PALEO January 6, 2017

PREP GUIDE

MEAL #1

- 8 cups cooked cauliflower rice prepared according to directions below * *for the week*
- Cut vegetables:
  - 8 ounces mushrooms, sliced (2½-3 cups)
  - 1 yellow onion, sliced (1 cup)
  - 2 carrots, sliced thin (1 cup)
  - ¾ head broccoli, small florets (2½-3 cups)

MEAL #2

- 3 lemons or limes, zested & juiced (5½ Tablespoons juice, 3 teaspoons zest) * *for the week*
- Cut vegetables:
  - 1 poblano pepper, seeded and minced
  - ½ small head cabbage, shredded (3 cups)

MEAL #3

- Make yogurt sauce **see Meal #3 for recipe*
- Cut fruit & vegetables:
  - 1 yellow onion, chopped (1 cup)
  - ¼ head broccoli, chopped (¾-1 cup)
  - 4 tangerines, peeled, in segments
  - 6 ounces baby spinach, chopped (4 cups)

MEAL #4

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 3 carrots, diced (1½ cups)
  - 6 ounces mushrooms, quartered (2 cups)
  - 2 small zucchini, diced (3 cups)
  - ¼ head cabbage, shredded (1½ cups)

MEAL #5

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 carrots, shredded (⅔ cup)
  - 2 small zucchini, diced (3 cups)
  - 6 ounces spinach, chopped (4 cups)

MENU

MONDAY ①
BEEF STROGANOFF
Sautéed Veggies

TUESDAY ②
FISH TOSTADAS

WEDNESDAY ③
LAMB WRAPS
Spinach Salad

THURSDAY ④
VEGETABLE BEEF SOUP

FRIDAY ⑤
ROAST CHICKEN THIGHS
Winter Risotto

Cauliflower Rice

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

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

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Shopping List

(1) Beef Stroganoff (2) Fish Tostadas (3) Lamb Pitas (4) Vegetable Beef Soup (5) Roast Chicken Thighs

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	sirloin steak	3 pounds		18
2	firm white fish	2 pounds		12
3	ground lamb	1-1/4 pounds		8
5	chicken thighs	1-1/2 pounds		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	mushrooms	1 pound	*brown or button*	6
1,3,4,5	yellow onion	5		5
1,5	cauliflower	2 heads		4
1,4,5	carrots	7		2
1,3	broccoli	1 head		2
2	poblano pepper	1		0.5
2,3,5	lemon or lime	3		1.5
2,4	green cabbage	1 head		2
2	avocado	1		1
2	sweet potatoes	3 large		4.5
3	collard green leaves	4 large leaves		2.5
3	cucumber	1		1
3	tangerines	4		2
3,5	baby spinach	12 ounces		3
4,5	zucchini	4 small		4

Recipe #	Misc	Quantity	Notes	Est Cost
1,2,3	plain coconut milk yogurt	2 cups	*nonfat*	4
5	pine nuts	1/2 cup	*optional*	3

Fresh 20 Grocery Est	$92.00
Cost Per Dinner	$18.40
Cost Per Serving	$4.60

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	1/4 teaspoon
	grapeseed oil		dried oregano	2 teaspoons
	coconut oil		herbes de provence	2 teaspoons
	balsamic vinegar*		ground cumin	1 teaspoon
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium	7 cups	organic tomato paste (no sugar or additives)	1 Tablespoon
	fresh garlic	15 cloves	Dijon mustard (gluten-free, no sugar added)	2 teaspoons
	organic sea salt	2-1/4 teaspoons	raw coconut aminos	2 Tablespoons
	black pepper	2 teaspoons	almond flour	1 Tablespoon
	cayenne pepper		coconut flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) BEEF STROGANOFF

sautéed veggies

MAKE AHEAD

- 4 cups cooked cauliflower rice * *see prep guide*
- Cut vegetables: mushrooms, onion, carrots, broccoli

DIRECTIONS

For beef stroganoff

1. Heat a very large skillet over medium-high heat and add 2 Tablespoons oil, mushrooms, onions, and paprika; cook 2 minutes.
2. Add steak, salt, and pepper and cook 3-4 minutes.
3. Remove from pan and set aside, put pan back on medium-low heat.
4. Add 1 Tablespoon olive oil and almond flour and cook 1-2 minutes. Whisk in broth, mustard, and Herbes and cook until thickened slightly.
5. Add steak and mushrooms back to pan and cook in sauce another 1-2 minutes.
6. Turn off heat and add in coconut milk yogurt.
7. Serve over warmed cauliflower rice.

For sautéed veggies

1. Heat a medium skillet over medium-high heat and add olive oil.
2. Add carrots, broccoli, salt, and pepper.
3. Sauté about 5 minutes until just tender.

