

PREP GUIDE

MEAL #1

- Marinate pork chops * *see Meal #1, step 1, for recipe*
- 3" piece fresh ginger grated to yield 2 Tablespoons

MEAL #3

- Cauliflower rice * *see recipe below*
- 2" piece fresh ginger grated to yield 1 Tablespoon

MEAL #5

- Balsamic Vinaigrette * *see Meal #5 for recipe*

For Cauliflower Rice (Meal #3)

1 small head cauliflower

1. Rinse cauliflower under running water and thoroughly pat dry.
2. Chop into large florets and throw into a food processor.
3. Pulse the contents until the cauliflower resembles the consistency of quinoa or rice grains.
4. Wrap in a paper towel and store in an airtight container in the refrigerator.

MENU

MONDAY ①

HONEY GLAZED PORK CHOPS
Grilled Honey Ginger Peaches
& Wilted Napa Cabbage

TUESDAY ②

CURRIED TUNA STEAKS
Cucumber Melon Salad

WEDNESDAY ③

GINGER PORK LETTUCE WRAPS
Almond Cauliflower Rice
with Broccoli

THURSDAY ④

FIRECRACKER TURKEY BURGER
Melon & Nectarine Gazpacho

FRIDAY ⑤

NECTARINE SUMMER SALAD
Balsamic Vinaigrette



(1) Honey Glazed Pork Chops (2) Curried Tuna Steaks (3) Ginger Pork Lettuce Wraps (4) Firecracker Turkey Bowl (5) Nectarine Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	center cut boneless pork chops	8 (4 oz) chops		20
2	tuna steaks	4	about 1-1/2 pounds total	20
4	lean ground turkey	1 pound		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
3	cauliflower	1 small head		2.5
1,3	fresh ginger	5" piece	need 3 Tablespoons grated	1.5
1,4,5	peaches or nectarines	9		5
1,3,5	Napa cabbage	1 head		3
1,3,5	carrots	7 medium		3
2,4	cantaloupe	1		3
2,4,5	English cucumber	3		3
2	lime	1		0.5
2,3,4,5	fresh mint	sm bunch	need 15 leaves total	1.5
2,3,4,5	basil leaves	sm bunch	need 20 leaves total	1.5
3,4,5	butter lettuce	2 heads	need 12 leaves total	4
3,5	green onions	3 onions		2
3,5	broccoli florets	2-1/2 cups		2
4	portobello mushrooms	4 large caps		5
4,5	tomatoes	3		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,4	yellow curry powder	2-1/2 teaspoons		1
1,2,3,4,5	sliced almonds	3-1/4 cups		12

Fresh 20 Grocery Est \$98.50
Cost Per Dinner \$19.70
Cost Per Serving \$4.93

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	paprika	1/2 teaspoon
	grapeseed oil	1/2 cup	dried oregano	
	coconut oil		herbes de provence	1 teaspoon
	balsamic vinegar*	1/4 cup	ground cumin	1-1/2 teaspoons
	white wine vinegar*	2 teaspoons	raw organic honey	7 Tablespoons
	chicken or veggie broth: low sodium		organic tomato paste (no sugar or additives)	
	fresh garlic	9 cloves	Dijon mustard (gluten-free, no sugar added)	1/4 - 1/2 cup
	organic sea salt	2-3/4 teaspoons	raw coconut aminos	7 Tablespoons
	black pepper	2-1/4 teaspoons	almond flour	
cayenne pepper	1/8 teaspoon	coconut flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

*are not considered paleo but can be used in moderation



(1) HONEY GLAZED PORK CHOPS

grilled honey ginger peaches & wilted Napa cabbage

Makes 4 servings

MADE AHEAD

- Make marinade and marinate pork chops for up to 24 hours * see recipe & directions below
- 3" piece fresh ginger grated to yield 2 Tablespoons

