# PALEO July 15, 2016

**PREP GUIDE**

**MEAL #1**

- Cooked spaghetti squash (8 cups cooked) * *for the week, see directions below*
- 3 lemons, zested & juiced (6 Tablespoons juice, 2 Tablespoons zest) * *for the week*
- Cut vegetables:
  - 3 zucchini, halved lengthwise & sliced into half circles

**MEAL #2**

- Cut vegetables:
  - 2 cucumbers, diced (4 cups)
  - ¼ head broccoli, chopped (1 cup)
  - 1 green bell pepper, diced (1 cup)

**MEAL #3**

- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 1 green bell pepper, chopped (1 cup)
  - 2 zucchini, diced (4 cups)

**MEAL #4**

- Cut vegetables:
  - ¾ head broccoli, chopped (3 cups)

**MEAL #5**

- Hard boil 8 eggs
- Cut vegetables:
  - 2 cucumbers, diced (4 cups)
  - 1 green bell pepper, diced (1 cup)
  - Make Paleo Mayonnaise * *see Meal #5 for recipe*

**<u>Spaghetti Squash:</u>**
2 small spaghetti squash
2 Tablespoons olive oil
½ teaspoon organic sea salt
½ teaspoon black pepper

1. Preheat the oven to 350 degrees F.
2. Cut spaghetti squash in half and scoop out the seeds.
3. Evenly drizzle olive oil, salt and pepper over each half.
4. Place on a foil lined baking sheet and carefully pierce each squash with a fork multiple times.
5. Bake for 45-55 minutes (squash side up) until soft and stringy.
6. Scoop out squash.

MENU

MONDAY
ROAST CHICKEN THIGHS
Zucchini 'Pasta'

TUESDAY
SEARED TUNA
Green Salad

WEDNESDAY
ZUCCHINI SKILLET

THURSDAY
CHICKEN BROCCOLI ZOODLES

FRIDAY
CHOPPED EGG SALAD

**PALEO** July 15, 2016

# Shopping List

(1) Roast Chicken Thighs (2) Seared Tuna (3) Zucchini Skillet (4) Chicken Boccoli Zoodles (5) Chopped Egg Salad

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 1,4 | chicken thighs, boneless, skinless | 3 pounds | | 18 |
| 2 | tuna fillets | 2 pounds | | 20 |
| 3 | ground beef | 1-1/2 pounds | | 10 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 1,3 | spaghetti squash | 2 small | | 4 |
| 1,2,5 | lemon | 3 | | 1.5 |
| 1,3,4 | zucchini | 9 | | 9 |
| 1,4 | fresh basil | 1 bunch | | 1.5 |
| 2,5 | cucumbers | 4 | | 4 |
| 2,4 | broccoli | 1 head | | 2 |
| 2,3,5 | green bell pepper | 3 | | 3 |
| 2,5 | avocado | 3 | | 3 |
| 2 | cilantro | 1 | | 1.5 |
| 3 | yellow onion | 1 | | 1 |
| 3,5 | tomatoes | 8 | | 4 |
| 4,5 | peaches | 8 | | 4 |
| 5 | collard green leaves | 4 large | | 2 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 1 | pine nuts | 2 ounces | | 3 |
| 2 | seseame seeds | 2 Tablespoons | | 2 |
| 3 | chili powder | 1 teaspoon | optional | 0.5 |
| 4 | plain coconut yogurt | 3/4 cup | | 2 |
| 5 | eggs | 10 | | 4 |

| | |
|---|---|
| Fresh 20 Grocery Est | $100.00 |
| Cost Per Dinner | $20.00 |
| Cost Per Serving | $5.00 |

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|---|---|---|---|---|
| | olive oil | 1-1/2 cups | paprika | 1 teaspoon |
| | grapeseed oil | 2 Tablespoons | dried oregano | |
| | coconut oil | 1/2 cup | herbes de provence | 1-1/2 teaspoons |
| | balsamic vinegar* | | ground cumin | 1-1/2 teaspoons |
| | white wine vinegar* | | raw organic honey or maple syrup | |
| | chicken or veggie broth: low sodium | | organic tomato paste (no sugar/additives) | |
| | fresh garlic | 5 cloves | Dijon mustard (gluten-free, no sugar added) | 1 teaspoon |
| | organic sea salt | 3 teaspoons | raw coconut aminos | |
| | black pepper | 3 teaspoons | almond flour | |
| | cayenne pepper | 1/4 teaspoon | coconut flour | |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

# (1) ROAST CHICKEN THIGHS
## zucchini 'pasta'

OVEN TEMPERATURE: 375°F

MADE AHEAD

- 1 lemon, zested and juiced (3 Tablespoons juice, 1 Tablespoon zest)
- 4 cups cooked spaghetti squash * *see prep guide*
- Cut vegetables: zucchini

INSTRUCTIONS

*For roast chicken thighs*

1. Heat oven to 375°F.
2. Combine marinade ingredients (oil through lemon zest), add chicken, and let marinate a few minutes.
3. Place chicken in a roasting pan. Cook for about 30-35 minutes, until juices run clear.
4. Remove chicken and save half for Meal #4.
5. Serve remaining chicken with zucchini *'pasta'*.

