PALEO February 10, 2017

PREP GUIDE

MEAL #1

- Cut vegetables:
  - 1 yellow onion, sliced thin
  - ¼ head cabbage, sliced thin (2 cups)
  - ¾ head broccoli, chopped (3 cups)

MEAL #2

- Cut vegetables:
  - 1¼ pound green beans, cut into bite sized pieces (4 cups)

MEAL #3

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 bell peppers, chopped (2 cups)
  - ½ head cabbage, shredded (4 cups)

MEAL #4

- Roasted butternut squash **see below*
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables:
  - 1 bunch kale, chopped (4 cups)
  - 1 bell pepper, sliced thin

MEAL #5

- None

Roasted butternut squash for meals #4 and #5

1½ Tablespoons olive oil
1 (2 lb) butternut squash, peeled, seeded and diced (5 cups)
½ teaspoon organic sea salt
¼ teaspoon black pepper

Heat oven to 400°F. Toss all ingredients together and put on baking sheet. Cook for about 20-25 minutes. Refrigerate until needed.

MENU

MONDAY ①
PORTOBELLO PATTY MELTS
Broccoli

TUESDAY ②
CASHEW CRUSTED FISH
Green Beans

WEDNESDAY ③
BEEF & CABBAGE SKILLET

THURSDAY ④
ROAST PORK LOIN
Kale Butternut Salad

FRIDAY ⑤
ROAST CHICKEN THIGHS
Butternut Squash Salad

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Shopping List

(1) Portobello Patty Melt (2) Cashew Crusted Fish (3) Beef & Cabbage Skillet (4) Roast Pork Loin (5) Roast Chicken Thighs

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	ground beef	2-3/4 pounds		18
2	white fish fillets	2 pounds		12
4	pork loin	2 pounds		10
5	chicken thighs	2 pounds		10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
4,5	butternut squash	1 (2 pound)		3
1,3	yellow onion	2		2
1,3	green cabbage	1 head		2
1	Portobello mushroom caps	4 large		6
1	broccoli	1 head		2
2	parsley	few sprigs	*optional -need 2 Tablespoons chopped*	1
2,4	lemon	2		1
2,5	green beans	1-1/4 pounds		3
3,4	bell peppers	3	*any color*	3
3	pears	4		2
4	kale	1 bunch		2

Recipe #	Misc	Quantity	Notes	Est Cost
1	Worcestershire sauce	1 Tablespoon	*optional*	0.5
2,5	cashews	1 cup		7
3	petite diced tomatoes	1 (15 oz) can		1.5
4	walnuts	1/2 cup		3

Fresh 20 Grocery Est	$89.00
Cost Per Dinner	$17.80
Cost Per Serving	$4.45

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	paprika	
	grapeseed oil	2 Tablepsoons	dried oregano	
	coconut oil		herbes de provence	1-3/4 teaspoons
	balsamic vinegar*		ground cumin	
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium	1/2 cup	organic tomato paste (no sugar or additives)	
	fresh garlic	6 cloves	Dijon mustard (gluten-free, no sugar added)	1 teaspoon
	organic sea salt	2-3/4 teaspoons	raw coconut aminos	2 Tablespoons
	black pepper	2-1/2 teaspoons	almond flour	
	cayenne pepper		coconut flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) PORTOBELLO PATTY MELTS
broccoli

OVEN TEMPERATURE: BROIL

MAKE AHEAD

- Cut vegetables: onion, cabbage, broccoli

DIRECTIONS

For Portobello patty melts

1. Heat a large non-stick skillet over medium heat and add olive oil, onions, salt, and pepper; cook for about 10 minutes, until onions are browning. Add cabbage and cook for 3 minutes.
2. Remove from pan and keep warm.
3. Heat oven to broil.
4. Place Portobello mushroom caps on a baking sheet. Brush with olive oil, season with salt and pepper as desired, and place under broiler while preparing patties.
5. Combine beef, salt, pepper, Dijon, and Worcestershire sauce. Form 4 thin patties.
6. Put patties on a baking sheet and broil for about 4-5 minutes per side. Remove mushrooms when patties are ready.
7. Serve patties open face on a Portobello mushroom cap topped with onion mixture.

