

## PREP GUIDE

### MEAL #1

- **Cooking time for slow cooking: 6-8 hours on low, 3-4 hours on high. Cooking time in oven is about 1 hour 15 minutes.**
- Cut vegetables:
  - 1 yellow onion, cut into large chunks
  - 1 bunch kale, chopped (4 cups)

### MEAL #2

- Spiralize 1 zucchini and 2 sweet potatoes into noodles
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 green bell pepper, diced (1 cup)
  - 1 medium zucchini, diced (2 cups)

### MEAL #3

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 carrots, diced (1 cup)
  - 1 green bell pepper, diced (1 cup)

### MEAL #4

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 3 stalks celery, diced
  - 3 carrots, diced (1½ cups)
  - 1 medium zucchini, diced (2 cups)

### MEAL #5

- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 2 carrots, diced (1 cup)
  - 2 medium zucchini, diced (4 cups)

## MENU

### MONDAY ①

SLOW COOKER LEMON  
CAPER CHICKEN  
Roasted Sweet Potatoes & Kale

### TUESDAY ②

CAJUN SHRIMP AND SAUSAGE OVER  
VEGETABLE NOODLES

### WEDNESDAY ③

FALL SAUSAGE SKILLET

### THURSDAY ④

CHICKEN VEGETABLE SOUP

### FRIDAY ⑤

RATATOUILLE TOPPED CHICKEN  
Sliced Baked Apples



PALEO November 6, 2015

# Shopping List

(1) Slow Cooker Lemon Chicken (2) Cajun Shrimp & Sausage/Noodles (3) Fall Sausage Skillet (4) Chicken Veg Soup (5) Ratatouille Topped Chicken

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	whole chicken	4-5 pounds		12
2,3,4	turkey kielbasa	2-1/2 pounds		15
2	fresh shrimp	1-1/2 pounds	medium, peeled, deveined	12
5	chicken breasts	4 half breasts	about 1 pound	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,3,4,5	yellow onion	5		5
1	lemons	2		1
1,4	kale	2 bunches		4
1,2,3	sweet potatoes	4 pounds		6
2,3	green bell pepper	2		2
2,4,5	zucchini	5 medium		3.5
2,5	tomatoes	5 large		5
2,5	fresh basil	1 bunch		1.5
2,3,5	apples	7		6
3,4,5	carrots	7		2
4	celery	3 stalks		2

Recipe #	Misc	Quantity	Notes	Est Cost
1,5	capers	2-1/2 Tblspns		3
5	pine nuts	1/2 cup		2
5	cinnamon	1-1/2 teaspoons		0.5
5	slivered almonds	1/4 cup	optional	

Fresh 20 Grocery Est \$88.50  
 Cost Per Dinner \$17.70  
 Cost Per Serving \$4.43

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity	
		olive oil	1 cup	paprika	1 teaspoon
		grapeseed oil		dried oregano	1/2 teaspoon
		coconut oil		herbes de provence	3 teaspoons
		<b>balsamic vinegar*</b>	1 Tablespoon	ground cumin	
		<b>white wine vinegar*</b>		raw organic honey	1 Tablespoon
		chicken or veggie broth: low sodium	9 cups	organic tomato paste (no sugar or additives)	1 Tablespoon
		fresh garlic	12 cloves	Dijon mustard (gluten-free, no sugar added)	
		organic sea salt	2-1/2 teaspoons	raw coconut aminos	
		black pepper	3 teaspoons	almond flour	
		cayenne pepper	dash	coconut flour	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# (1) SLOW COOKER LEMON CAPER CHICKEN

## roasted sweet potatoes and kale

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- **Cooking time for slow cooking: 6-8 hours on low, 3-4 hours on high. Cooking time in oven is about 1 hour 15 minutes.**
- Cut vegetables: onion, kale

### INSTRUCTIONS

#### *For slow cooker lemon caper chicken*

1. Season whole chicken with salt, pepper, oregano, and garlic.
2. Put the onion and half of lemons in bottom of slow cooker. Add the chicken then top with remaining lemon slices and capers.
3. Cook for 6-8 hours on low or 3-4 hours on high.
4. Remove chicken and save half for Meal #4.
5. Put kale in slow cooker juices for 3-4 minutes to cook.

Meanwhile

#### *For roasted sweet potatoes*

1. Heat oven to 400°F.
2. Toss sweet potatoes with oil, salt, and pepper; place in an even layer on a baking sheet.
3. Cook for about 25 minutes until tender.
4. Save half for Meal #3.

