

PREP GUIDE

MEAL #1

- Marinate pork up to 1 hour * *see Meal #1*
- Roasted sweet potatoes **see below*
- 2 lemons, zested & juiced (½ cup juice, 2 Tablespoons zest) * *for the week*
- Cut vegetables:
 - 1 pound green beans, trimmed (3 cups)

MEAL #2

- 8 cups cauliflower rice * *see recipe below*
- Cut vegetable:
 - 12 ounces spinach, chopped (9 cups)

MEAL #3

- Cut vegetables:
 - 1 cucumber, diced (2 cups)
 - 1 bell pepper, diced (1 cup)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 6 ounces mushrooms, diced (2 cups)

MEAL #5

- 1-2" fresh ginger, grated (2 Tablespoons)
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, diced (1 cup)
 - 4 ounces mushrooms, diced (1½ cups)
 - ½ pound green beans, trimmed and cut in 1 inch pieces (1½ cups)

For Roast Sweet Potatoes (*make ahead for Meals #1 & #5*)

3 pounds sweet potatoes, cubed
 2 Tablespoons olive oil
 ¾ teaspoon kosher salt
 ½ teaspoon black pepper
 1 teaspoon Herbes de Provence

In a large bowl, combine oil, salt, pepper, and Herbes. Add potatoes and toss well to coat. Spread out in an even layer on a large baking sheet. Bake at 400°F for 20-25 minutes until just tender.

MENU

MONDAY ①

BALSAMIC PORK TENDERLOIN
 Sweet Potatoes & Green Beans

TUESDAY ②

GLAZED FISH
 Spinach & Tomato Cauliflower Rice

WEDNESDAY ③

GRILLED CHICKEN
 Greek Salad

THURSDAY ④

PORK STEW

FRIDAY ⑤

CHICKEN CURRY VEGGIES

Cauliflower Rice (Meals #2 & #4)

2 heads cauliflower, florets
 1 yellow onion, chopped
 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 light golden brown.



PALEO September 15, 2017

Shopping List

(1) Balsamic Pork Tenderloin (2) Glazed Fish (3) Grilled Chicken (4) Pork Stew (5) Curry Vegetables

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	pork tenderloin	3 pounds		18
2	fish (your choice)	2 pounds		20
3,5	chicken tenders	3 pounds		10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	rosemary	few sprigs	<i>need 4 teaspoons chopped</i>	1
1,3,5	lemon	2		1
1,5	green beans	1-1/2 pounds		3
1,5	sweet potatoes	3 pounds		4.5
2,4	cauliflower	2 heads		4
4,5	yellow onion	3		3
2,3	spinach	1-1/4 pounds		2
2,3,5	tomatoes	7		3.5
3,5	fresh mint	1 small bunch	<i>optional - need 2 Tablespoons chopped</i>	1.5
3	cucumber	1		1
3,4,5	bell pepper (any color)	4		4
4,5	mushrooms	2/3 pound	<i>brown or button</i>	3
5	fresh ginger	1-2"	<i>need 2 Tablespoons grated</i>	1

Recipe #	Misc	Quantity	Notes	Est Cost *
1,2	slivered almonds	1 cup		5
3	cashews	2/3 cup		4
3	black or kalamata olives	1/4 cup		3
4	red wine vinegar	2 Tablespoons		1
5	curry powder	2 teaspoons		1

Fresh 20 Grocery Est \$94.50
 Cost Per Dinner \$18.90
 Cost Per Serving \$4.73

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1-1/4 cups	paprika	
	grapeseed oil		dried oregano	
	coconut oil		herbes de provence	2 teaspoons
	balsamic vinegar*	1/2 cup	ground cumin	
	white wine vinegar*		raw organic honey or maple syrup	4 Tablespoons
	chicken or veggie broth: low sodium	2-1/2 cups	organic tomato paste (no sugar or additives)	
	fresh garlic	10 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	3 teaspoons	raw coconut aminos	1-1/2 Tablespoons
	black pepper	2 teaspoons	almond flour	1 Tablespoon
	cayenne pepper		coconut flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

*Prices are based on a aggregate of grocery costs from across the U.S. taking into consideration both small independent stores and large national chains. They do not reflect organic, grass fed, or other premium ingredients. Always buy the best quality ingredients your budget allows.



