

PREP GUIDE

MEAL #1

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

MEAL #2

- 8 eggs, hard boiled * *see Meal #2 for directions*
- Cut vegetables:
 - 1 head cabbage, shredded (8 cups)
 - 6 carrots, shredded (2 cups)
 - ½ small yellow onion, diced (½ cup)

MEAL #3

- Cut vegetables:
 - ¾ pound broccoli florets, chopped into ½-inch pieces (3 cups)
 - ¼ yellow or red onion, diced (¼ cup)

MEAL #4

- Cut vegetables:
 - ¼ yellow onion, finely chopped (¼ cup)
 - ¼ pound green beans, ends trimmed

MEAL #5

- 2 lemons or limes, juiced (¼ cup)
- Cut vegetables:
 - ½ small yellow onion, sliced (½ cup)
 - 1 red bell pepper, seeded and sliced (1 cup)
 - ¼ yellow onion, diced (¼ cup)

MENU

MONDAY ①

BRAISED CHICKEN THIGHS with APPLES
Broccoli with Walnuts
Fresh Strawberries

TUESDAY ②

PAN SEARED SCALLOPS
Sautéed Spinach & Egg Slaw

WEDNESDAY ③

BROCCOLI BACON AVOCADO QUICHE
Side Salad

THURSDAY ④

CHICKEN FRICASSEE
Strawberry Apple Crumble

FRIDAY ⑤

STEAK & VEGETABLE SAUTÉ
Guacamole



PALEO May 1, 2015

Shopping List

(1) Braised Chicken Thighs (2) Pan Seared Scallops (3) Broccoli Bacon Quiche (4) Chicken Fricassee (5) Steak Vegetable Saute

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken thighs	16 thighs	skin on, organic	11
2	scallops	1 pound		13
2,3	Canadian bacon	12 ounces	uncured, nitrate free	10
5	Flank steak	3/4 pound	organic	9

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	leek	1 medium		1
1,4	apples	3		3
1,4	strawberries	3 pints		7
2,4,5	lemon	2		1.5
2,3	spinach	2 pounds		6
2,5	green cabbage	1 medium head		3
2,5	carrots	6 medium		3
3,5	fresh parsley	1 bunch		1
2,3,4,5	yellow onion	2 small		2
4	green beans	1/4 pound		3
1,3,5	broccoli florets	2 pounds		4.5
3,5	tomato	2		1
5	red bell pepper	1		1
3,5	avocado	2		2

Recipe #	Misc	Quantity	Notes	Est Cost
1,4	walnuts	3/4 cup	chopped	5
2,3	eggs	1 dozen	organic, large eggs	5

Fresh 20 Grocery Est \$92.00
 Cost Per Dinner \$18.40
 Cost Per Serving \$4.60

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	paprika	
	grapeseed oil	2-1/2 Tablespoons	dried oregano	3/4 teaspoon
	coconut oil	2 Tablespoons	herbes de provence	1-1/2 teaspoons
	balsamic vinegar*		ground cumin	1/4 teaspoon
	white wine vinegar*	2 Tablespoons	raw organic honey	1/2 cup
	chicken or veggie stock; low sodium	3-3/4 cups	organic tomato paste (no sugar or additives)	
	fresh garlic	8 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	3-3/4 teaspoons	raw coconut aminos	
	black pepper	3 teaspoons	almond flour	2-1/2 cups + 1 Tblsp
	cayenne pepper	1/2 teaspoon	coconut flour	2 Tablespoons

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) BRAISED CHICKEN THIGHS with APPLES broccoli with walnuts and fresh strawberries

OVEN TEMPERATURE: 425°F

MADE AHEAD

- Cut vegetables: leek

INSTRUCTIONS

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. Season with black pepper, organic sea salt, and cayenne pepper.

For broccoli with 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.
2. Roast until edges are slightly browned, about 12-15 minutes. Serve warm with chicken and strawberries on the side.

