PALEO January 20, 2017

PREP GUIDE

MEAL #1

- Marinate chicken at least 10 minutes, up to 24 hours
- 6 cups cooked cauliflower rice prepared according to directions below * *for the week*
- 1 lemon, juiced (3 Tablespoons juice and 1 Tablespoon zest)
- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 1 bell pepper, chopped (1 cup)
  - 1 zucchini, diced (2 cups)

MEAL #2

- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)

MEAL #3

- Cut vegetables:
  - 1 zucchini, sliced
  - 4 ounces spinach, chopped (3 cups)

MEAL #4

- Cut vegetables:
  - 4 large bell peppers, cut in half lengthwise & seeded

MEAL #5

- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 1 bell pepper, chopped (1 cup)
  - 4 ounces mushrooms, chopped (1½ cups)
  - 4 ounces spinach, chopped (3 cups)

Cauliflower Rice

2 heads cauliflower
1 yellow onion, chopped (1 cup)
1 garlic clove
½ teaspoon organic sea salt
1 Tablespoon of olive oil

1. In a food processor blend all ingredients, except oil, until the cauliflower is roughly rice sized
2. In a skillet over medium heat, add oil and ingredients from food processor. Sautee approximately 5 minutes until golden brown.

MENU

MONDAY ①
LEMON CHICKEN
Veggie Cauliflower Rice

TUESDAY ②
MUSTARD SALMON
Baba Ghanoush

WEDNESDAY ③
CHICKEN WRAPS

THURSDAY ④
STUFFED PEPPERS

FRIDAY ⑤
STEAK CHILAQUILES

PALEO January 20, 2016

Shopping List

(1) Lemon Chicken (2) Mustard Salmon (3) Chicken Wraps (4) Stuffed Peppers (5) Steak Chilaquiles

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	chicken breast	4 pounds		24
2	salmon fillets	2 pounds		20
4	ground sausage	1-1/4 pounds		8
5	skirt steak	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	lemon	1		0.5
1,2,5	yellow onion	4		4
1,4,5	bell pepper (any color)	6		6
1,3,4	zucchini	3		3
1,4	cauliflower	2 heads		4
2	eggplant	1 sm/medium		2
2,4	fresh basil	1 bunch		1.5
3,5	spinach	8 ounces		5
3	collard green leaves	4 large leaves		3
3	oranges	4		2
5	mushrooms (brown or button)	4 ounces		3

Recipe #	Misc	Quantity	Notes	Est Cost
1	slivered almonds	1/2 cup		3
2,4	crushed tomatoes	4 (15 oz) cans		6
5	eggs	8		3
5	chili powder	1/2 teaspoon		0.5

Fresh 20 Grocery Est	$104.50
Cost Per Dinner	$20.90
Cost Per Serving	$5.23

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	1/2 teaspoon
	grapeseed oil		dried oregano	1 teaspoon
	coconut oil		herbes de provence	1 teaspoon
	balsamic vinegar*	2 Tablespoons	ground cumin	1/2 teaspoon
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium		organic tomato paste (no sugar or additives)	
	fresh garlic	8 cloves	Dijon mustard (gluten-free, no sugar added)	1 Tablespoon
	organic sea salt	3 teaspoons	raw coconut aminos	
	black pepper	2-1/4 teaspoons	almond flour	1 Tablespoon
	cayenne pepper	dash	coconut flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) LEMON CHICKEN

veggie cauliflower rice

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Marinate chicken for at least 10 minutes or up to 24 hours
- 3 cups cooked cauliflower rice * *see prep guide*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: onion, bell pepper, zucchini

DIRECTIONS

For lemon chicken

1. Combine marinade ingredients (oil through zest), add chicken, and marinate 10 minutes or up to 24 hours in the refrigerator.
2. Preheat oven to 400°F.
3. Put chicken on baking sheet and cook for about 25-30 minutes, until internal temperature is 165°F.
4. Save half for Meal #3. Serve remaining chicken with veggie rice.

Meanwhile

For veggie cauliflower rice

1. Heat olive oil in a medium saucepan over medium heat.
2. Add onions, bell pepper, and zucchini and cook for 2-3 minutes; season with salt and pepper.
3. Add cauliflower rice and cook until warmed through. Remove from heat and top slivered almonds.

