

PREP GUIDE

MEAL #1

- 2 lemons, zested (2 Tablespoons) * *for the week*
- Cut vegetables:
 - 1 pound brussels sprouts, shaved (4 cups)

MEAL #2

- Roasted sweet potatoes *see below
- Cut vegetable:
 - 1 small head broccoli, florets (3½ cups)

MEAL #3

- 8 cups cauliflower rice * *see prep guide*
- 1-2" fresh ginger, grated (1 Tablespoon), optional
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 3 carrots, diced small (1½ cups)
 - ½ small cabbage, shredded (3 cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 pound brussels sprouts, shaved (4 cups)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 carrots, diced small (1 cup)
 - 1 small head broccoli, chopped (3½ cups)
 - ½ small head cabbage, shredded (3 cups)
 - 4 ounces brown mushrooms, sliced (1½ cups)

For Roast Sweet Potatoes (*make ahead for Meals #2, #4 & #5*)

3½ pounds sweet potatoes, cubed
 2 Tablespoons olive oil
 ¾ teaspoon organic sea salt
 ½ teaspoon black pepper

In a large bowl, combine oil, salt, pepper. 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.

Cauliflower Rice (*for Meals #3 & #5*)

2 heads cauliflower, florets
 1 yellow onion, chopped (1 cup)
 1 garlic clove, peeled
 ½ teaspoon organic sea salt
 1 Tablespoon 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. Sauté approximately 5 minutes or until golden brown.

MENU

MONDAY ①

BALSAMIC PORK CHOPS
 Brussels Sprouts

TUESDAY ②

CASHEW CRUSTED FISH
 Roasted Broccoli & Sweet Potatoes

WEDNESDAY ③

PORK FRIED 'RICE'

THURSDAY ④

CHICKEN HASH

FRIDAY ⑤

BEEF & VEGGIE STIR FRY



PALEO October 13, 2017

Shopping List

(1) Balsamic Pork Chops (2) Cashew Crusted Fish (3) Pork Fried Rice (4) Chicken Hash (5) Beef & Veggie Stir Fry

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	boneless pork chops	3 pounds		18
2	fish fillets (your choice)	2 pounds		12
4	chicken breast	2 pounds		10
5	skirt steak	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	rosemary	few sprigs	<i>need 3 teaspoons chopped</i>	1
1,2	lemon	2		1
1,4	brussels sprouts	2 pounds		5
2,5	broccoli	2 small heads		4
2,4,5	sweet potatoes	3-1/2 pounds		5
3,5	cauliflower	2 heads		4
3,4,5	yellow onion	4		4
3	fresh ginger	1-2"	<i>optional, need 1 Tablespoon grated</i>	1
3,5	carrots	5		1
3,5	green cabbage	1 small head		2
5	brown mushrooms	4 ounces		2

Recipe #	Misc	Quantity	Notes	Est Cost *
1	pumpkin seeds	1/2 cup		2.5
1	dried cranberries	1/4 cup		2
2,5	cashews	1 cup		5
3	eggs	2		1

Fresh 20 Grocery Est \$86.50
 Cost Per Dinner \$17.30
 Cost Per Serving \$4.33

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	
	grapeseed oil	2 Tablespoons	dried oregano	
	coconut oil		herbes de provence	
	balsamic vinegar*	6 Tablespoons	ground cumin	
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium	1/4 cup	organic tomato paste (no sugar or additives)	
	fresh garlic	8 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	3 teaspoons	raw coconut aminos	2 Tablespoons
	black pepper	2 teaspoons	almond flour	
	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 CHOPS

brussels sprouts

MADE AHEAD

- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: brussels sprouts

DIRECTIONS

For balsamic pork chops

1. Combine pork with garlic, rosemary, lemon, salt, and pepper and marinate for at least 5 minutes.
2. Heat a large skillet over medium-high heat and add oil. Add pork and cook to an internal temperature of 145°F, about 3-4 minutes per side depending on thickness.
3. Remove chops from pan, saving half for Meal #3.
4. Add broth and balsamic vinegar to pan and cook until reduced by half.
5. Add remaining pork chops back to skillet and turn to coat in glaze.
6. Serve with brussels sprouts.

For brussels sprouts

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add brussels sprouts, salt, and pepper.
3. Cook for about 3-5 minutes.
4. Stir in pumpkin seeds and cranberries until warmed through.

INGREDIENTS

For balsamic pork chops

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

For brussels sprouts

2 Tablespoons olive oil
1 pound brussels sprouts, shaved (4 cups)
¼ teaspoon organic sea salt
dash of black pepper
½ cup pumpkin seeds
¼ cup dried cranberries

Pork: 300kcal, 37g Protein, 2g Carb, 230mg Sodium, 0g Fiber, 115mg Cholesterol, 15g Fat, 4.5g Saturated, 1g Sugar, 2% Calcium, 6% Iron

Brussels :230kcal, 8g Protein, 16g Carb, 180mg Sodium, 5g Fiber, 0mg Cholesterol, 16g Fat, 2.5g Saturated, 8g Sugar, 4% Calcium, 8% Iron



(2) CASHEW CRUSTED FISH

roasted broccoli & sweet potatoes

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 1¼ pounds roasted sweet potatoes * *see prep guide*
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: broccoli

DIRECTIONS

For roasted broccoli & cashew crusted fish

1. Heat oven to 400°F.
2. Toss broccoli with olive oil, salt, and pepper and put on a baking sheet.
3. Roast about 5 minutes.
4. Put fish on a separate baking sheet. Combine cashews, salt, pepper, and zest and press on each fillet.
5. Put fish in the oven with broccoli and cook both for about 10 minutes, until broccoli is tender and fish is flakey.
6. You can also put fish under the broiler for a crunchier crust.
7. Serve with warmed sweet potatoes.

