PALEO January 1, 2016

PREP GUIDE

MEAL #1

- Cut vegetables:
  - 2 small butternut squash, peeled, seeded, cubed (5 cups)
  - 1½ pound Brussels sprouts, trimmed and halved (6 cups)
  - 8 ounces brown mushrooms, sliced (2½ cups)

MEAL #2

- Cut vegetables:
  - 1 small yellow onion, diced (¾ cup)
  - 1 bulb fennel, chopped (2 cups)
  - 2 bunches kale, chopped (8 cups)

MEAL #3

- Cauliflower rice * *see directions below*
- Cut vegetables:
  - 1 small yellow onion, diced (¾ cup)
  - 1 red bell pepper, diced (1 cup)

MEAL #4

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 carrots, diced (1 cup)
  - 1 red bell pepper, diced (1 cup)
  - 4 ounces mushrooms, sliced (1¼ cups)
  - ½ bunch kale, chopped (2 cups)

MEAL #5

- Cut vegetables:
  - 1 small bulb fennel, sliced thin (2 cups)

Cauliflower Rice (Meals #3 & #5)
3 heads of cauliflower, cut into florets
1 yellow or white onion, minced
2 clove garlic, minced
1 Tablespoon olive oil

In a food processor, pulse the cauliflower, onion, and garlic until the cauliflower is rice sized. Warm oil and sauté cauliflower, onion and garlic in a large skillet on medium heat for 5 minutes (makes approximately 7 cups).

MENU

MONDAY ①
MUSHROOM CHICKEN
Smashed Butternut Squash
& Brussels Sprouts

TUESDAY ②
TUSCAN FISH
Kale Walnut Salad

WEDNESDAY ③
BACON BRUSSELS CAULIFLOWER

THURSDAY ④
CHICKEN CHILI

FRIDAY ⑤
CHICKEN & ROASTED BUTTERNUT SQUASH WITH GRAPES

PALEO January 1, 2016

Shopping List

(1) Mushroom Chicken (2) Tuscan Fish (3) Bacon & Brussels Cauliflower (4) Chicken Chili (5) Roasted Butternut & Grape Rice

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3,4,5	chicken breasts	5-1/2 pounds		25
2	cod fillets	2 pounds		20
3	bacon	10 ounces		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,5	butternut squash	2 small		4
1,3	brussels sprouts	1-1/2 pounds		3
1,4	brown mushrooms	12 ounces		6
2,3,4	yellow onion	4		4
2,5	fennel bulb	2		3
2,4	kale	3 bunches		4.5
3,4	red bell pepper	2		2
3,5	cauliflower	3 heads		4.5
4	carrots	2		1
4,5	grapes	4 cups		4

Recipe #	Misc	Quantity	Notes	Est Cost
1,2,5	crushed walnuts	1-1/4 cups	*(6 ounces)*	5
2,4	diced tomatoes	3 (15 oz) cans		6
2	capers	1 Tablespoon		1
5	pine nuts	1/3 cup	*(2 ounces)*	3

Fresh 20 Grocery Est	$102.00
Cost Per Dinner	$20.40
Cost Per Serving	$5.10

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) MUSHROOM CHICKEN

smashed butternut & brussels sprouts

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Cut vegetables: squash, Brussels sprouts, mushrooms

DIRECTIONS

For smashed butternut squash

1. Heat oven to 400°F.
2. Toss together butternut squash, oil, salt, and pepper.
3. Arrange in a single layer on a baking sheet and cook for about 25 minutes. Save half for Meal #5.
4. Transfer to bowl and mash with crushed walnuts.

For Brussels sprouts

1. Toss Brussels sprouts with oil, salt, and pepper.
2. Arrange in a single layer on a baking sheet and cook 20-25 minutes.
3. Save half for Meal #3.

Meanwhile

For mushroom chicken

1. Combine salt, pepper, and flour in a shallow dish.
2. Coat chicken in flour mixture, shaking off excess.
3. Heat a large skillet over medium heat and add oil. Cook chicken about 2 minutes per side until about done. Set aside.
4. Add mushrooms and garlic to pan and cook for 2-3 minutes.
5. Add broth; cook for 2-3 minutes until reduced.
6. Add chicken back in pan for 1-2 minutes or until cooked through (internal temperature reaches 165°F).
7. Serve over smashed butternut squash.