(1) BALSAMIC PORK TENDERLOIN

roast sweet potatoes & green beans

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Marinate pork for up to 1 hour
- 1½ pounds roasted sweet potatoes * *see prep guide*
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: green beans

DIRECTIONS

For balsamic pork tenderloin & green beans

1. In a glass bowl, combine garlic, oil, rosemary, lemon, salt, pepper, broth, and vinegar. Add pork and coat well.
2. Marinate pork for up to an hour.
3. Heat oven to 400°F.
4. Heat a large skillet over medium-high heat, add marinated pork tenderloins, and sear on each side (about 5 minutes total).
5. Transfer to a sheet pan and roast in oven about 15 minutes or until internal temperature reaches 145°F. Remove from oven and let rest at least 5 minutes before slicing.
6. Toss green beans with oil, salt, pepper, and almonds and put on a sheet pan in the oven with the pork for about 8-10 minutes.
7. Save half the pork for Meal #4. Serve remaining pork with green beans and warmed sweet potatoes.

INGREDIENTS

For balsamic pork tenderloin

3 pounds pork tenderloin
3 cloves garlic, minced
3 Tablespoons olive oil
1 Tablespoon chopped rosemary
1 Tablespoon lemon zest
½ teaspoon organic sea salt
¼ teaspoon black pepper
½ cup low-sodium chicken broth
½ cup balsamic vinegar

For green beans

2 Tablespoon olive oil
1 pound green beans, trimmed (3 cups)
dash of organic sea salt and pepper
½ cup slivered almonds

1½ pounds roasted sweet potatoes, warmed **see prep guide*

Pork: 250kcal, 36g Protein, 3g Carb, 240mg Sodium, 0g Fiber, 110mg Cholesterol, 9g Fat, 2g Saturated, 2g Sugar, 2% Calcium, 10% Iron

Green Beans: 170kcal, 4g Protein, 10g Carb, 75mg Sodium, 6g Fiber, 0mg Cholesterol, 14g Fat, 1.5g Saturated, 3g Sugar, 10% Calcium, 6% Iron

Potatoes: 130kcal, 2g Protein, 23g Carb, 210mg Sodium, 3g Fiber, 0mg Cholesterol, 3.5g Fat, 0.5g Saturated, 5g Sugar, 4% Calcium, 4% Iron



(2) GLAZED FISH

spinach & tomato cauliflower rice

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- 4 cups cooked cauliflower rice * see prep guide
- Cut vegetables: spinach

DIRECTIONS

For glazed fish

1. Heat oven to 400°F.
2. Combine olive oil, honey, aminos, and pepper.
3. Lay fish fillets on a lined baking sheet drizzle with glaze.
4. Cook for about 10-12 minutes until fish is opaque and flakey.

Meanwhile

For spinach & tomato cauliflower rice

1. Heat a large non-stick skillet over medium heat.
2. Add oil and garlic and sauté for 1 minute.
3. Add spinach and cook for 2-3 minutes. Add tomatoes and cook for 2 minutes.
4. Add salt, pepper, and cauliflower rice and stir until heated through
5. Garnish with almonds before serving.

INGREDIENTS

For glazed fish

2 Tablespoon olive oil
1 Tablespoon honey
1½ Tablespoons raw coconut aminos
dash of black pepper
2 pounds fish (your choice, or sub 2 pounds chicken breast)

For spinach & tomato cauliflower rice

2 Tablespoon olive oil
2 cloves garlic, minced
12 ounces spinach, chopped (9 cups)
2 tomatoes, chopped (1½ cups)
dash of organic salt and pepper
4 cups cooked cauliflower rice
½ cup slivered almonds

Fish: 290kcal, 42g Protein, 5g Carb, 280mg Sodium, 0g Fiber, 110mg Cholesterol, 10g Fat, 1.5g Saturated, 4g Sugar, 2% Calcium, 2% Iron

Rice: 240kcal, 9g Protein, 20g Carb, 310mg Sodium, 7g Fiber, 0mg Cholesterol, 17g Fat, 2g Saturated, 7g Sugar, 15% Calcium, 20% Iron



(3) GRILLED CHICKEN

Greek salad

MAKE AHEAD

- 2 lemons, juiced (5 Tablespoons)
- Cut vegetables: cucumber, bell pepper

DIRECTIONS

For grilled chicken

1. Heat a stovetop grill pan or outdoor grill to medium/ medium-high.
2. In a glass bowl, combine oil, lemon, mint, Herbes, salt, and pepper. Add chicken and marinate for at least 5 minutes.
3. Remove from marinade and discard any remaining liquid.
4. Place chicken on grill and cook about 4 minutes on each side.
5. Save half the chicken for Meal #5
6. Serve remaining chicken with Greek salad.