INGREDIENTS

For lemon chicken

4 pounds chicken breasts
2 Tablespoon olive oil
½ teaspoon organic sea salt
½ teaspoon black pepper
1 teaspoon oregano
½ teaspoon paprika
2 cloves garlic, minced
3 Tablespoons lemon juice
1 Tablespoon lemon zest

For veggie cauliflower rice

2 Tablespoon olive oil
1 yellow onion, chopped (1 cup)
1 bell pepper, chopped (1 cup)
1 zucchini, diced (2 cups)
¼ teaspoon organic sea salt
¼ teaspoon black pepper
3 cups cooked cauliflower rice
½ cup slivered almonds

(2) MUSTARD SALMON
baba ghanoush

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Cut vegetables: onion

DIRECTIONS

For mustard salmon

1. Heat oven to 400°F.
2. Place salmon on a baking sheet.
3. Mix together remaining ingredients and spread on salmon.
4. Bake for about 12 minutes until center is flakey.

Meanwhile

For baba ghanoush

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, and eggplant; cook for about 5-7 minutes until eggplant is cooked.
3. Add tomatoes, salt, pepper, and basil and simmer for about 5 minutes. Reserve half for Meal #3, serve remaining baba ghanoush with salmon.

INGREDIENTS

For mustard salmon

2 pounds salmon fillets
Dash of organic sea salt
¼ teaspoon black pepper
2 Tablespoons olive oil
1 Tablespoon Dijon mustard
1 clove garlic, minced

For baba ghanoush

2 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
2 cloves garlic, minced
1 eggplant, diced small (4-4½ cups)
2 (15 ounce) cans crushed or diced tomatoes
¼ teaspoon organic sea salt
Dash of black pepper
¼ cup chopped basil

(3) CHICKEN WRAPS

MAKE AHEAD

- 2 pounds chicken meat, roasted **from Meal #1*
- 2 cups baba ghanoush * *from Meal #2*
- Cut vegetables: zucchini, spinach

DIRECTIONS

For chicken wraps

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add zucchini and cook for 2 minutes, then add chicken, baba ghanoush, and spinach; stir until spinach is slightly wilted.
3. Serve chicken mixture in collard leaves. Serve sliced oranges on the side.

INGREDIENTS

For chicken wraps

1 Tablespoon olive oil
1 zucchini, sliced
2 pounds chicken meat, diced * *from Meal #1*
2 cups baba ghanoush **from Meal #2*
4 ounces spinach, chopped (3 cups)
4 large collard green leaves

4 oranges, sliced

(4) STUFFED PEPPERS

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- 3 cups cooked cauliflower rice * *see prep guide*
- Cut vegetables: bell peppers

DIRECTIONS

For stuffed peppers

1. Heat oven to 400°F.
2. Combine filling ingredients (uncooked sausage through rice) and stuff into bell peppers.
3. Put in a baking dish and top with half of the tomato sauce.
4. Cover dish with foil and bake about 30 minutes, until peppers are tender.

For tomato sauce

Mix all ingredients together. Save half for Meal #5, top bell peppers with remaining sauce before cooking.

INGREDIENTS

For stuffed peppers

1¼ pounds ground sausage
2 cloves garlic, minced
2 Tablespoons chopped basil
⅛ teaspoon organic sea salt
¼ teaspoon black pepper
1 teaspoon Herbes de Provence
1 zucchini, shredded
3 cups cooked cauliflower rice

4 large bell peppers, cut in half lengthwise and seeded

For tomato sauce

2 (15 ounce) cans crushed tomatoes
2 Tablespoons balsamic vinegar
1 Tablespoon olive oil
¼ teaspoon organic sea salt
¼ teaspoon black pepper
¼ cup chopped basil

(5) STEAK CHILAQUILES

MAKE AHEAD

- 1½ cups tomato sauce * *from Meal #4*
- Cut vegetables: onion, bell pepper, mushrooms, spinach

DIRECTIONS

For grilled skirt steak

1. Combine oil, salt, and pepper in a shallow dish or re-sealable bag, add steak and marinate for 5 minutes.
2. Preheat stovetop grill pan to high.
3. Grill steak about 2-3 minutes per side, let sit 5 minutes before slicing.

