

PREP GUIDE

MEAL #1

- Make salsa * *see Meal #1*
- 5-6 limes, juiced ($\frac{2}{3}$ cup juice)
- 3-4 lemons, juiced (9 Tablespoons) * *for the week*
- Cut vegetables
 - 2 red onions, sliced (2 cups)
 - 4 bell peppers, sliced (4 cups)
 - 1 small red onion, chopped ($\frac{3}{4}$ cup)
 - 1 jalapeno, minced, optional

MEAL #2

- Cut vegetables
 - 1 bunch kale, chopped (6 cups)

MEAL #3

- Cut vegetables
 - 4 carrots, shredded ($1\frac{1}{3}$ cups)
 - 1 bell pepper, chopped (1 cup)
 - 1 cucumber, diced (2 cups)
 - $\frac{1}{2}$ bunch kale, chopped (3 cups)

MEAL #4

- Cut vegetables
 - 1 yellow onion, diced (1 cup)
 - 3 carrots, diced ($1\frac{1}{2}$ cups)
 - 1 bunch kale, chopped (6 cups)

MEAL #5

- Cut vegetables
 - $\frac{1}{2}$ bunch kale, chopped (3 cups)

MENU

MONDAY ①

CARNE ASADA
Fajita Veggies

TUESDAY ②

SALMON STICKS
Garlic Kale

WEDNESDAY ③

STEAK SALAD

THURSDAY ④

TURKEY SOUP

FRIDAY ⑤

FAJITA SCRAMBLE



PALEO July 28, 2017

Shopping List

(1) Carne Asada (2) Salmon Sticks (3) Steak Salad (4) Turkey Soup (5) Fajita Scramble

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	flank steak	3 pounds		18
2	salmon	1-1/2 pounds		15
4	ground turkey	1-3/4 pounds		10
5	uncured bacon, low sodium	6 ounces		3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3	cilantro	2 bunches		3
1	limes	5-6		3
1,2,3,4	lemon	4		2
1,4	onion	4	3 red, 1 yellow	4
1,3	bell peppers (any color)	5		5
1	collard green leaves (wraps)	8		2
1,3,5	avocado	3		3
1	tomato	6		3
1	jalapeno pepper	1	optional	1
2,3,4,5	kale	3 bunches		6
3,4	carrots	7		2
3	cucumber	1		1

Recipe #	Misc	Quantity	Notes	Est Cost *
1,5	chili powder	3/4 teaspoon		1
2,3	almonds	1 cup		5
5	eggs	8		4

Fresh 20 Grocery Est \$91.00
 Cost Per Dinner \$18.20
 Cost Per Serving \$4.55

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity	
		olive oil	2/3 cup	paprika	1 teaspoon
		grapeseed oil	3 Tablespoons	dried oregano	1 teaspoon
		coconut oil		herbes de provence	
		balsamic vinegar*	1 Tablespoon	ground cumin	
		white wine vinegar*	1 Tablespoon	raw organic honey	
		chicken or veggie broth: low sodium	4 cups (8 fl oz)	organic tomato paste (no sugar or additives)	
		fresh garlic	10 cloves	Dijon mustard (gluten-free, no sugar added)	
		organic sea salt	1-1/2 teaspoons	raw coconut aminos	
		black pepper	1 teaspoon	almond flour	1-1/2 Tablespoons
		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) CARNE ASADA

fajita veggies

MAKE AHEAD

- Make salsa * *see below*
- 5-6 limes, juiced ($\frac{2}{3}$ cup)
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: onions, bell peppers, jalapeno

DIRECTIONS

For carne asada

1. Combine all steak ingredients and marinate at least 10 minutes.
2. Heat outdoor grill or stovetop grill pan to medium-high.
3. Grill steak about 2-3 minutes on each side (a bit longer on stovetop).
4. Let rest 3 minutes before slicing.
5. Save half the steak for Meal #3, serve remaining steak in collard wraps with vegetables, avocado, and salsa.

Meanwhile

For fajita veggies

1. Heat a large non-stick skillet over medium-high heat.
2. In batches, heat oil and then add onions and bell peppers and cook for about 3-4 minutes.
3. Save half the vegetables for Meal #5
4. Serve in collard wraps with carne asada, avocado, and salsa.

For salsa

Combine all ingredients. Save half for Meal #5, serve remaining salsa with fajitas.

INGREDIENTS

For carne asada

3 pounds flank steak
4 cloves garlic, minced
 $\frac{1}{2}$ cup chopped cilantro
 $\frac{1}{2}$ teaspoon organic sea salt
 $\frac{1}{4}$ teaspoon black pepper
 $\frac{1}{2}$ teaspoon chili powder
6 Tablespoons lime juice
3 Tablespoons lemon juice
1 Tablespoon white vinegar
3 Tablespoons olive oil

For fajita veggies

2 Tablespoons grapeseed oil
2 red onions, sliced (2 cups)
4 bell peppers, sliced (4 cups)

8 large collard green wraps
1 avocado, sliced

For salsa

6 tomatoes, chopped ($4\frac{1}{2}$ cups)
1 small red onion, chopped ($\frac{3}{4}$ cup)
1 cup chopped cilantro
 $\frac{1}{4}$ cup lime juice
dash of salt and pepper
1 jalapeno, minced, optional
1 Tablespoon grapeseed oil