INGREDIENTS

For beef stroganoff

3 Tablespoons olive oil, divided
8 ounces mushrooms, sliced (2½-3 cups)
1 yellow onion, sliced (1 cup)
Dash of paprika
1 pound sirloin steak, cut into 1" strips
¼ teaspoon organic sea salt
¼ teaspoon black pepper
1 Tablespoon almond flour
1 cup low sodium chicken broth
2 teaspoons Dijon mustard
1 teaspoon Herbes de Provence
½ cup plain nonfat coconut milk yogurt

4 cups cooked cauliflower rice, warmed

For sautéed veggies

1 Tablespoon olive oil
2 carrots, sliced thin (1 cup)
¾ head broccoli, small florets (2½-3 cups)
¼ teaspoon organic sea salt
Dash of black pepper

(2) FISH TOSTADAS

MAKE AHEAD

- 1 lemon or lime, juiced and zested (2 Tablespoons juice, 1 teaspoon zest)
- Cut vegetables: poblano, cabbage

DIRECTIONS

For fish tostadas

1. Heat a large non-stick skillet over medium heat and add olive oil, garlic, and poblanos; cook for about 3 minutes.
2. Add fish, lemon or lime juice, salt, and pepper and stir until just cooked through.
3. In a small bowl, combine cabbage, yogurt, zest, and cumin.
4. Serve fish on toasted sweet potato with cabbage mixture topped with diced avocado.

INGREDIENTS

For fish tostadas

2 Tablespoon olive oil
2 garlic cloves, minced
1 poblano pepper, seeds removed, minced
2 pounds firm white fish cut into chunks
2 Tablespoons lemon or lime juice
¼ teaspoon organic sea salt
Dash of black pepper
½ small head cabbage, shredded (3 cups)
½ cup plain nonfat coconut milk yogurt
1 teaspoon lemon or lime zest
½ teaspoon ground cumin
1 avocado, diced

3 large sweet potatoes, cut length wise into ¼ inch slices and toasted (either on baking sheet in 400°F oven or in the toaster)

(3) LAMB WRAPS
spinach salad

MAKE AHEAD

- Make yogurt sauce * *see recipe below*
- ½ lemon or lime, juiced (1½ Tablespoons)
- Cut fruit & vegetables: onion, broccoli, tangerines, spinach

DIRECTIONS

For lamb wraps

1. Heat a large skillet over medium-high heat and olive oil.
2. When oil is hot add garlic, onion, broccoli, salt, and pepper and sauté for 1-2 minutes.
3. Add cumin, oregano, and lamb and cook for 5-6 minutes or until lamb is cooked through.
4. Serve mixture in collard greens with a dollop of yogurt sauce and side of salad.

For yogurt sauce

Combine all ingredients and refrigerate until needed.

For spinach salad

Combine spinach and tangerines and toss with dressing of choice.

INGREDIENTS

For lamb wraps

2 Tablespoons olive oil
2 cloves garlic, minced
1 yellow onion, chopped (1 cup)
¼ head broccoli, chopped (¾-1 cup)
¼ teaspoon organic sea salt
dash of black pepper
½ teaspoon ground cumin
2 teaspoons dried oregano
1¼ pounds ground lamb
4 large collard green leaves for wraps

For yogurt sauce

1 cucumber, shredded, excess liquid pressed out
1 cup plain nonfat coconut milk yogurt
1½ Tablespoons lemon or lime juice
pinch of organic sea salt

For spinach salad

4 tangerines, peeled, in segments
6 ounces baby spinach, chopped (4 cups)
your choice pantry dressing
www.thefresh20.com/pantrydressings

(4) VEGETABLE BEEF SOUP

MAKE AHEAD

- Cut vegetables: onion, carrots, mushrooms, zucchini, cabbage

DIRECTIONS

For vegetable beef soup

1. Heat a large soup pot over medium heat and add oil.
2. When oil is hot add garlic, onions, and carrots and cook for 2-3 minutes.
3. Add mushrooms and steak and cook for 2-4 minutes.
4. Add zucchini, cabbage, broth, tomato paste, Herbes, salt, and pepper; bring to a simmer at least 5-10 minutes more.

INGREDIENTS

For vegetable beef soup

2 Tablespoon olive oil
4 cloves garlic, minced
1 yellow onion, diced (1 cup)
3 carrots, diced (1½ cups)
6 ounces mushrooms, quartered (2 cups)
2 pounds sirloin steak, diced
2 small zucchini, diced (3 cups)
¼ head cabbage, shredded (1½ cups)
5 cups low-sodium chicken or beef broth
1 Tablespoon tomato paste
1 teaspoon Herbes de Provence
¼ teaspoon organic sea salt
¼ teaspoon black pepper

(5) ROAST CHICKEN THIGHS with winter "risotto"

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- 4 cups cooked cauliflower rice * *see prep guide*
- 1 lemon or lime, zested & juiced (2 Tablespoons juice, 2 teapsoons zest)
- Cut vegetables: onion, carrots, zucchini, spinach

DIRECTIONS

For roast chicken thighs

1. Preheat oven to 425°F.
2. In a glass bowl or re-sealable bag combine olive oil, raw coconut aminos, pepper, garlic, and lime juice & zest. Add chicken thighs and marinate at least 10 minutes.
3. Remove chicken from marinade and discard any remaining liquid. Place chicken in a baking dish and bake for about 40 minutes. Serve with risotto.

