# PALEO April 8, 2016

**PREP GUIDE**

**MEAL #1**

- Cut vegetables:
  - 1 yellow onion, sliced (1 cup)
  - 2 yellow or red bell peppers, cut into strips (2 cups)
  - 1 zucchini, cut into strips (2 cups)
  - 4 scallions, chopped (½ cup)

**MEAL #2**

- 5 limes, juiced (9 Tablespoons) * *for the week*
- Separate, wash & dry lettuce cups
- Cut fruits & vegetables:
  - ½ head cabbage, shredded (4 cups)
  - 2 red or yellow bell peppers, sliced thin (2 cups)
  - 2 carrots, shredded (⅔ cup)
  - 2 mangos, diced

**MEAL #3**

- 2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 3 carrots, diced (1½ cups)
  - 2 red or yellow bell peppers, diced (2 cups)
  - ½ bunch kale, chopped (2 cups)

**MEAL #4**

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 4 carrots, diced (2 cups)
  - ½ head cabbage, sliced (4 cups)
  - ½ bunch kale, chopped (2 cups)

**MEAL #5**

- Hard boil 12 eggs
- Cut vegetables:
  - 2 carrots, shredded (⅔ cup)
  - 2 red or yellow bell pepper, diced small (2 cups)
  - 4 scallions, chopped (½ cup)

MENU

MONDAY 1
BEEF SALTADO
Oven Sweet Potato Fries

TUESDAY 2
FISH TACOS

WEDNESDAY 3
CHICKEN SWEET POTATO CURRY

THURSDAY 4
POZOLE ROJO

FRIDAY 5
EGG SALAD WRAPS
Mangos

**PALEO** April 8, 2016

# Shopping List

(1) Beef Saltado (2) Fish Tacos (3) Chicken Potato Curry (4) Chicken Potato Curry (5) Egg Salad Tostadas

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 1,4 | sirloin steak | 2-3/4 pounds | | 27.5 |
| 2 | fresh fish (cod is a good choice) | 2 pounds | | 20 |
| 3 | ground chicken | 1-1/4 pounds | | 8 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 1,3 | sweet potatoes | 2 pounds | | 5 |
| 1,3,4 | yellow onion | 3 | | 3 |
| 1,2,3,5 | yellow or red bell pepper | 8 | | 8 |
| 1 | zucchini | 1 | | 1 |
| 1,3,4,5 | tomatoes | 13 | | 7 |
| 1,2,3,4 | cilantro | 2 bunches | | 3 |
| 1,5 | scallions | 8 | | 1 |
| 1,2,3,4 | lime | 7 | | 3.5 |
| 2,4 | green cabbage | 1 head | | 2 |
| 2,3,4,5 | carrots | 11 | | 2 |
| 2,5 | mango | 6 | | 6 |
| 2,3,4,5 | avocado | 6 | | 6 |
| 2,5 | Bibb lettuce | 16 leaves | | 3 |
| 3 | fresh ginger | 1-2" | | 1.5 |
| 3,4 | kale | 1 bunch | | 2 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 3 | red curry paste | 1-2 Tablespoons | | 1 |
| 4 | chipolte peppers in adobo sauce | 1 sm can | | 2 |
| 5 | eggs | 12 | | 5 |

| | | |
|---|---|---|
| Fresh 20 Grocery Est | $ | 117.50 |
| Cost Per Dinner | $ | 23.50 |
| Cost Per Serving | $ | 5.88 |

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|---|---|---|---|---|
| | olive oil | 1/3 cup | paprika | 1 teaspoon |
| | grapeseed oil | 2/3 cup | dried oregano | 1 teaspoon |
| | coconut oil | | herbes de provence | 1/2 teaspoon |
| | balsamic vinegar* | | ground cumin | 3-1/2 teaspoons |
| | white wine vinegar* | 2 Tablespoons | raw organic honey | 2 Tablespoons |
| | chicken or veggie broth: low sodium | 6 cups | organic tomato paste (no sugar or additives) | 2 Tablespoons |
| | fresh garlic | 6 cloves | Dijon mustard (gluten-free, no sugar added) | 1 Tablespoon |
| | organic sea salt | 2-3/4 teaspoons | raw coconut aminos | 2 Tablespoons |
| | black pepper | 1-1/4 teaspoons | almond flour | |
| | cayenne pepper | | coconut flour | |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

# (1) BEEF SALTADO

## oven sweet potato fries

OVEN TEMPERATURE: 475°F

MAKE AHEAD

- Cut vegetables: onions, bell pepper, zucchini, scallions

DIRECTIONS

*For oven sweet potato fries*

1. Heat oven to 475°F.
2. Drain and dry sweet potatoes. Toss with oil, salt, pepper, and paprika.
3. Spread on a parchment lined baking sheet(s) in a single layer.
4. Bake 10-15 minutes then turn and bake additional 10-15 minutes.
5. Save half the sweet potatoes for Meal #3.