Meanwhile

*For zucchini 'pasta'*

1. Heat a large non-stick skillet over medium heat and add olive oil.
2. Add the zucchini and cook for 2-3 minutes.
3. Add the salt, pepper, pine nuts, and spaghetti squash and stir until heated through.
4. Garnish with basil.

INGREDIENTS

*For roast chicken thighs*

3 pounds boneless, skinless chicken thighs
2 Tablespoon olive oil
1 teaspoon organic sea salt
1 teaspoon black pepper
1 teaspoon Herbes de province
1 teaspoon paprika
3 garlic cloves
3 Tablespoons lemon juice
1 Tablespoon lemon zest

*For zucchini 'pasta'*

3 Tablespoons olive oil
3 zucchini, halved lengthwise and sliced into half circles
¼ teaspoon organic sea salt
¼ teaspoon black pepper
2 ounces of pine nuts (6-7 Tablespoons)
4 cups cooked spaghetti squash pasta
¼ cup chopped basil

# (2) SEARED TUNA
## green salad

MAKE AHEAD

- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: cucumber, broccoli, bell pepper

DIRECTIONS

*For seared tuna*

1. Heat oil in a large non-stick skillet over medium-high heat.
2. Season tuna fillets with pepper, salt, cayenne, and cumin
3. Cook fish for about 1-2 minutes on each side.
4. Serve with green salad.

*Meanwhile*

*For green salad*

Toss all ingredients together.

INGREDIENTS

*For seared tuna*

2 Tablespoon grapeseed oil
2 pounds tuna fillets
½ teaspoon black pepper
½ teaspoon organic sea salt
dash of cayenne
½ teaspoon cumin

*For green salad*

2 cucumbers, diced (4 cups)
¼ head broccoli, chopped (1 cup)
1 green bell, diced (1 cup)
1 avocado, diced
½ cup chopped cilantro
3 Tablespoons lemon juice (can sub lime juice)
1 Tablespoon olive oil
2 Tablespoons sesame seeds
dash of organic sea salt and black pepper

# (3) ZUCCHINI SKILLET

MAKE AHEAD

- 4 cups cooked spaghetti squash
- Cut vegetables: onion, bell pepper, zucchini

DIRECTIONS

*For zucchini skillet*

1. Heat a large skillet over medium heat and add olive oil and onion; cook for 2-3 minutes.
2. Add beef, garlic, and bell pepper, crumbling as beef cooks.
3. Add zucchini, tomatoes, cumin, chili powder, salt, pepper, and cayenne. Cook for about 5-7 minutes.
4. Serve over warmed spaghetti squash.

INGREDIENTS

*For zucchini skillet*

3 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
1½ pounds ground beef
2 cloves garlic, minced
1 green bell pepper, chopped (1 cup)
2 zucchini, diced (4 cups)
4 tomatoes, chopped (3 cups)
1 teaspoon cumin
1 teaspoon chili powder, optional
½ teaspoon organic sea salt
½ teaspoon black pepper
dash of cayenne

4 cups cooked spaghetti squash, warmed

# (4) CHICKEN BROCCOLI ZOODLES

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- 1½ pounds cooked roast chicken **from Meal #1*
- Cut vegetables: broccoli

DIRECTIONS

*For chicken broccoli zoodles*

1. Using a spiralizer, turn zucchini into zoodles (don't have a spiralizer? Cut zucchini into thin julienne strips).
2. Heat olive oil in skillet over medium heat.
3. Add broccoli and sauté until al dente, approximately 4 minutes.
4. Add chicken, Herbes, basil, and stir until chicken is heated through.
5. Add zucchini and sauté 1 more minute.
6. Add coconut yogurt and black pepper and stir until heated through.
7. Serve with sliced peaches.

INGREDIENTS

*For chicken broccoli zoodles*

4 large zucchini
2 Tablespoons olive oil

¾ head broccoli, chopped (3 cups)
1½ pounds cooked roast chicken, diced
½ teaspoon Herbes de Provence
¼ cup chopped basil
¾ cup plain coconut yogurt
dash of black pepper

4 peaches, sliced

# (5) CHOPPED EGG SALAD

MAKE AHEAD

- Make paleo mayonnaise * *see recipe below*
- Hard boil 8 eggs
- ¼ lemon, juiced (2 teaspoons)
- Cut vegetables: cucumbers, bell pepper

DIRECTIONS

*For chopped egg salad*

1. Toss cucumbers, tomatoes, pepper, eggs, and avocado with paleo mayonnaise.
2. Wrap in collard leaves.
3. Serve with a side of peaches

*For paleo mayonnaise*

1. In a food processor, add yolks, mustard and 1 teaspoon lemon juice.
2. Start the food processor on low and drip the oils in *very* slowly.
3. As the emulsion starts to thicken, you can pour the oil in faster.
4. When all of the oil is added, add the remaining lemon juice.
5. Season with salt and pepper as desired.
6. Use ⅓ of recipe and save the rest in the refrigerator for another use.