INGREDIENTS

For braised chicken thighs with apples

- 1 Tablespoon olive oil
- 1 medium leek (white part only), chopped
- 8 organic chicken thighs, skin on
- 2 apples, peeled, cored, sliced
- 1½ cups low sodium chicken or vegetable stock
- 1½ teaspoons Herbes de Provence
- ½ teaspoon black pepper
- ¾ teaspoon organic sea salt
- ¼ teaspoon cayenne pepper

For broccoli with walnuts

- ¾ pound broccoli florets (3 cups)
- ½ cup walnuts, chopped
- 3 garlic cloves, thinly sliced
- 1 Tablespoon grapeseed oil
- ½ teaspoon organic sea salt
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper (optional)

- 16 large strawberries, washed, stems removed, sliced



(2) PAN SEARED SCALLOPS sautéed spinach & egg slaw

MAKE AHEAD

- Hard boil eggs * *see directions below*
- Cut vegetables: cabbage, carrots, onion

DIRECTIONS

For pan-seared scallops

1. Lightly pat scallops dry with a paper towel and then season on both sides with salt & pepper. If scallops were 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 large non-stick sauté pan over medium heat; add grapeseed oil and once hot (almost smoking) add scallops.
3. 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. Drizzle with lemon juice.
4. Remove from pan and serve warm.

For sautéed spinach

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

For egg slaw

1. Place eggs in a large 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. Place in a large mixing bowl.
2. Add remaining ingredients to the mixing bowl, very gently toss with eggs. Serve $\frac{1}{2}$ with scallops and save $\frac{1}{2}$ for Meal #5.

INGREDIENTS

For pan-seared scallops

- 1 pound scallops (can sub 1 pound chicken tenders)
- $\frac{1}{4}$ teaspoon organic sea salt
- $\frac{1}{4}$ teaspoon black pepper
- $1\frac{1}{2}$ Tablespoons grapeseed oil
- 1 teaspoon lemon juice

For sautéed spinach

- 1 Tablespoon olive oil
- 1 garlic clove, minced
- 8 ounces Canadian bacon, uncured and nitrate free; diced
- 3 bunches spinach (about $1\frac{1}{2}$ pounds), washed and dried well
- $\frac{1}{4}$ teaspoon organic sea salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon lemon juice

For egg slaw

- 8 eggs
- 1 head green cabbage, shredded (8 cups)
- 6 carrots, shredded (2 cups)
- $\frac{1}{2}$ small yellow onion, diced ($\frac{1}{2}$ cup)
- $\frac{1}{4}$ teaspoon organic sea salt
- 2 Tablespoons white wine vinegar
- $\frac{1}{4}$ cup olive oil



(3) BROCCOLI BACON AVOCADO QUICHE side salad

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- Cut vegetables: broccoli, onion

DIRECTIONS

For crust

1. Preheat oven to 425°F.
2. In a large (5 quart) bowl, combine flour and salt.
3. Mix in ice cold water, olive oil, and honey to form dough.
4. Press dough into a 9x13" baking dish, forming a ½-inch crust; bake for 5 minutes.

For filling

1. Whisk eggs and water together. Add oregano and black pepper. Gently stir in garlic, bacon, and broccoli.
2. Remove shell from oven. Use a tablespoon 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 20-25 minutes or until the filling is firm.

For salad

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

INGREDIENTS

For crust

1¾ cups almond flour
¼ teaspoon organic sea salt
½ cup +1 Tablespoon ice cold water
¼ cup olive oil
1 Tablespoon honey

For filling

4 eggs
¼ cup cold water
½ teaspoon dried oregano
½ teaspoon black pepper
2 garlic cloves, minced
4 ounces Canadian bacon*, chopped
¾ pound broccoli florets,
chopped into ½-inch pieces (3
cups)
1 tomato, thinly sliced
½ avocado, thinly sliced (tightly wrap
remaining half & save for Meal
#5)

For salad

½ pound spinach leaves (4 cups)
¼ yellow or red onion, diced (¼ cup)
¼ cup Paleo pantry dressing
(www.thefresh20.com/pantrydressings)
¼ cup fresh parsley, finely chopped
(¼ bunch)

**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.*



(4) CHICKEN FRICASSEE strawberry apple crumble

OVEN TEMPERATURE: 350°F

MAKE AHEAD

- Cut vegetables: onion, green beans

For chicken fricassee

1. Mix salt and a ½ teaspoon pepper in a small bowl; season chicken thighs on both sides.
2. Heat grapeseed oil in a large 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 Tablespoons 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 10-12 minutes. Add green beans to the pan and continue to simmer for 10-12 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 platter; pour sauce over and serve immediately.

