

PREP GUIDE**MEAL #1**

- 1 lemon, juiced (3 Tablespoons) *for the week
- Cut vegetables:
 - 1 bunch kale, stems removed, torn into large pieces
 - ½ green bell pepper, finely chopped (½ cup)

MEAL #2

- 2-3" fresh ginger, grated (2 Tablespoons) *for the week
- Cut vegetables:
 - 1 yellow onion, quartered
 - 1 green bell pepper, chopped (1 cup)
 - 1 head green leaf lettuce, torn into bite sized pieces

MEAL #3

- Cut vegetables:
 - ½ yellow onion, minced (½ cup)
 - 1 head cauliflower, roughly chopped (3½-4 cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, sliced
 - 1 small head broccoli, cut into florets (3½ cups)

MEAL #5

- Cut vegetables:
 - 1 small head broccoli, florets (3½ cups)
 - 1 head cauliflower, florets (3½-4 cups)

MENU**MONDAY ①**

STUFFED TURKEY BURGERS
Kale Crisps

TUESDAY ②

CURRY HALIBUT
Green Pepper Salad

WEDNESDAY ③

TURKEY LETTUCE WRAPS
Roasted Cauliflower

THURSDAY ④

BALSAMIC PEAR PORK CHOPS
Lemon Pepper Broccoli

FRIDAY ⑤

STEAK
Roasted Veggies & Pear



PALEO January 13, 2016

Shopping List

(1) Stuffed Turkey Burgers (2) Curry Halibut (3) Turkey Lettuce Wraps (4) Balsamic Pear Pork Chops (5) Steak with Roasted Veggies

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	ground turkey	3 pounds		18
2	halibut	2 pounds		20
4	pork loin chops	4 chops	1" thick, boneless	6
5	steak (your choice)	1-1/2 pounds		12.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	kale	1 bunch		2
1,4	lemon	1 lg or 2 small		0.5
1,2	green bell peper	2		2
1,2	avocado	3		3
1	large collard green leaves	4 leaves		1.5
2,3,4	yellow onion	3		3
2,3	fresh ginger	2-3"	need 2 Tablespoons grated	1
2	tomato	1		1
2,3	green leaf lettuce	2 heads		4
3,5	cauliflower	2 heads		4
3,4,5	pears	8		4
4,5	broccoli	2 heads		4

Recipe #	Misc	Quantity	Notes	Est Cost
1,2	chili powder	1-1/4 teaspoons	optional	0.5
2	cashews	1/2 cup		3
2	tumeric	1/2 teaspoon		0.5
2	pumpkin seeds	1/2 cup		3
4	red pepper flakes	1/2 teaspoon	optional	0.5
4	slivered almonds	1 cup		4

Fresh 20 Grocery Est	\$98.00
Cost Per Dinner	\$19.60
Cost Per Serving	\$4.90

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

** 3 Tablespoons for brine

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) STUFFED TURKEY BURGERS

kale crisps

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- $\frac{1}{2}$ lemon, juiced (1½ Tablespoons)
- Cut vegetables: kale, bell pepper

DIRECTIONS

For kale crisps

1. Heat oven to 400°F.
2. Toss kale leaves with oil, salt, and pepper and put on a baking sheet.
3. Cook about 10 minutes until crisp.
4. Serve crisps with turkey burgers.

Meanwhile

For stuffed turkey burgers

1. Whisk together dressing ingredients and set aside.
2. For burgers, combine turkey, almond flour, lemon juice, bell pepper, oregano, salt, and pepper in large bowl. Mix well. Divide turkey mixture into 8 equal portions. Form 8 thin, individual patties.
3. Place a few slices of avocado on top of four of the patties; place a second patty on top of avocado. Seal patties at edges to enclose. Repeat to make 4 burgers.
4. Heat a stovetop grill pan over medium heat. Cook burgers about 5 minutes per side or until cooked through. Top the burger with a Tablespoon of dressing. Wrap in collard green leaf to serve.

INGREDIENTS

For kale crisps

1 bunch kale, stems removed, torn into large pieces
¼ teaspoon of organic sea salt
Dash of black pepper
1 Tablespoon olive oil

For stuffed turkey burgers

1½ pounds ground turkey
¼ cup almond flour
1½ Tablespoons lemon juice
½ green bell pepper, finely chopped (½ cup)
2 teaspoons dried oregano
dash of organic sea salt
¼ teaspoon black pepper
2 avocados, sliced thin
4 large collard green leaves

For dressing

3 Tablespoons balsamic vinegar
2 Tablespoons honey or maple syrup
¼ teaspoon Dijon mustard
¼ teaspoon chili powder, optional



(2) CURRY HALIBUT green pepper salad

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- 1" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, bell pepper, lettuce

DIRECTIONS

For curry halibut

1. Preheat oven to 375°F.
2. Combine onion, garlic, ginger, and cashews in a blender or food processor and pulse until the mixture forms a paste.
3. Heat olive oil in a skillet over medium-low heat. Stir in the prepared paste; cook and stir for a minute or two. Add the chili powder, turmeric, cumin, salt, and honey. Cook, stirring for an additional five minutes. Stir in the chopped tomato and broth.
4. Arrange the fish fillets in a baking dish. Top the fish with the curry sauce, cover the baking dish, and bake in the preheated oven until the fish flakes easily with a fork, about 20 minutes.