For winter "risotto"

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, carrots, and zucchini and cook for 3-4 minutes.
3. Add salt, pepper, rice, broth, and spinach and cook for 3-5 minutes. Stir in pine nuts before serving.

INGREDIENTS

For roast chicken thighs

1½ pounds chicken thighs
1 Tablespoon olive oil
2 Tablespoon raw coconut aminos
1 teaspoon black pepper
4 cloves garlic, minced
2 Tablespoons lemon or lime juice
2 teaspoons lemon or lime zest

For winter "risotto"

1½ Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
2 carrots, shredded (⅔ cup)
2 small zucchini, diced (3 cups)
¼ teaspoon organic sea salt
dash of black pepper
4 cups cooked cauliflower rice
¾ cup low-sodium vegetable or chicken broth
6 ounces spinach, chopped (4 cups)
½ cup pine nuts, toasted, optional

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Nutrition Information

Beef Stroganoff					Serves: 4
Serving Size: 1/4 prepared dish					
Calories	380	kcal	Fat	26	g
Protein	26	g	Saturated	9	g
Carbohydrate	11	g	Sugar	4	g
Sodium	340	mg	Calcium	10	%DV
Fiber	3	g	Iron	20	%DV
Cholesterol	85	mg			

Cauliflower Rice					Serves: 4
Serving Size: 1 cup					
Calories	70	kcal	Fat	3	g
Protein	3	g	Saturated	0	g
Carbohydrate	10	g	Sugar	4	g
Sodium	240	mg	Calcium	4	%DV
Fiber	3	g	Iron	4	%DV
Cholesterol	0	mg			

Sauteed Veggies					Serves: 4
Serving Size: 1/4 prepared vegetables					
Calories	90	kcal	Fat	4	g
Protein	3	g	Saturated	0.5	g
Carbohydrate	12	g	Sugar	4	g
Sodium	210	mg	Calcium	6	%DV
Fiber	5	g	Iron	4	%DV
Cholesterol	0	mg			

Fish Tostadas					Serves: 4
Serving Size: 1/4 prepared recipe					
Calories	500	kcal	Fat	19	g
Protein	48	g	Saturated	3.5	g
Carbohydrate	37	g	Sugar	8	g
Sodium	400	mg	Calcium	20	%DV
Fiber	11	g	Iron	15	%DV
Cholesterol	110	mg			

Lamb Wraps					Serves: 4
Serving Size: 1 prepared wrap					
Calories	460	kcal	Fat	37	g
Protein	26	g	Saturated	15	g
Carbohydrate	9	g	Sugar	3	g
Sodium	320	mg	Calcium	8	%DV
Fiber	3	g	Iron	15	%DV
Cholesterol	105	mg			

Coconut Milk Yogurt Sauce				Serves: 4	
Serving Size: about 1/4 prepared					
Calories	60	kcal	Fat	1.5	g
Protein	2	g	Saturated	1.5	g
Carbohydrate	10	g	Sugar	4	g
Sodium	190	mg	Calcium	15	%DV
Fiber	4	g	Iron	4	%DV
Cholesterol	0	mg			

Salad				Serves: 4	
Serving Size: about 1 1/4 cup, without dressing					
Calories	50	kcal	Fat	0	g
Protein	2	g	Saturated	0	g
Carbohydrate	12	g	Sugar	8	g
Sodium	35	mg	Calcium	6	%DV
Fiber	2	g	Iron	8	%DV
Cholesterol	0	mg			

Beef Soup				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	580	kcal	Fat	36	g
Protein	50	g	Saturated	12	g
Carbohydrate	19	g	Sugar	9	g
Sodium	400	mg	Calcium	10	%DV
Fiber	5	g	Iron	40	%DV
Cholesterol	155	mg			

Roast Chicken Thighs				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	380	kcal	Fat	19	g
Protein	35	g	Saturated	3.5	g
Carbohydrate	20	g	Sugar	10	g
Sodium	520	mg	Calcium	8	%DV
Fiber	5	g	Iron	15	%DV
Cholesterol	150	mg			

Winter Risotto				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	270	kcal	Fat	18	g
Protein	8	g	Saturated	3.5	g
Carbohydrate	25	g	Sugar	10	g
Sodium	450	mg	Calcium	10	%DV
Fiber	9	g	Iron	20	%DV
Cholesterol	0	mg			