Fajitas: 470kcal, 40g Protein, 16g Carb, 250mg Sodium, 7g Fiber, 110mg Cholesterol, 29g Fat, 7g Saturated, 5g Sugar, 15% Calcium, 20% Iron

Salsa: 50kcal, 1g Protein, 7g Carb, 40mg Sodium, 1g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 4g Sugar, 2% Calcium, 0% Iron



(2) SALMON STICKS

garlic kale

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- Cut vegetables: kale

DIRECTIONS

For salmon sticks

1. Heat oven to 425°F.
2. In a shallow dish, combine almonds, paprika, salt, and pepper.
3. Press salmon pieces into mixture and lay on a lined baking sheet.
4. Drizzle with olive oil and bake about 15-17 minutes.
5. squeeze a little lemon on each before serving.

Meanwhile

For garlic kale

1. Heat a large non-stick skillet over medium heat.
2. Add oil and garlic and sauté 2 minutes.
3. Add kale, salt, and pepper and cook until kale is wilted.

INGREDIENTS

For salmon sticks

- 1½ pounds salmon, cut into 1" strips
(sub 1½ pounds chicken breast, cut into 1" strips)
- ¾ cup ground almonds
- 1 teaspoon paprika
- ¼ teaspoon organic sea salt
- dash of black pepper
- 1 Tablespoon olive oil
- 1 lemon, wedges

For garlic kale

- 2 Tablespoon olive oil
- 3 cloves garlic, minced
- 1 bunch kale, chopped (6 cups)
- dash of organic sea salt and black pepper

Salmon Sticks: 390kcal, 38g Protein, 5g Carb, 230mg Sodium, 2g Fiber, 95mg Cholesterol, 28g Fat, 3g Saturated, 1g Sugar, 6% Calcium, 15% Iron

Garlic Kale: 110kcal, 4g Protein, 10g Carb, 40mg Sodium, 4g Fiber, 0mg Cholesterol, 8g Fat, 1 Saturated, 2 g Sugar, 15 % Calcium, 8% Iron



(3) STEAK SALAD

MAKE AHEAD

- 1½ pounds cooked carne asada * *from Meal #1*
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: carrots, bell pepper, cucumber, kale

DIRECTIONS

For steak salad

Toss all ingredients together.

INGREDIENTS

For steak salad

- 1½ pounds cooked carne asada, sliced
* *from Meal #1*
- 4 carrots, shredded (1½ cups)
- 1 bell pepper, chopped (1 cup)
- 1 cucumber, diced (2 cups)
- ½ bunch kale, chopped (3 cups)
- ¼ cup chopped almonds
- 1 avocado, diced
- 2 Tablespoons chopped cilantro
- 3 Tablespoons lemon juice
- 1 Tablespoon balsamic vinegar

Salad: 510kcal, 43g Protein, 24g Carb, 290mg Sodium, 10g Fiber, 110mg Cholesterol, 29g Fat, 7g Saturated, 9g Sugar, 20% Calcium, 25% Iron

MAKE AHEAD

- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: onion, carrots, kale

DIRECTIONS

For turkey soup

1. Heat a large soup pot over medium heat.
2. Add oil, onion, garlic, and carrots and cook for 1 minute.
3. Add turkey, salt, pepper, and oregano and cook for 2-3 minutes.
4. Add flour and cook for 1 minute.
5. Add kale and broth and bring to simmer for 5 minutes.
6. Add lemon juice and stir to warm through.

INGREDIENTS

For turkey soup

2 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
3 carrots, diced (1½ cups)
1¾ pounds ground turkey
¼ teaspoon organic sea salt
dash of black pepper
1 teaspoon oregano
1½ Tablespoons almond flour
1 bunch kale, chopped (6 cups)
4 cups low-sodium chicken broth
3 Tablespoons lemon juice

Turkey Soup: 540kcal, 42g Protein, 20g Carb, 400mg Sodium, 6g Fiber, 155mg Cholesterol, 34g Fat, 8g Saturated, 7g Sugar, 25% Calcium, 25% Iron



(5) FAJITA SCRAMBLE

MAKE AHEAD

- Salsa * *from Meal #1*
- Sautéed onions & peppers * *from Meal #1*
- Cut vegetables: kale

DIRECTIONS

For fajita scramble

1. Heat oil in a large non-stick skillet over medium heat and bacon. Cook 3-4 minutes
2. Add garlic and kale and cook for 2-3 minutes.
3. Add chili powder, eggs, salt, and pepper and cook until eggs are almost cooked.
4. Add in onions and peppers and stir until heated through.
5. Serve with salsa and avocado.

INGREDIENTS

For Fajita scramble

2 Tablespoons olive oil
6 ounces low sodium uncured bacon
1 clove garlic, minced
½ bunch kale, chopped (3 cups)
¼ teaspoon chili powder
8 eggs, whisked
dash of organic sea salt and pepper
Sautéed onions and peppers **from Meal #1*

*Salsa *from Meal #1*

1 avocado, sliced

Fajita scramble: 560kcal, 23g Protein, 17g Carb, 530mg Sodium, 7g Fiber, 390mg Cholesterol, 44g Fat, 4.5g Saturated, 6g Sugar, 10% Calcium, 8% Iron