For green pepper salad

Mix salad ingredients together and toss with dressing of choice.

INGREDIENTS

For curry halibut

2 pounds halibut fillets (or any firm white flesh fish)
1 yellow onion, quartered
2 cloves garlic, peeled and cut in half
1 Tablespoon grated ginger
 $\frac{1}{2}$ cup cashews
2 Tablespoon olive oil
1 teaspoon chili powder
 $\frac{1}{2}$ teaspoon ground turmeric, optional
1 teaspoon ground cumin
 $\frac{1}{2}$ teaspoon salt
1 teaspoon raw honey or maple syrup
1 tomato, chopped ($\frac{3}{4}$ -1 cup)
 $\frac{1}{2}$ cup low-sodium chicken broth

For green pepper salad

$\frac{1}{2}$ cup pumpkin seeds
1 avocado, diced
1 green bell pepper, chopped (1 cup)
1 head green leaf lettuce, torn into bite sized pieces
Pantry dressing of choice
(www.thefresh20.com/pantrydressings)



(3) TURKEY LETTUCE WRAPS

roasted cauliflower

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- 2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, cauliflower

DIRECTIONS

For turkey lettuce wraps

1. Sauté onion in oil over medium heat for 3 minutes. Add turkey, ginger, coconut aminos, pepper, and cumin and cook until browned.
2. Place a lettuce leaf on a plate and add a heaping scoop of turkey mix. Serve with a side of cauliflower and sliced pears.

For roasted cauliflower

1. Preheat oven to 400°F.
2. Combine all ingredients and lay out on a baking sheet. Roast for 30 minutes, until tender.

INGREDIENTS

For turkey lettuce wraps

- 1 Tablespoon grapeseed or sesame oil
½ yellow onion, minced (½ cup)
1½ pounds lean ground turkey
1 Tablespoon fresh ginger, grated
1 Tablespoon raw coconut aminos
½ teaspoon black pepper
½ teaspoon ground cumin
½ head green leaf lettuce, leaves washed & left whole

For roasted cauliflower

- 1 head cauliflower, roughly chopped (3½-4 cups)
2 Tablespoons olive oil
¼ teaspoon organic sea salt
¼ teaspoon black pepper

4 pears, sliced



(4) BALSAMIC PEAR PORK CHOPS

lemon pepper broccoli

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- $\frac{1}{2}$ lemon, juiced ($1\frac{1}{2}$ Tablespoons)
- Cut vegetables: onion, broccoli

DIRECTIONS

For balsamic pear pork chops

1. In a large bowl combine water, salt, and honey to make brine. Add pork chops to the brine liquid and soak for $\frac{1}{2}$ hour in the refrigerator. Remove pork chops and discard the brine. Pat pork chops dry with paper towels.
2. Meanwhile, add balsamic vinegar to a small saucepan. Bring to boil and cook 10 minutes until vinegar is reduced.
3. Heat 1 Tablespoon oil in a large skillet over medium heat. Add onions and pears and brown for about 5 minutes. Transfer to a saucepan with any liquid and combine with balsamic vinegar.
4. Heat 1 Tablespoon olive oil in the same skillet. Once oil is hot, place brined pork chops in skillet, browning on one side for 4 minutes before flipping. Cook for an additional 3-4 minutes or until cooked through. Serve with pear mixture and a side of broccoli.

For lemon pepper broccoli

1. Preheat oven to 400°F.
2. Toss broccoli ingredients together and put on baking sheet; cook for about 10-15 minutes.

INGREDIENTS

For balsamic pear pork chops

6 cups water
3 Tablespoons organic sea salt
3 Tablespoons honey
4 pork loin chops (1" thick, boneless)
 $\frac{1}{2}$ cup balsamic vinegar
2 Tablespoons olive oil, divided
1 yellow onion, sliced
2 pears, peeled, cored and cut into wedges

For lemon pepper broccoli

1 head broccoli, cut into florets ($3\frac{1}{2}$ cups)
1 Tablespoon olive oil
 $1\frac{1}{2}$ Tablespoons lemon juice
1 teaspoon black pepper
 $\frac{1}{2}$ teaspoon red pepper flakes, optional
1 cup slivered almonds
Organic sea salt to taste



(5) STEAK roasted veggies & pears

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Cut vegetables: broccoli, cauliflower

DIRECTIONS

For steak

1. Heat indoor or outdoor grill to medium-high.
2. Season steaks with salt and pepper and cook for about 3-5 minutes per side depending on thickness.

