PALEO June 24, 2016

PREP GUIDE

MEAL #1

- Cut vegetables:
  - 2 bunches asparagus, trimmed and cut in 2 inch pieces (16 spears/bunch)

MEAL #2

- 2 limes juiced and zested (¼ cup juice, 2 teaspoons zest) **for the week*
- Cut vegetables:
  - 4 scallions, chopped (½ cup)
  - 1 cucumber, diced small (2 cups)
  - 3 tomatoes, diced small (2¼ cups)

MEAL #3

- Cut vegetables:
  - 1 cantaloupe, sliced
  - 1 cucumber, sliced (2 cups)
  - 4 scallions, chopped (½ cup)

MEAL #4

- Cut vegetables:
  - 2 red or green bell peppers, diced (2 cups)
  - 4 scallions, chopped (½ cup)

MEAL #5

- Cut vegetables:
  - 2 red or green bell pepper, diced (2 cups)
  - 4 scallions, chopped (½ cup)
  - 1 cantaloupe, sliced

MENU

MONDAY
PECAN CHICKEN TENDERS
Asparagus

TUESDAY
SALMON TACOS
Avocado Cucumber Salsa

WEDNESDAY
CHICKEN PROSCIUTTO AND MELON SALAD

THURSDAY
CHOPPED CHICKEN SALAD

FRIDAY
CHICKEN VEGGIE SKILLET
Sliced Melon

PALEO June 24, 2016

Shopping List

(1) Pecan Chicken Tenders (2) Salmon Tacos (3) Chicken Prosciutto & Melon Salad (4) Chopped Chicken Salad (5) Chicken Veggie Skillet

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken tenders	4 pounds		24
2	salmon	1-1/2 pounds		12.5
3,5	chicken breast	1-1/2 pounds		9
3	prosciutto	10 ounces	*can sub deli ham*	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,5	asparagus	2 bunches	16 spears/bunch	4
1,4	basil	1 bunch		1.5
2,3,4,5	scallions	16		2
2,3	cucumber	2		2
2,4	tomatoes	7		3.5
2,4	avocado	3		3
2,3	limes	2		1
2,3,5	cilantro	1 bunch		1.5
2	iceberg lettuce	1 head		2
3,5	cantaloupe	2 medium		2.5
3,4	mixed greens	12 ounces		3
4,5	red or green bell peppers	4		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,5	eggs	11		4
1,3	pecans	2 cups		6
2	chili powder	1/4 teaspoon	optional	0.5

Fresh 20 Grocery Est	$91.50
Cost Per Dinner	$18.30
Cost Per Serving	$4.58

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) PECAN CHICKEN TENDERS

asparagus

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- Cut vegetables: asparagus

DIRECTIONS

For pecan chicken tenders

1. Heat oven to 375°F.
2. Using three shallow dishes, combine flour, salt, pepper, and paprika in one dish, eggs in another, and pecans in another.
3. Dip each chicken piece into flour then egg then pecans and put on a foil or parchment lined baking sheet.
4. Cook for about 20 minutes, turning once.
5. Save half the chicken for Meal #4.
6. Serve with asparagus.

For asparagus

1. Toss asparagus with olive oil, salt, and pepper and put on a baking sheet; cook for 6-8 minutes in 375°F oven. Save half the asparagus for Meal #5.
2. Toss remaining asparagus with basil.

INGREDIENTS

For pecan chicken tenders

4 pounds chicken tenders
⅔ cup almond flour
1 teaspoon organic sea salt
1 teaspoon black pepper
1 teaspoon paprika
3 eggs, beaten with a little water
1⅓ cups ground pecans

For asparagus

2 bunches asparagus trimmed and cut into 2 inch pieces (16 spears/bunch)
2 Tablespoons olive oil
¼ teaspoon organic sea salt
¼ teaspoon black pepper
¼ cup chopped basil

(2) SALMON TACOS
avocado cucumber salsa

MAKE AHEAD

- 2 limes, juiced (¼ cup)
- Cut vegetables: scallions, cucumber, tomato

DIRECTIONS

For avocado cucumber salsa

Toss all ingredients together.

For salmon tacos

1. Season fillets with cumin, chili powder, salt, and pepper.
2. Heat a large non-stick skillet over medium-high heat and add oil.
3. When oil is hot add fillets. Cook about 2-4 minutes per side until center is flakey.
4. Serve salmon in lettuce cups topped with salsa.

INGREDIENTS

For avocado cucumber salsa

4 scallions, chopped (½ cup)
1 cucumber, diced small (2 cups)
3 tomatoes, diced small (2¼ cups)
2 avocados, diced
1 Tablespoon olive oil
½ teaspoon organic sea salt
¼ teaspoon black pepper
¼ cup lime juice
¼ cup chopped cilantro

For salmon tacos

1½ pounds salmon
1 teaspoon cumin
¼ teaspoon chili powder, optional
½ teaspoon organic sea salt
½ teaspoon black pepper
2 Tablespoon grapeseed oil

1 head of iceberg lettuce, washed and leaves gently separated to create lettuce cups

(3) CHICKEN PROSCIUTTO & MELON SALAD

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- 1 lime, zested (2 teaspoons)
- Cut vegetables: cantaloupe, cucumber, scallion

DIRECTIONS

For chicken

1. Heat oven to 375°F.
2. Place chicken on a baking sheet, brush with olive oil, then season with salt and pepper.
3. Cook for about 25 minutes, until an internal temperature of 165 degrees F is reached.
4. Save half of the chicken breasts for Meal #5, serve remaining chicken with salad.

For prosciutto and melon salad

1. In a small bowl, combine dressing ingredients.
2. In a serving bowl combine salad ingredients, toss with dressing, and top with prosciutto.
3. Serve with roast chicken breast on the side or on top of the salad.