DIRECTIONS

For honey glazed pork chops

1. In a small bowl, whisk to combine Dijon mustard, raw honey, raw coconut aminos, water, grapeseed oil, garlic, ginger, and pepper. Place the pork chops into a re-sealable bag or a non-reactive bowl and cover with marinade. Refrigerate for at least 20 minutes or up to 24 hours.
2. Heat outdoor grill (see Kitchen Note if cooking indoors).
3. Remove pork chops from marinade (reserve marinade).
4. Heat the marinade in a small sauce pot over medium-high heat, bring to a boil, and boil for 1 full minute; set aside.
5. Grill pork chops for 3-4 minutes per side until done and just barely pink in the middle (internal temperature must reach 145°). *The sugar from the raw honey in the marinade will caramelize and burn quickly so keep an eye on your chops (for chicken, cook 3-4 minutes per side, chicken is done when it is no longer pink in the middle and internal temperature reaches 165°).*
6. Just before chops are done, brush the reduced (boiled) marinade over both sides.
7. Reserve 4 cooled chops for Meal # 3, store in an airtight container.
8. Serve 4 remaining chops with peaches and cabbage.

For grilled honey ginger peaches

1. Brush peaches with 1 Tablespoon of reduced (boiled) marinade and then grill, cut side down, for 2-3 minutes or until they begin to soften and are warmed through.
2. Top with sliced almonds before serving.

For wilted Napa cabbage

1. Heat a large nonstick sauté pan over medium-high heat and add oil. Once oil is hot, add in the cabbage and carrots. Toss to coat with the olive oil and sauté until carrots have softened and cabbage is wilted, 3-4 minutes.
2. Add 1 Tablespoon of marinade and stir to coat evenly. Reserve remaining marinade for Meal #3.

Kitchen Note: Cooking indoors? Heat a large non-stick sauté pan over medium heat and add 1 Tablespoon of grapeseed oil. Once oil is hot, add in pork chops and cook for 3-4 minutes on each side until done - cooking time will depend on the thickness of your pork chops, internal temperature must reach 145°.

Peaches can also be grilled on the stove top in a sauté or grill pan.

INGREDIENTS

For honey glazed pork chops

2 Tablespoons Dijon mustard
4 Tablespoons raw honey
6 Tablespoons raw coconut aminos
½ cup water
¼ cup grapeseed oil
4 garlic cloves, minced
2 Tablespoons grated ginger
½ teaspoon black pepper

8 (4 oz) center cut boneless pork chops
(for two meals) *2 pounds of chicken breast can be substituted (breasts sliced in half lengthwise)

For grilled honey ginger peaches

4 peaches or nectarines, ripe but firm, sliced in half and pit removed
1 Tablespoon marinade (boiled)
½ cup sliced almonds

For wilted Napa cabbage

2 Tablespoons olive oil
¼ head of Napa cabbage, cut thinly into shreds
2 medium carrots, grated
1 Tablespoon of marinade (boiled)

This recipe is super easy and absolutely divine! The marinade is filled with flavorful goodness and will leave your taste buds satisfied.



(2) CURRIED TUNA STEAKS

cucumber melon salad with basil & mint

Makes 4 servings

Tuna steaks are delicious when they are seasoned, charred, and pink on the inside. The cucumber salad compliments the tuna well by adding that clean balance of sweetness that is sure to cleanse your palate between bites.

DIRECTIONS

For curried tuna steaks

1. In a small bowl, combine grapeseed oil, curry, cumin, paprika, sea salt & pepper. Brush tuna steaks with oil and seasonings on both sides.
2. Heat outdoor grill (see Kitchen Note if cooking indoors).
3. Lightly oil grill with tongs and a dampened paper towel dipped in a little bit of grapeseed oil.
4. Grill tuna steaks 2-3 minutes on each side. Do not overcook tuna or it will dry out. Tuna can be eaten while still pink in the center (for chicken, cook 3-4 minutes per side, chicken is done when it is no longer pink in the middle and internal temperature reaches 165°).