For roasted veggies & pears

1. Preheat oven to 400°F.
2. Toss broccoli, cauliflower, and pears with 1 Tablespoon olive oil and arrange on a large baking sheet. Roast for 30 minutes or until fork tender.
3. Serve with steak.

INGREDIENTS

For steak

1½ pounds of steak (your choice)
¼ teaspoon organic sea salt
½ teaspoon black pepper

For roasted veggies & pears

1 head broccoli, florets (3½ cups)
1 head cauliflower, florets (3½- 4 cups)
2 pears, peeled, cored and cut into wedges
1 Tablespoon olive oil



PALEO January 13, 2016

Nutrition Information

Kale Crisps		Serves: 4					
Serving Size:							
Calories							
Calories	45 kcal	Fat	3.5 g				
Protein	1 g	Saturated	0 g				
Carbohydrate	2 g	Sugar	1 g				
Sodium	150 mg	Calcium	4 %DV				
Fiber	1 g	Iron	2 %DV				
Cholesterol	0 mg						

Stuffed Turkey Burgers		Serves: 4					
Serving Size: 1 burger							
Calories							
Calories	520 kcal	Fat	40 g				
Protein	33 g	Saturated	8 g				
Carbohydrate	13 g	Sugar	2 g				
Sodium	105 mg	Calcium	10 %DV				
Fiber	9 g	Iron	20 %DV				
Cholesterol	135 mg						

Dressing		Serves: 5-6					
Serving Size: 1 Tablespoon							
Calories							
Calories	35 kcal	Fat	0 g				
Protein	0 g	Saturated	0 g				
Carbohydrate	9 g	Sugar	8 g				
Sodium	5 mg	Calcium	0 %DV				
Fiber	0 g	Iron	0 %DV				
Cholesterol	0 mg						

Curry Halibut		Serves: 4					
Serving Size: 8 ounces fish with sauce							
Calories							
Calories	400 kcal	Fat	18 g				
Protein	46 g	Saturated	3 g				
Carbohydrate	12 g	Sugar	5 g				
Sodium	310 mg	Calcium	4 %DV				
Fiber	2 g	Iron	10 %DV				
Cholesterol	110 mg						

Green Pepper Salad		Serves: 4					
Serving Size: 1/4 prepared salad; undressed							
Calories							
Calories	190 kcal	Fat	15 g				
Protein	7 g	Saturated	2.5 g				
Carbohydrate	10 g	Sugar	2 g				
Sodium	30 mg	Calcium	6 %DV				
Fiber	6 g	Iron	15 %DV				
Cholesterol	0 mg						

Turkey Lettuce Wraps		Serves: 4	
Serving Size: 2-3 prepared wraps			
Calories	380 kcal	Fat	25 g
Protein	31 g	Saturated	6 g
Carbohydrate	9 g	Sugar	4 g
Sodium	200 mg	Calcium	10 %DV
Fiber	3 g	Iron	20 %DV
Cholesterol	135 mg		

Roast Cauliflower		Serves: 4	
Serving Size: about 1 cup			
Calories	90 kcal	Fat	7 g
Protein	2 g	Saturated	1 g
Carbohydrate	5 g	Sugar	2 g
Sodium	180 mg	Calcium	2 %DV
Fiber	2 g	Iron	2 %DV
Cholesterol	0 mg		

Pears		Serves: 4	
Serving Size: 1 pear sliced			
Calories	100 kcal	Fat	0 g
Protein	1 g	Saturated	0 g
Carbohydrate	27 g	Sugar	17 g
Sodium	0 mg	Calcium	2 %DV
Fiber	6 g	Iron	2 %DV
Cholesterol	0 mg		

Balsamic Pear Pork Chop		Serves: 4	
Serving Size: 1 prepared pork chop			
Calories	370 kcal	Fat	16 g
Protein	35 g	Saturated	3 g
Carbohydrate	21 g	Sugar	15 g
Sodium	130 mg	Calcium	2 %DV
Fiber	3 g	Iron	8 %DV
Cholesterol	100 mg		

Lemon Pepper Broccoli		Serves: 4	
Serving Size: about 3/4 cup			
Calories	220 kcal	Fat	17 g
Protein	8 g	Saturated	1.5 g
Carbohydrate	12 g	Sugar	3 g
Sodium	25 mg	Calcium	10 %DV
Fiber	6 g	Iron	10 %DV
Cholesterol	0 mg		

Steak & Roast Veggies		Serves: 4	
Serving Size: 6 ounces steak, 1/4 prepared veggies			
Calories	500 kcal	Fat	29 g
Protein	29 g	Saturated	9 g
Carbohydrate	26 g	Sugar	13 g
Sodium	340 mg	Calcium	8 %DV
Fiber	7 g	Iron	30 %DV
Cholesterol	115 mg		