein, 20g Carb, 363mg Sodium, 7g Fiber, 163mg Cholesterol, 38g Fat, 5g Saturated, 7g Sugar, 15% Calcium, 17% Iron  
Salad: 11 kcal, 1g Protein, 2g Carb, 24mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 1g Sugar, 3% Calcium, 5% Iron  
Dressing: 136 kcal, 0g Protein, 4g Carb, 164mg Sodium, 0g Fiber, 0mg Cholesterol, 14g Fat, 2g Saturated, 3g Sugar, 0% Calcium, 0% Iron

## ■ DAY FOUR ■

**DINNER:** Chicken Fricassee with Strawberry Apple Crumble*For chicken fricassee*

Dash of kosher salt  
¼ teaspoon black pepper, divided  
2 chicken thighs (or drumsticks)  
¾ teaspoon grapeseed oil  
1 Tablespoon finely chopped yellow onion  
¼ clove garlic, minced  
½ cup chicken or vegetable broth  
¼ cup green beans, ends trimmed

*For strawberry apple crumble*

¼ pint strawberries, washed, pat dried and sliced  
¼ apple, peeled and diced  
¼ teaspoon lemon juice  
2¼ teaspoons honey  
Pinch of kosher sea salt  
1 Tablespoon almond flour  
1 Tablespoon walnuts, chopped  
2 Tablespoons almond flour  
½ Tablespoon coconut flour  
Pinch of kosher salt  
1 Tablespoon honey  
½ Tablespoon coconut oil

*For chicken fricassee*

1. Mix salt and a pinch of pepper in a small bowl; season chicken thighs on both sides.
2. Heat grapeseed oil in a small sauté pan (with lid) over medium high heat.
3. Brown chicken thighs on one side for 3 minutes. Turn thighs over and brown on other side for 2 minutes. Remove thighs from the pan and set aside.
4. Pour out most of the oil and juices, leaving 2 teaspoons in the pan.
5. Turn heat back on to medium. Add onion and sauté until softened, about 1-2 minutes. Add garlic and sauté until fragrant.
6. Pour in stock and boil until liquid is reduced, season with remaining pepper.
7. Return chicken thighs to pan, cover pan with a lid (leaving a sliver of space), and simmer for 8-10 minutes. Add green beans to the pan and continue to simmer for 8-10 minutes longer, until chicken is cooked through and no longer pink in the center.
8. Remove chicken thighs and green beans from the pan onto a serving plate; pour sauce over and serve immediately.

*For strawberry apple crumble*

1. Preheat oven to 350°F. Using coconut oil, grease an oven proof ramekin. Gently toss together strawberries, apples, lemon juice, honey, salt and flour; add to prepared dish.
2. In a small mixing bowl, combine remaining ingredients (walnuts through coconut oil) and gently mix until crumbs form. Top fruit filling with crumbs and bake for 18-20 minutes or until topping is browned. Serve warm.

## ■ DAY FIVE ■

**DINNER:** Steak & Vegetable Sauté with Guacamole*For steak & vegetable sauté*

¼ cup low sodium chicken or vegetable stock  
1 teaspoon almond flour  
Pinch of kosher salt  
¼ teaspoon olive oil  
2-4 ounces flank steak, cut into ½-inch slices  
Few slices of yellow onion  
¼ red bell pepper, seeded and sliced (¼ cup)  
Pinch of oregano  
½ cup broccoli florets  
1 tomato wedge  
1 cup egg slaw

*For guacamole*

⅓ avocado, pitted and diced  
1 Tablespoon finely chopped parsley leaves  
1 Tablespoon diced yellow onion  
¼ clove garlic, minced  
1 Tablespoon lemon or lime juice  
Pinch of cumin  
Pinch of kosher salt

*For steak & vegetable sauté*

1. Whisk together stock, flour, and salt in a small bowl to make slurry; set aside.
2. Heat oil in a small sauté pan over medium heat. Sauté steak slices and cook until desired doneness (about 4 minutes each side for medium-well).
3. Add onion and red bell pepper and sauté for 3-4 minutes. Add oregano and stir for a few seconds to let the spice infuse onions and red bell peppers. Add broccoli and tomato; cook for 3-4 minutes.
4. Pour slurry (step 1) over the steak and vegetables. Stir to coat. Turn heat down to low and cover pan with a lid. Allow to simmer for 5 minutes.
5. Serve steak and vegetables with guacamole and egg slaw.

*For guacamole*

Toss diced avocados with parsley, onions, garlic, lemon or lime juice, cumin, and salt; mash slightly. Serve as a condiment with steak and vegetable sauté.

Fajitas: 496 kcal, 35g Protein, 23g Carb, 326mg Sodium, 8g Fiber, 247mg Cholesterol, 30g Fat, 9g Saturated, 12g Sugar, 15% Calcium, 30% Iron  
Guac: 89 kcal, 1g Protein, 6g Carb, 200mg Sodium, 4g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 1g Sugar, 1% Calcium, 2% Iron