INGREDIENTS

*For chopped egg salad*

2 cucumbers, diced (4 cups)
4 tomatoes, diced (3 cups)
1 green bell pepper, diced (1 cup)
8 eggs, hardboiled, chopped
2 avocados, diced
⅓ recipe paleo mayonnaise

4 large collard green leaves

4 sliced peaches

*For paleo mayonnaise*

2 egg yolks
1 teaspoon Dijon mustard
2 teaspoons lemon juice, divided
½ cup olive oil
½ cup coconut oil

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# Nutrition Information

| Roast Chicken Thighs | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 8 ounces | | | | | |
| Calories | 310 | kcal | Fat | 13 | g |
| Protein | 45 | g | Saturated | 3 | g |
| Carbohydrate | 1 | g | Sugar | 0 | g |
| Sodium | 510 | mg | Calcium | 2 | %DV |
| Fiber | 0 | g | Iron | 10 | %DV |
| Cholesterol | 215 | mg | | | |

| Zucchini 'Pasta' | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: | | | | | |
| Calories | 190 | kcal | Fat | 14 | g |
| Protein | 4 | g | Saturated | 2.5 | g |
| Carbohydrate | 14 | g | Sugar | 6 | g |
| Sodium | 180 | mg | Calcium | 6 | %DV |
| Fiber | 5 | g | Iron | 10 | %DV |
| Cholesterol | 0 | mg | | | |

| Seared Tuna | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 8 ounces | | | | | |
| Calories | 390 | kcal | Fat | 18 | g |
| Protein | 53 | g | Saturated | 3.5 | g |
| Carbohydrate | 0 | g | Sugar | 0 | g |
| Sodium | 380 | mg | Calcium | 2 | %DV |
| Fiber | 0 | g | Iron | 15 | %DV |
| Cholesterol | 85 | mg | | | |

| Green salad | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 1/4 prepared salad | | | | | |
| Calories | 170 | kcal | Fat | 12 | g |
| Protein | 5 | g | Saturated | 2 | g |
| Carbohydrate | 14 | g | Sugar | 5 | g |
| Sodium | 10 | mg | Calcium | 10 | %DV |
| Fiber | 7 | g | Iron | 8 | %DV |
| Cholesterol | 0 | mg | | | |

| Zucchini Skillet | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 1/4 prepared mixture over 1 cup cooked spaghetti squash | | | | | |
| Calories | 570 | kcal | Fat | 38 | g |
| Protein | 35 | g | Saturated | 12 | g |
| Carbohydrate | 23 | g | Sugar | 12 | g |
| Sodium | 440 | mg | Calcium | 10 | %DV |
| Fiber | 5 | g | Iron | 30 | %DV |
| Cholesterol | 115 | mg | | | |

| Chicken Broccoli Zoodles | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: | | | | | |
| Calories | 480 | kcal | Fat | 22 | g |
| Protein | 51 | g | Saturated | 5 | g |
| Carbohydrate | 21 | g | Sugar | 10 | g |
| Sodium | 590 | mg | Calcium | 20 | %DV |
| Fiber | 7 | g | Iron | 20 | %DV |
| Cholesterol | 215 | mg | | | |

| Peach | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 1 peach | | | | | |
| Calories | 60 | kcal | Fat | 0 | g |
| Protein | 1 | g | Saturated | 0 | g |
| Carbohydrate | 14 | g | Sugar | 12 | g |
| Sodium | 0 | mg | Calcium | 0 | %DV |
| Fiber | 2 | g | Iron | 2 | %DV |
| Cholesterol | 0 | mg | | | |

| Egg Salad | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 1/4 prepared salad | | | | | |
| Calories | 520 | kcal | Fat | 41 | g |
| Protein | 19 | g | Saturated | 14 | g |
| Carbohydrate | 19 | g | Sugar | 7 | g |
| Sodium | 140 | mg | Calcium | 6 | %DV |
| Fiber | 10 | g | Iron | 6 | %DV |
| Cholesterol | 425 | mg | | | |

| Peach | | | | | Serves: 4 |
|---|---|---|---|---|---|
| Serving Size: 1 peach | | | | | |
| Calories | 60 | kcal | Fat | 0 | g |
| Protein | 1 | g | Saturated | 0 | g |
| Carbohydrate | 14 | g | Sugar | 12 | g |
| Sodium | 0 | mg | Calcium | 0 | %DV |
| Fiber | 2 | g | Iron | 2 | %DV |
| Cholesterol | 0 | mg | | | |