For strawberry apple crumble

1. Preheat oven to 350°F. Using coconut oil, grease an oven proof casserole or baking dish. Gently toss together strawberries, apples, lemon juice, honey, salt and flour; add to prepared dish.
2. In a large mixing bowl, combine remaining ingredients (walnuts through coconut oil) and gently mix until crumbs form. Top fruit filling with crumbs and bake for 22-25 minutes or until topping is browned. Serve warm.

INGREDIENTS

For chicken fricassee

½ teaspoon organic sea salt
1 teaspoon black pepper, divided
8 chicken thighs (or drumsticks)
1 Tablespoon grapeseed oil
¼ yellow onion, finely chopped (¼ cup)
1 clove garlic, minced
1¼ cups low sodium chicken stock
¼ pound green beans, ends trimmed

For strawberry apple crumble

1 pint strawberries, washed, pat dried and sliced
1 apple, peeled and diced
1 teaspoon lemon juice
3 Tablespoons honey
½ teaspoon organic sea salt
¼ cup almond flour

¼ cup walnuts, chopped
½ cup almond flour
2 Tablespoons coconut flour
¼ teaspoon organic sea salt
¼ cup honey
2 Tablespoons coconut oil



(5) STEAK & VEGETABLE SAUTÉ guacamole

MAKE AHEAD

- 4 cups egg slaw * from Meal #2
- 2 lemons or 2 limes, juiced (¼ cup)
- Cut vegetables: onion, bell pepper

INSTRUCTIONS

For steak & vegetable sauté

1. Whisk together stock, flour, and salt in a small bowl to make a slurry; set aside.
2. Heat oil in a large 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.

INGREDIENTS

For steak & vegetable sauté

1 cup low sodium chicken or vegetable stock
¾ Tablespoon almond flour
¼ teaspoon organic sea salt
1 Tablespoon olive oil
¾ pound flank steak, cut into ½- inch slices
½ small yellow onion, sliced (½ cup)
1 red bell pepper, seeded and sliced (1 cup)
¼ teaspoon oregano
½ pound broccoli florets (2 cups)
1 tomato, cut into wedges

4 cups egg slaw

For guacamole

1½ avocados, pitted and diced
¼ cup parsley leaves, finely chopped (¼ bunch)
¼ small yellow onion, diced (¼ cup)
1 clove garlic, minced
¼ cup lemon or lime juice
¼ teaspoon cumin
½ teaspoon organic sea salt



Nutrition Information

Braised Chicken Thighs with Apples		Serves: 4	
Serving Size: 2 thighs prepared			
Calories	353 kcal	Fat	22.6 g
Protein	20.3 g	Saturated	5.7 g
Carbohydrate	17.6 g	Sugar	10.8 g
Sodium	415 mg	Calcium	3.7 %DV
Fiber	2.8 g	Iron	9.3 %DV
Cholesterol	112 mg		

Broccoli with Walnuts		Serves: 4	
Serving Size: 3/4 cup			
Calories	158 kcal	Fat	13.3 g
Protein	4.8 g	Saturated	1.3 g
Carbohydrate	8.4 g	Sugar	1.9 g
Sodium	224 mg	Calcium	5.8 %DV
Fiber	3.2 g	Iron	6 %DV
Cholesterol	0 mg		

Strawberries		Serves: 4	
Serving Size: 4 large strawberries			
Calories	24 kcal	Fat	0 g
Protein	0 g	Saturated	0 g
Carbohydrate	4 g	Sugar	4 g
Sodium	0 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 mg		