For cucumber melon salad with basil & mint

In a medium bowl, combine the cantaloupe, cucumber, lime juice, organic raw honey, oil, mint, basil, and a pinch of sea salt. Toss to coat, top with almonds, and serve cold.

Kitchen Note:

Cooking indoors? Heat a large non-stick sauté pan over medium heat; add 1 Tablespoon of grapeseed oil. Once oil is hot, add tuna steaks and cook for 3-4 minutes on each side until done, cooking time will depend on the thickness of your tuna.

INGREDIENTS

For curried tuna steaks

- 1 Tablespoon grapeseed oil
- 2 teaspoons yellow curry powder
- 1 teaspoon cumin
- ½ teaspoon paprika
- ¼ teaspoon sea salt
- ½ teaspoon black pepper

4 tuna steaks, about 1½ pounds total
**1 pound of chicken breast can be substituted (2 breasts sliced in half lengthwise)*

For cucumber melon salad with basil & mint

- ½ ripe cantaloupe, skin removed, seeded and cut into bite size pieces or melon balls
- 1 English cucumber, cut into medium dice
- 1 lime, juiced (about 2 Tablespoons)
- 1 Tablespoon raw organic honey
- 1 Tablespoon olive oil
- 5 mint leaves, rolled together lengthwise and cut into thin slices (chiffonade)
- 5 basil leaves, rolled together lengthwise and cut into thin slices (chiffonade)
- Pinch of sea salt
- ½ cup almonds, chopped



(3) GINGER PORK LETTUCE WRAPS

almond cauliflower rice with broccoli

Makes 4 servings

Cauliflower is the perfect paleo alternative to high-carb foods like rice and potatoes. It has a delicious nutty flavor and a diverse consistency.

MADE AHEAD

- 2 cups cauliflower rice * see prep guide for directions
- 4 grilled pork chops * see Meal #1
- Honey ginger glaze/sauce * see Meal #1
- 2" piece fresh ginger grated to yield 1 Tablespoon

DIRECTIONS

For ginger pork lettuce wraps

1. Heat a large nonstick sauté pan over low-medium heat. Add pork and reserved sauce from Meal #1. Stir to coat and cook for 2-3 minutes or until warm.
2. Rinse butter lettuce cups, dry, and set aside.
3. Toss pork with Napa cabbage, carrots, basil, and mint.
4. Serve warm pork and vegetables inside lettuce cups.

For almond cauliflower rice with broccoli

1. Heat a large nonstick skillet over medium-high heat and add oil. Once oil is hot, add in ginger, garlic, green onions, broccoli, and almonds; stir to prevent burning. Once fragrant, about 20 seconds, add in cauliflower rice and water and stir to combine.
2. Reduce heat, cover with a lid, and cook for 5-6 minutes or until cauliflower rice is tender and slightly golden brown.
3. Drizzle with raw coconut aminos, stir to combine.

INGREDIENTS

For ginger pork lettuce wraps

- 4 grilled pork chops, cut into 1 inch pieces * see Meal #1
- Reserved honey ginger glaze/sauce from Meal #1
- 8 butter lettuce cups
- ¼ head Napa cabbage, cut thinly into shreds
- 1 medium carrot, grated
- 5 basil leaves, rolled together and cut into thin slices (chiffonade)
- 3 mint leaves, rolled together and cut into thin slices (chiffonade)

For almond cauliflower rice with broccoli

- 2 Tablespoons grapeseed oil
- 1 Tablespoon grated ginger
- 2 garlic cloves, minced
- 1 green onion, green and white parts, thinly sliced
- 2 cups broccoli florets cut into small bite size pieces
- ½ cup sliced almonds
- 2 cups cauliflower rice * see prep guide
- 2 Tablespoons water
- 2 teaspoons raw coconut aminos



(4) FIRECRACKER TURKEY BURGER

melon & nectarine gazpacho

Makes 4 servings

Roasted Portobello mushrooms, in place of buns, are a classic low-carb, paleo meal. They honestly make the burger extra flavorful and filling.