For steak chilaquiles

1. In a large non-stick skillet heat olive oil over medium heat.
2. Add onion, bell pepper, and mushrooms and cook for 2-3 minutes.
3. Add spinach, salt, pepper, and eggs. Cook for a 2-3 minutes until eggs are cooked.
4. Serve egg mixture over grilled skirt steak with sauce.

For sauce

1. In a small saucepan heat oil, flour, chili powder, cumin, and cayenne for 2 minutes.
2. Whisk in tomato sauce and a little water for desired consistency.

INGREDIENTS

For grilled skirt steak

2 Tablespoons olive oil
¾ teaspoon organic sea salt
½ teaspoon black pepper
1 pound skirt steak

For steak chilaquiles

1 Tablespoon olive oil
1 yellow onion, chopped (1 cup)
1 bell pepper, chopped (1 cup)
4 ounces mushrooms, chopped (1½ cups)
4 ounces spinach, chopped (3 cups)
⅛ teaspoon organic sea salt
dash of black pepper
8 eggs, beaten

For sauce

1 Tablespoon olive oil
1 Tablespoon almond flour
½ teaspoon chili powder
½ teaspoon cumin
dash of cayenne
1½ cups tomato sauce * *from Meal #4*
2-3 Tablespoons water

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Nutrition Information

Lemon Chicken					Serves: 4
Serving Size: about 8 ounces					
Calories	320	kcal	Fat	10	g
Protein	51	g	Saturated	2	g
Carbohydrate	7	g	Sugar	2	g
Sodium	250	mg	Calcium	2	%DV
Fiber	0	g	Iron	6	%DV
Cholesterol	165	mg			

Veggie Rice					Serves: 4
Serving Size: 1/4 prepared dish					
Calories	250	kcal	Fat	17	g
Protein	8	g	Saturated	2	g
Carbohydrate	21	g	Sugar	9	g
Sodium	390	mg	Calcium	10	%DV
Fiber	7	g	Iron	10	%DV
Cholesterol	0	mg			

Mustard Salmon					Serves: 4
Serving Size: 8 ounces					
Calories	420	kcal	Fat	25	g
Protein	45	g	Saturated	3.5	g
Carbohydrate	1	g	Sugar	0	g
Sodium	330	mg	Calcium	2	%DV
Fiber	0	g	Iron	10	%DV
Cholesterol	125	mg			

Baba Ghanoush					Serves: 4
Serving Size: 1/4 prepared dish					
Calories	100	kcal	Fat	4	g
Protein	3	g	Saturated	0.5	g
Carbohydrate	16	g	Sugar	9	g
Sodium	270	mg	Calcium	6	%DV
Fiber	5	g	Iron	10	%DV
Cholesterol	0	mg			

Chicken Wraps					Serves: 4
Serving Size: 1 prepared pita					
Calories	470	kcal	Fat	18	g
Protein	56	g	Saturated	3	g
Carbohydrate	26	g	Sugar	12	g
Sodium	540	mg	Calcium	15	%DV
Fiber	7	g	Iron	20	%DV
Cholesterol	165	mg			

Sliced Oranges				Serves: 4	
Serving Size: 1 orange, sliced					
Calories	60	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	14	g	Sugar	11	g
Sodium	0	mg	Calcium	4	%DV
Fiber	3	g	Iron	0	%DV
Cholesterol	0	mg			

Stuffed Peppers				Serves: 4	
Serving Size: 1 prepared pepper					
Calories	570	kcal	Fat	40	g
Protein	29	g	Saturated	12	g
Carbohydrate	29	g	Sugar	15	g
Sodium	1570	mg	Calcium	10	%DV
Fiber	9	g	Iron	25	%DV
Cholesterol	100	mg			

Chilaquiles				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	570	kcal	Fat	39	g
Protein	40	g	Saturated	10	g
Carbohydrate	14	g	Sugar	6	g
Sodium	1160	mg	Calcium	6	%DV
Fiber	4	g	Iron	20	%DV
Cholesterol	465	mg			