Meanwhile

For Greek salad

Toss all ingredients together and serve with grilled chicken.

INGREDIENTS

For grilled chicken

2 Tablespoon olive oil
3 Tablespoons lemon juice
1 Tablespoon chopped mint
1 teaspoon Herbes de Provence
¼ teaspoon organic sea salt
¼ teaspoon black pepper
3 pounds chicken tenders

For Greek salad

1 cucumber, diced (2 cups)
3 tomatoes, diced (2¼ cups)
1 bell pepper, diced (1 cup)
⅔ cup crushed cashews
8 ounces spinach (5-6 cups)
¼ cup black or Kalamata olives,
optional
2 Tablespoons lemon juice
1 Tablespoon olive oil
dash of pepper

Chicken: 240kcal, 38g Protein, 0g Carb, 150mg Sodium, 0g Fiber, 125mg Cholesterol, 8g Fat, 1.5g Saturated, 0g Sugar, 0% Calcium, 4% Iron

Salad: 290kcal, 7g Protein, 20g Carb, 290mg Sodium, 4g Fiber, 0mg Cholesterol, 22g Fat, 3g Saturated, 7g Sugar, 10% Calcium, 20% Iron



(4) PORK STEW cauliflower rice

MAKE AHEAD

- 1½ pounds cooked pork * *from Meal #1*
- 4 cups cooked cauliflower rice * *see prep guide*
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For pork stew

1. Heat a large pot over medium heat.
2. Add oil, onions, garlic, and rosemary and sauté for 1 minute. Add bell peppers and mushrooms and cook for 2-3 minutes.
3. Add pork, broth, syrup, vinegar, salt, and pepper and bring to a simmer for about 5-10 minutes.
4. Serve over warmed cauliflower rice.

INGREDIENTS

For pork stew

2 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
1 teaspoon chopped rosemary
2 bell peppers, diced (2 cups)
6 ounces mushrooms, diced (2 cups)
1½ pounds cooked pork, diced * *from Meal #1*
1 cup low-sodium chicken broth
3 Tablespoons maple syrup
2 Tablespoons red wine vinegar
¼ teaspoon organic sea salt
dash of black pepper

4 cups cooked cauliflower rice,
warmed

Pork Stew: 430kcal, 44g Protein, 31g Carb, 500mg Sodium, 3g Fiber, 130mg Cholesterol, 14g Fat, 3.5g Saturated, 25g Sugar, 8% Calcium, 15% Iron

Cauliflower Rice: 70kcal, 3g Protein, 10g Carb, 240mg Sodium, 3g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 0g Sugar, 4% Calcium, 4% Iron



(5) CHICKEN CURRY VEGGIES

MAKE AHEAD

- 1½ pounds grilled chicken * *from Meal #3*
- 1½ pounds roasted sweet potatoes * *see prep guide*
- 1-2" fresh ginger, grated (2 Tablespoons)
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, bell peppers, mushrooms, green beans

DIRECTIONS

For chicken curry veggies

1. Heat a large pot over medium heat.
2. Add oil, onions, garlic, and ginger and sauté for 1 minute.
3. Add flour and stir for 1 minute.
4. Add curry, bell pepper, mushrooms, green beans, sweet potatoes, chicken, broth, and tomatoes and bring to a simmer for about 5-8 minutes.
5. Garnish with zest and mint.

INGREDIENTS

For chicken curry veggies

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
2 Tablespoons grated ginger
1 Tablespoon almond flour
2 teaspoons curry powder
1 bell pepper, diced (1 cup)
4 ounces mushrooms, halved (1½ cups)
½ pound green beans, trimmed and cut into 1 inch pieces (1½ cups)
1½ pounds roasted sweet potatoes *
see prep guide
1½ pounds grilled chicken, diced * *from Meal #3*
1 cup low sodium vegetable broth
2 tomatoes, chopped (1½ cups)
1 Tablespoon lemon zest
1 Tablespoon chopped mint

Curry Vegetables: 510kcal, 44g Protein, 30g Carb, 380mg Sodium, 8g Fiber, 125mg Cholesterol, 20g Fat, 3g Saturated, 12g Sugar, 10% Calcium, 15% Iron