*\* Not using a slow cooker? Layer lemons, onions, and chicken in a roasting pan as above; add ½ cup water to pan and cook at 375°F for about 75 minutes or until juices run clear. Cook uncovered, add lid at the end if chicken is getting too brown. Remove chicken and let rest 5-10 minutes before slicing. While chicken is resting, add kale to roasting pan and put back in oven for 5 minutes to wilt. Sweet potatoes can be roasted at 375° also, add 5-10 minutes to cooking time.*

#### *For slow cooker lemon caper chicken*

- 4-5 pound whole chicken, giblets removed
- 1 teaspoon organic sea salt
- 1 teaspoon black pepper
- ½ teaspoon oregano
- 3 cloves garlic, minced
  
- 1 yellow onion, large chunks
- 2 lemons, sliced
- 1½ Tablespoons capers
- 1 bunch kale, chopped (4 cups)

#### *For roasted sweet potatoes*

- 2½ pounds sweet potatoes, cubed
- 2 Tablespoons olive oil
- ½ teaspoon organic sea salt
- ½ teaspoon black pepper



## (2) CAJUN SHRIMP & SAUSAGE OVER VEGETABLE NOODLES

### MAKE AHEAD

- Using a handheld spiralizer, spiralize 2 sweet potatoes and 1 large zucchini into noodles
- Cut vegetables: onion, bell pepper, zucchini

### DIRECTIONS

*For Cajun shrimp & sausage over vegetable noodles*

1. Heat a large pot over medium heat and add olive oil. When oil is hot, add onion and bell pepper and sauté for 2 minutes. Add the zucchini and garlic and sauté for 1 minute. Add sausage and sauté until cooked through.
2. Add salt, pepper, paprika, cayenne, Herbes, tomatoes, chicken broth, and sweet potato noodles. Bring to a low boil and simmer until sweet potatoes are almost done, about 5 minutes.
3. Add in tomato paste and shrimp; cook until shrimp is just cooked through.
4. Add the zucchini noodles and cook for an additional 90 seconds.
5. Stir in basil.
6. Serve with a side of sliced apples.

### INGREDIENTS

*For Cajun shrimp & sausage over vegetable noodles*

- 3 Tablespoon olive oil
  - 1 yellow onion, diced (1 cup)
  - 1 green bell pepper, diced (1 cup)
  - 1 medium zucchini, diced (2 cups)
  - 2 cloves garlic, minced
  - ½ pound turkey kielbasa sausage, sliced (or any sausage)
  - ½ teaspoon organic sea salt
  - ½ teaspoon black pepper
  - 1 teaspoon paprika
  - Dash of cayenne pepper
  - 1 teaspoon Herbes de Provence
  - 3 large tomatoes, diced (3 cups)
  - 3 cups low-sodium chicken broth
  - 2 medium sweet potatoes, spiralized
  - 1 Tablespoon tomato paste
  - 1½ pounds medium peeled and deveined shrimp (sub 1½ pounds chicken tenders, cut into 1" pieces)
  - 1 zucchini, spiralized
  - ¼ cup chopped basil
- 2 apples, sliced

### MAKE AHEAD

- 1¼ pounds roasted sweet potatoes *\*from Meal #1*
- Cut vegetables: onion, carrots, bell pepper

### DIRECTIONS

#### *For fall sausage skillet*

1. Heat a large non-stick skillet over medium heat and add olive oil.
2. When oil is hot, add onion, carrots, and garlic. Cook for 5 minutes.
3. Add the bell pepper, black pepper, and sausage; stir until cooked through.
4. Add apples and cook for 3 minutes, then add sweet potatoes and cook 3-4 minutes until heated through.

### INGREDIENTS

#### *For fall sausage skillet*

- 2 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 carrots, diced (1 cup)
- 2 cloves garlic, minced
- 1 green bell pepper, diced (1 cup)
- ½ teaspoon black pepper
- 1½ pounds turkey kielbasa sausage, sliced (or any sausage)
- 1 apple, diced
- 1¼ pounds roasted sweet potatoes

### MAKE AHEAD

- 1 pound cooked chicken \* *from Meal #1*
- Cut vegetables: onion, celery, carrots, zucchini

### *For chicken vegetable soup*

1. Heat a large pot over medium heat and add olive oil. When oil is hot, add onion, garlic, celery, and carrots. Cook about 5 minutes.
2. Add sausage and sauté until brown on the outside, about 5 minutes.
3. Add zucchini and chicken and cook until warm.
4. Add chicken stock, salt, pepper, and Herbes; simmer for 10-12 minutes.
5. Add kale, heat through, and serve immediately.