Meanwhile

For broccoli

1. Heat a medium skillet over medium heat and add oil, then broccoli, salt, and pepper.
2. Cook for about 3-5 minutes; adding a little water if necessary to cook.

INGREDIENTS

For Portobello patty melts

1 Tablespoon olive oil
1 yellow onion, sliced thin
dash of organic salt and black pepper
¼ head cabbage, sliced thin (2 cups)

4 Portobello mushroom caps
1 Tablespoon olive oil

1½ pounds ground beef
¼ teaspoon organic sea salt
dash of black pepper
1 teaspoon Dijon mustard
1 Tablespoon Worcestershire sauce, optional

For broccoli

1 Tablespoon olive oil
¾ head broccoli, chopped (3 cups)
dash of organic sea salt
dash of black pepper

(2) CASHEW CRUSTED FISH

green beans

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Cut vegetables: green beans

DIRECTIONS

For cashew crusted fish

1. Heat oven to 400°F.
2. Combine oil, garlic, salt, pepper, cashews, and parsley.
3. Put fish fillets on a baking sheet and spread cashew mixture evenly over fillets.
4. Cook for about 12-18 minutes depending on thickness of fish.
5. Serve fish with lemon wedges along with green beans.

Meanwhile

For green beans

1. Heat a medium skillet over medium-high heat and add olive oil (if doing in two batches use half the oil with each batch).
2. Add beans, salt, and pepper and cook about 3-4 minutes.
3. Save ½ for Meal #5. Serve remaining green beans with fish.

INGREDIENTS

For cashew crusted fish

2 Tablespoons olive oil
2 garlic cloves, minced
¼ teaspoon organic sea salt
dash of black pepper
⅔ cup crushed cashews
2 Tablespoons chopped parsley
2 pounds white fish fillets (your choice)

1 lemon, wedged

For green beans

1½ Tablespoons olive oil
1¼ pounds green beans, cut into bite sized pieces (4 cups)
Dash of organic sea salt and black pepper

(3) BEEF & CABBAGE SKILLET

MAKE AHEAD

- Cut vegetables: onion, bell pepper, cabbage

DIRECTIONS

For beef & cabbage skillet

1. Heat a large skillet over medium-high heat and olive oil.
2. When oil is hot add onion, bell peppers, salt, pepper, and Herbes and sauté for 1-2 minutes.
3. Add ground beef and cook for 2-3 minutes.
4. Add cabbage, broth, and tomatoes and cook for another 5 minutes.
5. Serve with a side of sliced pears

INGREDIENTS

For beef & cabbage skillet

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 bell peppers, diced (2 cups)
¼ teaspoon organic sea salt
¼ teaspoon black pepper
1 teaspoon Herbes de Provence
1¼ pounds ground beef
½ head cabbage, shredded (4 cups)
½ cup low-sodium chicken broth
1 (15 ounce) can petite diced tomatoes

4 pears, sliced

(4) ROAST PORK LOIN
kale butternut salad

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- 2½ cubes roasted butternut squash cubes* *see prep guide*
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: kale, bell pepper

DIRECTIONS

For roast pork loin

1. Heat oven to 425°F.
2. Heat a large oven-proof pot, such as a Dutch oven, over medium-high heat and add grapeseed oil. Season pork with salt, pepper, and Herbes.
3. When oil is hot, sear pork on all sides until golden brown - about 10 minutes total; remove and set aside.
4. Cover pot and put in oven for about 25-30 minutes. Take lid off, flip over pork and cook an additional 5-10 minutes uncovered. Pork should have an internal temperature of 150 degrees; it will rise to 155 degrees after you remove it from the oven and let it rest.
5. Remove from oven and let rest at least 5 minutes before slicing.

Meanwhile

For kale butternut salad

1. Massage kale with lemon juice for 1 minute.
2. Add remaining ingredients and toss well; serve with pork.

INGREDIENTS

For roast pork loin

2 Tablespoons grapeseed oil
2 pound pork loin
1 teaspoon organic sea salt
¼ teaspoon black pepper
¾ teaspoon Herbes de Provence

For kale butternut salad

1 bunch kale, chopped (4 cups)
3 Tablespoons lemon juice
1 bell pepper, sliced thin
2½ cups roasted butternut squash cubes **see prep guide*
½ cup crushed walnuts
Pantry dressing of choice
(www.thefresh20.com/pantrydressings)

(5) ROAST CHICKEN THIGHS

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- 2½ cups roasted butternut squash cubes * *see prep guide*
- 2 cups green beans * *from Meal #2*

DIRECTIONS

For roast chicken thighs

1. Preheat oven to 425°F.
2. In a glass bowl or resalable bag combine olive oil, coconut aminos, pepper, & garlic. 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.
4. Serve with butternut squash salad.