DIRECTIONS

For firecracker turkey burger

1. In a medium mixing bowl, combine garlic, curry, cumin, cayenne, Dijon mustard, almonds, sea salt & pepper.
2. Add in turkey and mix well, form into four 4 ounce patties.
3. Heat outdoor grill (see Kitchen Note if cooking indoors).
4. Grill burgers for 5 minutes on each side, be careful not to turn too soon or they will stick.
5. Serve each burger on top of a roasted Portobello mushroom. Garnish with tomato slices, butter lettuce leaves, and Dijon mustard.

For roasted portobello mushroom

1. Preheat oven to 450 degrees.
2. Place Portobello caps on a baking sheet gill-side up. Drizzle with olive oil and roast for 8-10 minutes depending on thickness. Remove from the oven and season with sea salt and pepper to taste.

For melon & nectarine gazpacho

In a blender, combine soup ingredients*. Blend until very smooth and refrigerate until cold.

**Optional, reserve 1-2 Tablespoons of melon and cucumber, cut into small dice, and garnish the top of the gazpacho just before serving.*

Kitchen Note:

Cooking indoors? Heat a large nonstick sauté pan over medium-high heat and add 1 Tablespoon grapeseed oil. Cook burgers until done; 5-7 minutes per side or until no longer pink in the middle.

INGREDIENTS

For firecracker turkey burger

2 garlic cloves, minced
½ teaspoon yellow curry powder
½ teaspoon cumin
⅛ teaspoon cayenne pepper (up to ½ teaspoon for more heat)
1 Tablespoon Dijon mustard
¾ cup almonds, finely ground
¾ teaspoon sea salt
½ teaspoon black pepper
1 pound lean ground turkey
4 roasted Portobello mushroom caps
(see directions below)
1 medium tomato, sliced
4 whole butter lettuce leaves
Dijon mustard

For roasted portobello mushroom

4 Portobello mushroom caps, stems removed
Olive oil
Sea salt & black pepper to taste

For melon & nectarine gazpacho

½ cantaloupe, peeled, seeded and cut into large pieces
1 nectarine, pit removed, cut into large pieces
1 English cucumber, cut into large pieces
1 Tablespoon raw honey
2 teaspoons white wine vinegar
5 basil leaves
2 mint leaves
¼ teaspoon sea salt



(5) NECTARINE SUMMER SALAD

balsamic vinaigrette

Makes 4 servings

Dear Paleo Eaters,

Strive to buy the majority of your produce organic, meaning free of pesticides and chemical sprays that were certainly not around 10,000 years ago. They may be a bit more costly, but well worth your dime! Those chemicals can wreak havoc on your endocrine system and get this--increase cravings. No thanks!

MADE AHEAD

- Make balsamic vinaigrette * see recipe below

DIRECTIONS

For nectarine summer salad

In a large bowl, combine salad ingredients and dress with vinaigrette to taste.

For balsamic vinaigrette

In a small bowl, combine the garlic, raw organic honey, mustard, vinegar, Herbes, and sea salt & pepper. Whisk in the olive oil in a thin stream until combined.

Or

Combine all the ingredients in a jar with a lid (Mason jar) and shake to combine.

INGREDIENTS

For nectarine summer salad

- ½ head of Napa cabbage, cut thinly into shreds
- Any leftover butter lettuce, cut into bite size pieces
- 4 nectarines or peaches, pit removed, cut into bite size slices
- 2 green onions, white and green parts, thinly sliced
- 4 carrots, shredded
- 1 English cucumber, cut into thin slices
- ½ cup chopped broccoli
- 5 mint leaves, rolled together lengthwise and cut into thin slices (chiffonade)
- 5 basil leaves, rolled together lengthwise and cut into thin slices (chiffonade)
- 1 cup sliced almonds
- 2 medium tomatoes, cut into salad wedges