INGREDIENTS

For smashed butternut squash

2 small butternut squash, peeled, seeded, and cubed (5 cups)
2 Tablespoon olive oil
1 teaspoon organic sea salt
½ teaspoon black pepper
2 ounces crushed walnuts (¼ cup)

For Brussels sprouts

1½ pounds Brussels sprouts, trimmed and halved (6 cups)
1½ Tablespoons olive oil
½ teaspoon organic sea salt
¼ teaspoon black pepper

For mushroom chicken

½ teaspoon organic sea salt
½ teaspoon black pepper
¼ cup almond flour
1½ pounds chicken breasts, sliced or pounded thin
2 Tablespoons olive oil
8 ounces brown mushrooms, sliced (2½ cups)
3 cloves garlic, minced
1 cup low-sodium chicken or beef broth

(2) TUSCAN FISH
kale walnut salad

MADE AHEAD

- Cut vegetables: onion, fennel, kale

DIRECTIONS

For Tuscan fish

1. Heat a large non-stick skillet over medium heat and add oil. When oil is hot add onion and fennel and cook until tender, about 6-8 minutes.
2. Add tomatoes, Herbes, salt, and pepper and bring to a simmer.
3. Add capers and fish fillets and cook about 6-8 minutes until cooked through.
4. Serve with kale walnut salad.

Meanwhile

For kale walnut salad

1. Heat a medium non-stick skillet on medium heat and add oil and garlic; cook for 1 minute.
2. Add kale and sauté for 2-3 minutes.
3. Add walnuts, salt, and pepper and cook until heated through.

INGREDIENTS

For Tuscan fish

3 Tablespoon olive oil
1 small yellow onion, diced (¾ cup)
1 bulb fennel, chopped (2 cups)
1 (15 ounce) can diced or fresh tomatoes
1 teaspoon Herbes de Provence
¼ teaspoon organic sea salt
dash of black pepper
1 Tablespoon capers
2 pounds cod fillets (can sub 2 pounds chicken tenders)

For kale walnut salad

3 Tablespoon olive oil
2 garlic cloves, minced
2 bunches kale, chopped (8 cups)
2 ounces crushed walnuts (¼ cup)
¼ teaspoon organic sea salt
Dash of black pepper

(3) BACON BRUSSELS CAULIFLOWER

MADE AHEAD

- ¾ pound Brussels sprouts * *from Meal #1*
- 3 cups cooked cauliflower rice * *see prep guide*
- Cut vegetables: onion, bell pepper

DIRECTIONS

For bacon Brussels cauliflower

1. Heat a large stock pot on medium heat and add the bacon and onion. Cook until all the fat is rendered and remove all of the grease except for 1 Tablespoon.
2. Add in the diced chicken and bell pepper; cook for 2 minutes then add ½ cup chicken broth and let reduce.
3. Add Brussels sprouts, cauliflower rice, and remaining broth. Cook until warmed through.

INGREDIENTS

For bacon Brussels cauliflower

10 ounces bacon, diced
1 small yellow onion, diced (¾ cup)
1 pound chicken breast, diced
1 red bell pepper, diced (1 cup)
1 cup low-sodium chicken broth, divided
¾ pound roasted Brussels sprouts (3 cups)
3 cups cooked cauliflower rice

(4) CHICKEN CHILI

MADE AHEAD

- Cut vegetables: onion, carrots, bell pepper, mushrooms, kale

DIRECTIONS

For chicken chili

1. Heat a large stock pot on medium heat and add oil, onion, and carrots. Cook for 3 minutes.
2. Add the garlic, chicken, bell pepper, and mushrooms; cook for 5-6 minutes.
3. Add tomatoes, cumin, Herbes, salt, cayenne, and kale.
4. Turn heat to low and simmer for at least 20 minutes. Serve with grapes on the side of for dessert.