### INGREDIENTS

#### *For chicken vegetable soup*

4 Tablespoon olive oil  
1 yellow onion, diced (1 cup)  
2 cloves garlic, minced  
3 stalks celery, diced  
3 carrots, diced (1½ cups)  
½ pound turkey kielbasa sausage, sliced (or any sausage)  
1 medium zucchini, diced (2 cups)  
1 pound cooked chicken, diced  
6 cups low-sodium chicken stock  
Dash of organic sea salt and black pepper  
1 teaspoon Herbes de Provence  
1 bunch of kale, finely chopped (4 cups)



## (5) RATATOUILLE TOPPED CHICKEN sliced baked apples

OVEN TEMPERATURE: 400°F

### MAKE AHEAD

- Cut vegetables: onion, carrots, zucchini

### INSTRUCTIONS

#### *For ratatouille topped chicken*

1. Preheat oven to 400°F. Brush chicken breasts with 1 Tablespoon olive oil and a dash of salt and pepper. Place on a foil lined baking sheet and bake for 15-20 minutes, or until internal temperature reaches 165°F.
2. In a large skillet, heat remaining 1 Tablespoon olive oil over medium heat.
3. When oil is hot, add onions, garlic, and carrots; cook for about 3-4 minutes then add zucchini and tomatoes. Cook for 3-4 minutes.
4. Add in salt, pepper, Herbes, capers, and vinegar; cook for 1-2 minutes.
5. Turn off heat and add basil.
6. Serve over warm chicken breast and garnish with pine nuts.

#### *For sliced baked apples*

1. Toss apples with honey and cinnamon.
2. Arrange on a rimmed baking sheet and roast for 25-30 minutes, turning once midway through.
3. Place in individual serving bowls and top with almonds if desired.

### INGREDIENTS

#### *For ratatouille topped chicken*

1 pound chicken breasts (4 medium)  
2 Tablespoon olive oil, divided

1 yellow onion, chopped (1 cup)  
3 cloves garlic, minced  
2 carrots, diced (1 cup)  
2 zucchini, diced (4 cups)  
2 whole tomatoes, diced  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper  
1 teaspoon Herbes de Provence  
1 Tablespoon capers  
1 Tablespoon balsamic vinegar  
¾ cup chopped basil  
½ cup toasted pine nuts

#### *For sliced baked apples*

4 apples, cored and sliced  
1 Tablespoon honey or maple syrup  
1½ teaspoons cinnamon  
¼ cup slivered almonds, optional



PALEO November 6, 2015

## Nutrition Information

Slow Cooker Lemon Caper Chicken		Serves: 4	
Serving Size: about 5 ounces chicken with kale and sauce			
Calories	310 kcal	Fat	21 g
Protein	27 g	Saturated	6 g
Carbohydrate	3 g	Sugar	1 g
Sodium	410 mg	Calcium	2 %DV
Fiber	1 g	Iron	10 %DV
Cholesterol	105 mg		

Roast Sweet Potatoes		Serves: 4	
Serving Size: 5 ounces			
Calories	150 kcal	Fat	3.5 g
Protein	2 g	Saturated	0 g
Carbohydrate	29 g	Sugar	6 g
Sodium	200 mg	Calcium	4 %DV
Fiber	4 g	Iron	4 %DV
Cholesterol	0 mg		

Cajun Shrimp Pasta		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	470 kcal	Fat	19 g
Protein	42 g	Saturated	3 g
Carbohydrate	30 g	Sugar	11 g
Sodium	1840 mg	Calcium	20 %DV
Fiber	5 g	Iron	20 %DV
Cholesterol	265 mg		

Sliced Apples		Serves: 4	
Serving Size: 1/2 apple			
Calories	45 kcal	Fat	0 g
Protein	0 g	Saturated	0 g
Carbohydrate	13 g	Sugar	10 g
Sodium	0 mg	Calcium	1 %DV
Fiber	2 g	Iron	1 %DV
Cholesterol	0 mg		

Fall Sausage Skillet		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	530 kcal	Fat	25 g
Protein	43 g	Saturated	5 g
Carbohydrate	30 g	Sugar	12 g
Sodium	1200 mg	Calcium	8 %DV

Fiber	5 g	Iron	20 %DV
Cholesterol	155 mg		

<b>Creamy Chicken Rice Soup</b>		<b>Serves: 4</b>	
Serving Size:			
Calories	520 kcal	Fat	25 g
Protein	54 g	Saturated	4.5 g
Carbohydrate	17 g	Sugar	7 g
Sodium	660 mg	Calcium	10 %DV
Fiber	4 g	Iron	20 %DV
Cholesterol	150 mg		

<b>Ratatouille Topped Potatoes</b>		<b>Serves: 4</b>	
Serving Size: 1 topped chicken, 2 TB pine nuts			
Calories	390 kcal	Fat	19 g
Protein	32 g	Saturated	3.5 g
Carbohydrate	22 g	Sugar	11 g
Sodium	530 mg	Calcium	15 %DV
Fiber	5 g	Iron	20 %DV
Cholesterol	75 mg		

<b>Baked Apple Slices</b>		<b>Serves: 4</b>	
Serving Size: 1 apple + almonds			
Calories	130 kcal	Fat	3.5 g
Protein	3 g	Saturated	0 g
Carbohydrate	27 g	Sugar	20 g
Sodium	0 mg	Calcium	4 %DV
Fiber	5 g	Iron	2 %DV
Cholesterol	0 mg		