For balsamic vinaigrette

- 1 garlic clove, minced
- 1 Tablespoon raw honey
- 1 teaspoon Dijon mustard
- ¼ cup balsamic vinegar (no added sugar or additives)
- 1 teaspoon Herbes de Provence
- ¾ teaspoon sea salt
- ½ teaspoon black pepper
- ½ cup olive oil



PALEO September 18, 2015

Nutrition Information

Honey Glazed Pork Chops with peaches		Serves: 4	
Serving Size: 4 ounces pork, 1 peach			
Calories	380 kcal	Fat	20 g
Protein	23 g	Saturated	2.5 g
Carbohydrate	29 g	Sugar	21 g
Sodium	380 mg	Calcium	6 %DV
Fiber	4 g	Iron	10 %DV
Cholesterol	12 mg		

Napa Cabbage		Serves: 4	
Serving Size: 1/2 cup			
Calories	80 kcal	Fat	7 g
Protein	1 g	Saturated	1 g
Carbohydrate	4 g	Sugar	2 g
Sodium	25 mg	Calcium	4 %DV
Fiber	1 g	Iron	0 %DV
Cholesterol	0 mg		

Curried Tuna Steaks		Serves: 4	
Serving Size: 6 ounces tuna			
Calories	280 kcal	Fat	12 g
Protein	40 g	Saturated	2.5 g
Carbohydrate	1 g	Sugar	0 g
Sodium	500 mg	Calcium	2 %DV
Fiber	1 g	Iron	10 %DV
Cholesterol	65 mg		

Cucumber Melon Salad		Serves: 4	
Serving Size: 1 cup			
Calories	190 kcal	Fat	11 g
Protein	5 g	Saturated	1 g
Carbohydrate	19 g	Sugar	15 g
Sodium	15 mg	Calcium	6 %DV
Fiber	3 g	Iron	6 %DV
Cholesterol	0 mg		

Pork Ginger Lettuce Wraps		Serves: 4	
Serving Size: 2 wraps			
Calories	250 kcal	Fat	12 g
Protein	19 g	Saturated	2 g
Carbohydrate	15 g	Sugar	9 g
Sodium	400 mg	Calcium	4 %DV
Fiber	1 g	Iron	4 %DV
Cholesterol	55 mg		

Almond Cauliflower Rice		Serves: 4	
Serving Size: 1 cup			
Calories	200 kcal	Fat	15 g
Protein	7 g	Saturated	1.5 g
Carbohydrate	13 g	Sugar	3 g
Sodium	110 mg	Calcium	8 %DV
Fiber	6 g	Iron	8 %DV
Cholesterol	0 mg		

Firecracker Turkey Burgers, Portobello		Serves: 4	
Serving Size: 1 burger, 1 mushroom			
Calories	380 kcal	Fat	25 g
Protein	25 g	Saturated	3.5 g
Carbohydrate	12 g	Sugar	3 g
Sodium	610 mg	Calcium	10 %DV
Fiber	5 g	Iron	15 %DV
Cholesterol	85 mg		

Melon & Nectarine Gazapacho		Serves: 4	
Serving Size: 1 cup			
Calories	70 kcal	Fat	0 g
Protein	2 g	Saturated	0 g
Carbohydrate	16 g	Sugar	2 g
Sodium	135 mg	Calcium	2 %DV
Fiber	2 g	Iron	4 %DV
Cholesterol	0 mg		

Nectarine Summer Salad		Serves: 4	
Serving Size: Approximately 1 1/2 cups, 1 whole nectarine			
Calories	310 kcal	Fat	16 g
Protein	12 g	Saturated	1 g
Carbohydrate	30 g	Sugar	20 g
Sodium	55 mg	Calcium	15 %DV
Fiber	11 g	Iron	15 %DV
Cholesterol	0 mg		

Balsamic Vinaigrette		Serves: 8	
Serving Size: 1 1/2 Tablespoons			
Calories	140 kcal	Fat	14 g
Protein	0 g	Saturated	2 g
Carbohydrate	4 g	Sugar	3 g
Sodium	230 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 mg		