Pan Seared Scallops		Serves: 4	
Serving Size: About 4 ounces prepared			
Calories	123 kcal	Fat	5.7 g
Protein	13.7 g	Saturated	0.6 g
Carbohydrate	3.6 g	Sugar	0 g
Sodium	445 mg	Calcium	0.7 %DV
Fiber	0 g	Iron	2.4 %DV
Cholesterol	27 mg		

Sautéed Spinach		Serves: 4	
Serving Size: 1/3 cup			
Calories	161 kcal	Fat	8.1 g
Protein	17.1 g	Saturated	2.1 g
Carbohydrate	7.4 g	Sugar	1.7 g
Sodium	641 mg	Calcium	17 %DV
Fiber	3.8 g	Iron	27.8 %DV
Cholesterol	35 mg		

Egg Slaw		Serves: 4	
Serving Size: 1 cup			
Calories	196 kcal	Fat	11.8 g
Protein	8.9 g	Saturated	2.6 g
Carbohydrate	15.5 g	Sugar	8.2 g
Sodium	137 mg	Calcium	11.1 %DV
Fiber	5.6 g	Iron	10.2 %DV
Cholesterol	186 mg		

Broccoli Bacon Avocado Quiche		Serves: 5	
Serving Size: 1 out of 5 slices			
Calories	478 kcal	Fat	38.2 g
Protein	20.8 g	Saturated	5.1 g
Carbohydrate	19.6 g	Sugar	7.3 g
Sodium	363 mg	Calcium	14.5 %DV
Fiber	7.2 g	Iron	17.2 %DV
Cholesterol	163 mg		

Side Salad		Serves: 4	
Serving Size: 1 cup without dressing			
Calories	11 kcal	Fat	0 g
Protein	1 g	Saturated	0 g
Carbohydrate	2 g	Sugar	0.6 g
Sodium	24 mg	Calcium	3.2 %DV
Fiber	0.8 g	Iron	4.6 %DV
Cholesterol	0 mg		

Paleo Dressing		Serves: 5	
Serving Size: 1 tablespoon			
Calories	136 kcal	Fat	13.5 g
Protein	0 g	Saturated	1.9 g
Carbohydrate	3.6 g	Sugar	3.4 g
Sodium	164 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 mg		

Chicken Fricassee		Serves: 4	
Serving Size: 2 prepared thighs			
Calories	299 kcal	Fat	22.4 g
Protein	20.1 g	Saturated	5.5 g
Carbohydrate	3.4 g	Sugar	1.4 g
Sodium	308 mg	Calcium	2.5 %DV
Fiber	1 g	Iron	6.4 %DV
Cholesterol	112 mg		

Strawberry Apple Crumble		Serves: 5	
Serving Size: 1/2 cup			
Calories	333 kcal	Fat	18.3 g
Protein	5.7 g	Saturated	5.9 g
Carbohydrate	43.9 g	Sugar	34.1 g
Sodium	81 mg	Calcium	6.1 %DV
Fiber	6.4 g	Iron	8 %DV
Cholesterol	0 mg		

Steak Vegetable Fajitas		Serves: 4	
Serving Size: 2 cups (steak, vegetables and 1 cup egg slaw)			
Calories	496 kcal	Fat	30.1 g
Protein	34.5 g	Saturated	9 g
Carbohydrate	23.2 g	Sugar	11.6 g
Sodium	326 mg	Calcium	15 %DV
Fiber	8.1 g	Iron	29.6 %DV
Cholesterol	247 mg		

Guacamole		Serves: 4	
Serving Size: 1/3 cup			
Calories	89 kcal	Fat	7.7 g
Protein	1.1 g	Saturated	1.1 g
Carbohydrate	5.5 g	Sugar	0.6 g
Sodium	200 mg	Calcium	1 %DV
Fiber	3.6 g	Iron	1.9 %DV
Cholesterol	0 mg		