INGREDIENTS

For roasted broccoli

1 small head broccoli, florets (3½ cups)
1½ Tablespoons olive oil
dash of organic sea salt and pepper

For cashew crusted fish

¾ cup finely chopped cashews
¼ teaspoon organic sea salt
dash of black pepper
1 Tablespoon lemon zest
2 pounds fish fillets (can sub 2 pounds chicken breast)

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

Broccoli: 100kcal, 3g Protein, 10g Carb, 130mg Sodium, 5g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 2g Sugar, 0% Calcium, 6% Iron

Cashew Fish: 330kcal, 44g Protein, 7g Carb, 270mg Sodium, 1g Fiber, 100mg Cholesterol, 13g Fat, 2.5g Saturated, 1g Sugar, 4% Calcium, 15% Iron

Sweet Potatoes: 140kcal, 3g Protein, 27g Carb, 190mg Sodium, 5g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 9g Sugar, 4% Calcium, 6% Iron

MADE AHEAD

- 4 cups cauliflower rice * *see prep guide for recipe*
- 1½ pounds cooked pork chops * *from Meal #1*
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, carrots, cabbage

DIRECTIONS

For pork fried 'rice'

1. Heat a large non-stick skillet over medium-high heat and add oil, onion, ginger, and garlic and sauté for 1 minute.
2. Add carrots and cabbage and cook for 2-3 minutes.
3. Add pork and cauliflower rice and stir to heat through.
4. Whisk together eggs, coconut aminos, and pepper and pour into the middle of pan.
5. Cook until eggs are mostly cooked, then stir through.

INGREDIENTS

For pork fried 'rice'

- 2 Tablespoons grapeseed or sesame oil
- 1 yellow onion, chopped (1 cup)
- 1 Tablespoon grated ginger, optional
- 2 cloves garlic, minced
- 3 carrots, diced small (1½ cups)
- ½ small head cabbage, shredded (3 cups)
- 1½ pounds pork chops, diced * *from Meal #1*
- 4 cups cooked cauliflower rice
- 2 eggs
- 2 Tablespoons raw coconut aminos
- dash of black pepper

Pork Fried Rice: 540kcal, 46g Protein, 27g Carb, 730mg Sodium, 7g Fiber, 210mg Cholesterol, 28g Fat, 6g Saturated, 10g Sugar, 15% Calcium, 15% Iron

MADE AHEAD

- 1¼ pounds roasted sweet potatoes * *see prep guide*
- Cut vegetables: onion, brussels sprouts

DIRECTIONS

For chicken hash

1. Heat a large non-stick skillet over medium-high heat and add oil and onion; cook for 1 minute.
2. Add chicken, salt, pepper, and rosemary and cook for about 2-3 minutes.
3. Add the brussels sprouts and cook for 2-3 minutes.
4. Add sweet potatoes and balsamic vinegar, stir to heat through.

INGREDIENTS

For chicken hash

- 2 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 pounds chicken breast, diced
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper
- 1 teaspoon chopped rosemary
- 1 pound brussels sprouts, shaved (4 cups)
- 1¼ pounds roasted sweet potatoes
- 1½ Tablespoons balsamic vinegar

Chicken Hash: 560kcal, 56g Protein, 41g Carb, 680mg Sodium, 9g Fiber, 165mg Cholesterol, 18g Fat, 3g Saturated, 11g Sugar, 10% Calcium, 10% Iron



(5) BEEF & VEGGIE STIR FRY

MADE AHEAD

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

DIRECTIONS

For beef & veggie stir fry

1. Heat a large non-stick skillet over medium-high heat and add oil, onions, and garlic and sauté for 1 minute.
2. Add beef and cook 3-4 minutes.
3. Add carrots, broccoli, cabbage, and mushrooms and cook for 3-4 minutes.
4. Add sweet potatoes and cauliflower rice and stir until warmed through.
5. Garnish with cashews.

INGREDIENTS

For beef & veggie stir fry

2 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
1 pound skirt steak, diced
2 carrots, diced small (1 cup)
1 small head broccoli, chopped (3½ cups)
½ small head cabbage, shredded (3 cups)
4 ounces brown mushrooms, sliced (1½ cups)
1 pound roasted sweet potatoes * *see prep guide*
4 cups cooked cauliflower rice
¼ cup chopped cashews

Stir Fry: 560kcal, 34g Protein, 50g Carb, 580mg Sodium, 12g Fiber, 75mg Cholesterol, 29g Fat, 8g Saturated, 15g Sugar, 20% Calcium, 25% Iron