For butternut squash salad

In a small bowl, combine squash, cashews, and green beans and serve with chicken thighs.

INGREDIENTS

For roast chicken thighs

2 pounds chicken thighs
2 Tablespoons olive oil
2 Tablespoon raw coconut aminos
1 teaspoon black pepper
4 cloves garlic, minced

For butternut squash salad

2½ cups roasted butternut squash
**see prep guide*
¼ cup cashews, toasted
2 cups green beans * *from Meal #2*

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Nutrition Information

Portabella Patty Melt					Serves: 4
Serving Size: 1 prepared melt					
Calories	480	kcal	Fat	33	g
Protein	35	g	Saturated	11	g
Carbohydrate	11	g	Sugar	5	g
Sodium	350	mg	Calcium	10	%DV
Fiber	3	g	Iron	25	%DV
Cholesterol	115	mg			

Broccoli					Serves: 4
Serving Size: 1/4 prepared broccoli					
Calories	70	kcal	Fat	4	g
Protein	3	g	Saturated	0.5	g
Carbohydrate	8	g	Sugar	2	g
Sodium	120	mg	Calcium	4	%DV
Fiber	4	g	Iron	4	%DV
Cholesterol	0	mg			

Cashew Fish					Serves: 4
Serving Size: 8 ounces					
Calories	440	kcal	Fat	24	g
Protein	46	g	Saturated	4	g
Carbohydrate	10	g	Sugar	2	g
Sodium	270	mg	Calcium	6	%DV
Fiber	1	g	Iron	15	%DV
Cholesterol	100	mg			

Green Beans					Serves: 4
Serving Size:					
Calories	60	kcal	Fat	3.5	g
Protein	2	g	Saturated	0	g
Carbohydrate	7	g	Sugar	3	g
Sodium	55	mg	Calcium	4	%DV
Fiber	3	g	Iron	6	%DV
Cholesterol	0	mg			

Beef and Cabbage Skillet					Serves: 4
Serving Size: 1/4 prepared dish					
Calories	460	kcal	Fat	28	g
Protein	31	g	Saturated	9	g
Carbohydrate	22	g	Sugar	11	g
Sodium	520	mg	Calcium	10	%DV
Fiber	8	g	Iron	25	%DV
Cholesterol	95	mg			

Pear				Serves: 4	
Serving Size: 1 pear					
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			

Roast Pork Loin				Serves: 4	
Serving Size: 8 ounces					
Calories	310	kcal	Fat	12	g
Protein	48	g	Saturated	2	g
Carbohydrate	0	g	Sugar	0	g
Sodium	700	mg	Calcium	2	%DV
Fiber	0	g	Iron	10	%DV
Cholesterol	145	mg			

Kale and Butternut Salad				Serves: 4	
Serving Size: 1/4 salad, undressed					
Calories	190	kcal	Fat	10	g
Protein	7	g	Saturated	1	g
Carbohydrate	24	g	Sugar	6	g
Sodium	30	mg	Calcium	15	%DV
Fiber	6	g	Iron	15	%DV
Cholesterol	0	mg			

Roast Chicken Thighs. Butternut				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	440	kcal	Fat	20	g
Protein	47	g	Saturated	4	g
Carbohydrate	13	g	Sugar	2	g
Sodium	390	mg	Calcium	6	%DV
Fiber	2	g	Iron	15	%DV
Cholesterol	215	mg			

Green Beans				Serves: 4	
Serving Size:					
Calories	60	kcal	Fat	3.5	g
Protein	2	g	Saturated	0	g
Carbohydrate	7	g	Sugar	3	g
Sodium	55	mg	Calcium	4	%DV
Fiber	3	g	Iron	6	%DV
Cholesterol	0	mg			