Meanwhile

*For beef saltado*

1. Heat a large skillet over medium-high heat and add oil. When oil is hot add steak, salt, and pepper.
2. Cook for 2-3 minutes and then set aside.
3. Add onion, bell pepper, zucchini, and cook 2 minutes. Add tomatoes, coconut aminos, vinegar, broth, and cumin and cook about 5 minutes.
4. Add beef back to pan along with cilantro and scallions.
5. Toss with fries and serve with limes.

INGREDIENTS

*For oven sweet potato fries*

2 pounds sweet potatoes (4 medium), cut into strips and soaked for at least 10 minutes
2 Tablespoons grapeseed oil
1 teaspoon organic sea salt
¼ teaspoon black pepper
¼ teaspoon paprika

*For beef saltado*

2 Tablespoon grapeseed oil
1½ pounds sirloin steak, cut into thin slices
¼ teaspoon organic sea salt
¼ teaspoon black pepper
1 yellow onion, sliced (1 cup)
2 yellow or red bell peppers, cut into strips (2 cups)
1 zucchini, cut into thin strips (2 cups)
3 tomatoes, sliced
2 Tablespoons raw coconut aminos
2 Tablespoons wine vinegar
¼ cup low sodium chicken broth
1½ teaspoons cumin
½ cup chopped cilantro
4 scallions, chopped (½ cup)
1 lime, wedged

# (2) FISH TACOS

MAKE AHEAD

- 4 limes, juiced (½ cup)
- Separate, wash & dry lettuce cups
- Cut vegetables: cabbage, bell peppers, carrots, mangos

DIRECTIONS

*For slaw*

1. In a small bowl, whisk together dressing ingredients.
2. In a large bowl, combine slaw ingredients, add dressing, and toss to combine.

Meanwhile

*For fish tacos*

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. Season fish with spices and cook for about 2-3 minutes per side.
3. To serve, fill lettuce cups with fish and top with slaw.

INGREDIENTS

*For slaw*

½ head cabbage, shredded (4 cups)
2 red or yellow bell peppers, sliced thin (2 cups)
2 carrots, shredded (⅔ cup)
¼ cup chopped cilantro
2 mangos, diced
2 avocados, diced

*For dressing*

½ cup lime juice
2 Tablespoon olive oil
Dash of organic sea salt and black pepper

*For fish tacos*

3 Tablespoon grapeseed oil
2 pound fish fillets of your choice (cod is a good choice)
½ teaspoon organic sea salt
½ teaspoon black pepper
1 teaspoon cumin
½ teaspoon paprika
½ teaspoon Herbes de Provence
8 red or green bibb lettuce cups

# (3) CHICKEN SWEET POTATO CURRY

MAKE AHEAD

- 1 pound cooked sweet potato oven fries **from Meal #1*
- 2" fresh ginger, grated (1 Tablespoon)
- ½ lime, juiced (1 Tablespoon)
- Cut vegetables: onion, carrots, bell peppers, kale

DIRECTIONS

*For chicken sweet potato curry*

1. Heat a large pot over medium heat and add olive oil. When oil is hot add onion, carrots, garlic, and ginger; sauté for 3-4 minutes.
2. Add ground chicken, salt, curry paste, and paprika and cook for about 3-4 minutes; crumbling meat as it cooks.
3. Add bell peppers and kale and cook for for 2 minutes, then add broth and honey and simmer for 5 minutes.
4. Turn off heat and add in fries, tossing to coat.
5. Garnish with cilantro.

*For tomato avocado salad*

Layer tomato slices with avocado slices and drizzle with lime juice and a pinch of salt. Alternatively, tomatoes and avocados can be diced and tossed with lime juice.

INGREDIENTS

*For chicken sweet potato curry*

3 Tablespoons olive oil
1 yellow onion, diced (1 cup)
3 carrots, diced (1½ cups)
4 cloves garlic, minced
1 Tablespoon grated ginger
1¼ pound ground chicken
¼ teaspoon organic sea salt
1-2 Tablespoons red curry paste
¼ teaspoon paprika
2 red or yellow bell peppers, diced (2 cups)
½ bunch kale, chopped (2 cups)
1¼ cups low sodium chicken broth
2 Tablespoons honey
1 pound cooked sweet potato oven fries
2 Tablespoons chopped cilantro

*For tomato avocado salad*

2 tomatoes, sliced
1 avocado, sliced
1 Tablespoon lime juice

# (4) POZOLE ROJO

MAKE AHEAD

- Cut vegetables: onion, carrots, cabbage, kale

DIRECTIONS

*For pozole rojo*

1. Heat a large pot over medium heat and add oil.
2. Add onions, carrots, garlic, and steak and cook about 3-4 minutes.
3. Add tomato paste, oregano, cumin, salt, chipotles, and tomatoes; cook for 3-4 minutes.
4. Add cabbage, kale, and broth and bring to simmer for 10 minutes.
5. Garnish with avocado, lime, and cilantro.