INGREDIENTS

For chicken

1½ pounds chicken breast
2 Tablespoons olive oil
¼ teaspoon organic sea salt
¼ teaspoon black pepper

For prosciutto and melon salad

1 cantaloupe, sliced
1 cucumber, sliced (2 cups)
4 scallions, chopped (½ cup)
¼ cup chopped cilantro
½ cup toasted pecans
6 ounces mixed greens (6-8 cups)

For dressing

1 teaspoon Dijon mustard
1 Tablespoon maple syrup
2 teaspoons lime zest
2 Tablespoons white wine vinegar or apple cider vinegar
1½ Tablespoons olive oil
dash of black pepper

10 ounces sliced prosciutto (can sub sliced deli ham ham)

(4) CHOPPED CHICKEN SALAD

MAKE AHEAD

- 2 pounds cooked pecan chicken tenders **see Meal #1*
- Cut vegetables: bell peppers, scallions

DIRECTIONS

For chopped chicken salad

1. In a small bowl, combine dressing ingredients.
2. In a serving bowl, combine salad ingredients, add dressing, and toss to combine.

INGREDIENTS

For chopped chicken salad

2 pounds cooked pecan chicken tenders, diced
4 tomatoes, diced (3 cups)
2 red or green bell peppers, diced (2 cups)
1 avocado, diced
4 scallions, chopped (½ cup)
6 ounces mixed greens (6-8 cups)
½ cup chopped basil

For dressing

2 Tablespoon white or red wine vinegar
1½ Tablespoon olive oil
1 teaspoon Dijon mustard
½ teaspoon Herbes de Provence
dash of organic sea salt and black pepper

(5) CHICKEN VEGGIE SKILLET

melon

MAKE AHEAD

- Roasted asparagus **from Meal #1*
- ¾ pound roast chicken **from Meal #3*
- Cut vegetables: bell pepper, scallions, cantaloupe

DIRECTIONS

For chicken veggie skillet

1. Heat a large non-stick skillet over medium heat and add oil. When oil is hot, add vegetables and chicken and cook until warmed.
2. Add eggs and scramble. Season with salt and pepper and garnish with cilantro.
3. Serve with melon.

INGREDIENTS

For chicken veggie skillet

3 Tablespoons olive oil
2 red or green bell peppers, diced (2 cup)
4 scallions, chopped (½ cup)
1 bunch roasted asparagus
¾ pound roast chicken, diced
8 eggs, beaten
dash of organic salt and pepper
¼ cup chopped cilantro

1 cantaloupe, sliced

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Nutrition Information

Pecan Chicken Tenders					Serves: 4
Serving Size: 8 ounces					
Calories	480	kcal	Fat	25	g
Protein	57	g	Saturated	3	g
Carbohydrate	5	g	Sugar	1	g
Sodium	420	mg	Calcium	4	%DV
Fiber	3	g	Iron	10	%DV
Cholesterol	230	mg			

Asparagus					Serves: 4
Serving Size:					
Calories	50	kcal	Fat	3.5	g
Protein	3	g	Saturated	0.5	g
Carbohydrate	4	g	Sugar	2	g
Sodium	75	mg	Calcium	2	%DV
Fiber	2	g	Iron	15	%DV
Cholesterol	0	mg			

Avocado Cucumber Salsa					Serves: 4
Serving Size: about 1 cup					
Calories	240	kcal	Fat	19	g
Protein	4	g	Saturated	2.5	g
Carbohydrate	18	g	Sugar	6	g
Sodium	300	mg	Calcium	6	%DV
Fiber	9	g	Iron	8	%DV
Cholesterol	0	mg			

Salmon Tacos					Serves: 4
Serving Size:					
Calories	330	kcal	Fat	18	g
Protein	36	g	Saturated	2.5	g
Carbohydrate	6	g	Sugar	3	g
Sodium	380	mg	Calcium	6	%DV
Fiber	2	g	Iron	15	%DV
Cholesterol	95	mg			

Chicken Prosciutto Melon Salad					Serves: 4
Serving Size:					
Calories	480	kcal	Fat	24	g
Protein	45	g	Saturated	4.5	g
Carbohydrate	28	g	Sugar	17	g
Sodium	2,110	mg	Calcium	10	%DV
Fiber	6	g	Iron	30	%DV
Cholesterol	120	mg			

Salad Dressing				Serves: 4	
Serving Size:					
Calories	60	kcal	Fat	5	g
Protein	0	g	Saturated	0.5	g
Carbohydrate	4	g	Sugar	3	g
Sodium	30	mg	Calcium	0	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			

Chopped Chicken Salad				Serves: 4	
Serving Size:					
Calories	610	kcal	Fat	32	g
Protein	62	g	Saturated	4.5	g
Carbohydrate	22	g	Sugar	6	g
Sodium	490	mg	Calcium	15	%DV
Fiber	11	g	Iron	30	%DV
Cholesterol	230	mg			

Chicken Salad Dressing				Serves: 4	
Serving Size:					
Calories	50	kcal	Fat	5	g
Protein	0	g	Saturated	0.5	g
Carbohydrate	0	g	Sugar	0	g
Sodium	105	mg	Calcium	0	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			

Migas				Serves: 4	
Serving Size:					
Calories	450	kcal	Fat	29	g
Protein	36	g	Saturated	5	g
Carbohydrate	9	g	Sugar	4	g
Sodium	470	mg	Calcium	6	%DV
Fiber	4	g	Iron	20	%DV
Cholesterol	455	mg			

Cantaloupe				Serves: 4	
Serving Size: 1/4 melon					
Calories	50	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	12	g	Sugar	11	g
Sodium	25	mg	Calcium	2	%DV
Fiber	1	g	Iron	2	%DV
Cholesterol	0	mg			