INGREDIENTS

For chicken chili

3 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 carrots, diced (1 cup)
2 cloves garlic, minced
2 pounds chicken breast, diced
1 green or red bell pepper, diced (1 cup)
4 ounces brown mushrooms, sliced (1¼ cups)
2 (15 ounce) cans low-sodium diced tomatoes or 2 diced fresh tomatoes
1 teaspoon cumin
1 teaspoon Herbes de Provence
½ teaspoon organic sea salt
dash of cayenne
½ bunch kale, chopped (2 cups)

2 cups of grapes

(5) CHICKEN & ROASTED BUTTERNUT SQUASH with GRAPES

MADE AHEAD

- Roasted butternut squash **from Meal #1*
- 4 cups cooked cauliflower rice **see Prep Guide*
- Cut vegetables: fennel

DIRECTIONS

For chicken & roasted butternut squash with grapes

1. Heat a large stock pot on medium heat and add oil and fennel; cook for about 3 minutes.
2. Add diced chicken, grapes, salt, and pepper for cook for about 5-7 minutes.
3. Add squash, broth, and cauliflower rice; stir until just heated through.
4. Garnish with nuts.

INGREDIENTS

For chicken & roasted butternut squash with grapes

3 Tablespoon olive oil
1 small bulb fennel, sliced thin (2 cups)
1 pound chicken breast, diced
2 cups grapes
¼ teaspoon organic sea salt
dash of black pepper
2½ cups roasted butternut squash cubes
1 cup low-sodium chicken broth
4 cups cooked cauliflower rice
2 ounces crushed walnuts (¼ cup)
2 ounces toasted pine nuts (⅓ cup)

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Nutrition Information

Smashed Butternut Squash					Serves: 4
Serving Size: 1/4 prepared squash					
Calories	210	kcal	Fat	16	g
Protein	4	g	Saturated	2	g
Carbohydrate	14	g	Sugar	3	g
Sodium	270	mg	Calcium	4	%DV
Fiber	2	g	Iron	6	%DV
Cholesterol	0	mg			

Mushroom Chicken					Serves: 4
Serving Size: 6 ounces chicken					
Calories	300	kcal	Fat	15	g
Protein	37	g	Saturated	2.5	g
Carbohydrate	5	g	Sugar	1	g
Sodium	860	mg	Calcium	4	%DV
Fiber	1	g	Iron	8	%DV
Cholesterol	100	mg			

Brussels Sprouts					Serves: 4
Serving Size: 3 ounces					
Calories	70	kcal	Fat	2.5	g
Protein	3	g	Saturated	0	g
Carbohydrate	8	g	Sugar	2	g
Sodium	135	mg	Calcium	2	%DV
Fiber	3	g	Iron	4	%DV
Cholesterol	0	mg			

Tuscan Fish					Serves: 4
Serving Size: 8 ounces					
Calories	330	kcal	Fat	12	g
Protein	42	g	Saturated	2	g
Carbohydrate	10	g	Sugar	4	g
Sodium	670	mg	Calcium	10	%DV
Fiber	2	g	Iron	10	%DV
Cholesterol	670	mg			

Kale Walnut Salad				Serves: 4	
Serving Size:					
Calories	260	kcal	Fat	21	g
Protein	8	g	Saturated	2.5	g
Carbohydrate	14	g	Sugar	2	g
Sodium	200	mg	Calcium	20	%DV
Fiber	4	g	Iron	15	%DV
Cholesterol	0	mg			

Bacon Brussels Cauliflower				Serves: 4	
Serving Size: 1/4 recipe					
Calories	570	kcal	Fat	34	g
Protein	41	g	Saturated	10	g
Carbohydrate	26	g	Sugar	10	g
Sodium	710	mg	Calcium	10	%DV
Fiber	9	g	Iron	10	%DV
Cholesterol	120	mg			

Chicken Chili				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	480	kcal	Fat	17	g
Protein	54	g	Saturated	3	g
Carbohydrate	26	g	Sugar	11	g
Sodium	1160	mg	Calcium	20	%DV
Fiber	7	g	Iron	10	%DV
Cholesterol	145	mg			

Grapes				Serves: 4	
Serving Size: 1/2 cup					
Calories	50	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	14	g	Sugar	12	g
Sodium	0	mg	Calcium	0	%DV
Fiber	1	g	Iron	2	%DV
Cholesterol	0	mg			

Butternut Squash with Grapes				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	600	kcal	Fat	33	g
Protein	35	g	Saturated	4.5	g
Carbohydrate	45	g	Sugar	20	g
Sodium	390	mg	Calcium	10	%DV
Fiber	9	g	Iron	20	%DV
Cholesterol	75	mg		20	