INGREDIENTS

*For pozole rojo*

3 Tablespoons grapeseed oil
1 yellow onion, diced (1 cup)
4 carrots, diced (2 cups)
2 cloves garlic, minced
1¼ pounds sirloin steak, sliced very thin
2 Tablespoons tomato paste
1 teaspoon oregano
1 teaspoon cumin
¼ teaspoon organic sea salt
1-2 chipotles in adobo, chopped
4 tomatoes, chopped (4 cups)
½ head cabbage, sliced (4 cups)
½ bunch kale, chopped (2 cups)
4 cups low sodium chicken broth
1 avocado, sliced
1 lime, wedges
¼ cup chopped cilantro

# (5) EGG SALAD WRAPS

## mangos

MAKE AHEAD

- Hard boil 12 eggs
- Cut vegetables: carrots, bell peppers, scallions

DIRECTIONS

*For egg salad wraps*

1. Combine first eight ingredients (eggs through black pepper) and serve in lettuce cups with tomatoes.
2. Serve mango on the side.

INGREDIENTS

*For egg salad wraps*

12 hardboiled eggs, chopped
2 carrots, shredded (⅔ cup)
2 red or yellow bell peppers, diced small (2 cups)
4 scallions, chopped (½ cup)
1 Tablespoon Dijon mustard
2 avocados, mashed
¼ teaspoon organic sea salt
Dash of black pepper

4 tomatoes, sliced
8 red or green Bibb lettuce cups

4 mangos, sliced

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# Nutrition Information

| Oven Fries | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 1/4 prepared fries | | | | | |
| Calories | 130 | kcal | Fat | 3.5 | g |
| Protein | 2 | g | Saturated | 0 | g |
| Carbohydrate | 23 | g | Sugar | 5 | g |
| Sodium | 350 | mg | Calcium | 4 | %DV |
| Fiber | 3 | g | Iron | 4 | %DV |
| Cholesterol | 0 | mg | | | |

| Beef Saltado | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 6 ounces with 1/4 prepared vegetables | | | | | |
| Calories | 470 | kcal | Fat | 29 | g |
| Protein | 37 | g | Saturated | 9 | g |
| Carbohydrate | 17 | g | Sugar | 8 | g |
| Sodium | 470 | mg | Calcium | 6 | %DV |
| Fiber | 4 | g | Iron | 30 | %DV |
| Cholesterol | 115 | mg | | | |

| Fish Tacos | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 2 tacos with fish | | | | | |
| Calories | 280 | kcal | Fat | 12 | g |
| Protein | 41 | g | Saturated | 1.5 | g |
| Carbohydrate | 1 | g | Sugar | 0 | g |
| Sodium | 410 | mg | Calcium | 4 | %DV |
| Fiber | 0 | g | Iron | 8 | %DV |
| Cholesterol | 100 | mg | | | |

| Slaw | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 1/4 prepared slaw, dressed | | | | | |
| Calories | 270 | kcal | Fat | 13 | g |
| Protein | 5 | g | Saturated | 2.5 | g |
| Carbohydrate | 39 | g | Sugar | 10 | g |
| Sodium | 45 | mg | Calcium | 8 | %DV |
| Fiber | 14 | g | Iron | 6 | %DV |
| Cholesterol | 0 | mg | | | |

| Chicken Potato Curry | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 1/4 prepared dish | | | | | |
| Calories | 530 | kcal | Fat | 26 | g |
| Protein | 31 | g | Saturated | 5 | g |
| Carbohydrate | 47 | g | Sugar | 18 | g |
| Sodium | 710 | mg | Calcium | 15 | %DV |
| Fiber | 8 | g | Iron | 15 | %DV |
| Cholesterol | 120 | mg | | | |

| Tomato Avocado Salad | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 1/2 tomato, 1/4 avocado | | | | | |
| Calories | 70 | kcal | Fat | 5 | g |
| Protein | 1 | g | Saturated | 0.5 | g |
| Carbohydrate | 6 | g | Sugar | 2 | g |
| Sodium | 35 | mg | Calcium | 2 | %DV |
| Fiber | 3 | g | Iron | 2 | %DV |
| Cholesterol | 0 | mg | | | |

| Pozole Rojo | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 1/4 prepared dish (includes 5 ounces sirloin) | | | | | |
| Calories | 590 | kcal | Fat | 35 | g |
| Protein | 37 | g | Saturated | 9 | g |
| Carbohydrate | 36 | g | Sugar | 16 | g |
| Sodium | 450 | mg | Calcium | 20 | %DV |
| Fiber | 13 | g | Iron | 35 | %DV |
| Cholesterol | 95 | mg | | | |

| Egg Salad Wraps | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 2 prepared wraps | | | | | |
| Calories | 430 | kcal | Fat | 28 | g |
| Protein | 23 | g | Saturated | 6 | g |
| Carbohydrate | 16 | g | Sugar | 4 | g |
| Sodium | 460 | mg | Calcium | 4 | %DV |
| Fiber | 9 | g | Iron | 6 | %DV |
| Cholesterol | 590 | mg | | | |

| Mango | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size:1/2 mango | | | | | |
| Calories | 100 | kcal | Fat | 0.5 | g |
| Protein | 1 | g | Saturated | 0 | g |
| Carbohydrate | 25 | g | Sugar | 23 | g |
| Sodium | 0 | mg | Calcium | 2 | %DV |
| Fiber | 3 | g | Iron | 2 | %DV |
| Cholesterol | 0 | mg | | | |