

## PREP GUIDE

### MEAL #1

- Make pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 1 head romaine lettuce, chopped
  - 1 cucumber, peeled and sliced
  - 3 large zucchinis, sliced lengthwise into 'zucchini lasagna noodles'

### MEAL #2

- 1 lemon zested & juiced (6 Tablespoons juice, 1 Tablespoon zest) \* *for the week*
- Cut vegetables:
  - 1 cucumber, peeled & diced (2 cups)

### MEAL #3

- Make paleo bread crumbs \* *see below*
- Cut vegetables:
  - 1 head romaine lettuce, chopped
  - 1 cucumber, peeled and sliced

### MEAL #4

- Cut vegetables:
  - ½ yellow onion, chopped (½ cup)
  - 1 pound mushrooms, sliced (6 cups)
  - 2 large zucchini, spiralized into noodles

### MEAL #5

- Cut vegetables:
  - 1 large yellow onion, quartered
  - 3 celery stalks, roughly chopped

#### Cashew Cheese (Meal #1)

1½ cups raw cashews, soaked for at least 3 hours, preferably overnight then drained and rinsed

3 Tablespoons lemon juice

1 clove garlic, minced

½ teaspoon kosher salt

dash of black pepper

½ cup water – plus additional as needed

Put all ingredients, except water, into food processor and pulse repeatedly adding a little water at a time until it is a thick paste. Texture should be slightly thicker than hummus. Makes about 2 cups; use leftovers as dip with fresh veggies!

## MENU

### MONDAY ①

WEEKNIGHT LASAGNA  
Simple Salad

### TUESDAY ②

PAN FRIED FISH  
Lemon Cucumber Avocado Salad

### WEDNESDAY ③

CHICKEN NUGGETS  
Simple Salad

### THURSDAY ④

TURKEY MUSHROOM SKILLET

### FRIDAY ⑤

ROASTED TOMATO SOUP  
Chicken Nuggets

#### For Paleo Breadcrumbs (Meal #3)

¾ cup almond flour

1½ Tablespoon coconut flour

¾ teaspoon baking powder

¼ teaspoon organic sea salt

2 whisked eggs

4 Tablespoons melted coconut oil

Mix all ingredients together in a microwave safe dish. Microwave on high for 90 seconds. Let cool for a few minutes before removing and breaking into small pieces.

Bake in a 350°F oven for 10-15 minutes until dried out, but not too crispy. Let cool completely.

Tear into small pieces and add to blender or food processor; blend until coarse crumbs.



PALEO October 27, 2017

# Shopping List

(1) Weeknight Lasagna (2) Pan Fried Fish (3) Chicken Nuggets (4) Turkey Mushroom Skillet (5) Roasted Tomato Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	ground beef/turkey	3 pounds	<i>can use all beef or turkey or a mixture</i>	18
2	fresh fish	2 pounds		16
3,5	chicken breast	3 pounds		15

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2	lemon	3		1.5
1,4,5	yellow onion	3		3
1,4	zucchini	5 large		5
1,3	romaine lettuce	2 heads		4
1,2,3	cucumber	3		3
2,5	tomato	9		4.5
2	avocado	2		1
4	mushrooms	1 pound		5
4	fresh thyme	1 bunch	<i>need 2-4 Tablespoons chopped</i>	1.5
4	apples	3		1.5
5	celery	3 stalks		1

Recipe #	Misc	Quantity	Notes	Est Cost *
1	raw cashews	1-1/2 cups		7.5
3	baking powder	3/4 teaspoon		1
3	eggs	5		2.5
2	pine nuts	2 Tablespoons	<i>optional</i>	2
3	nutritional yeast	1/4 cup	<i>optional</i>	2
1,4	diced tomatoes	2 (15 oz) cans		3

Fresh 20 Grocery Est \$98.00  
 Cost Per Dinner \$19.60  
 Cost Per Serving \$4.90

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	paprika	1/2 teaspoon
	grapeseed oil	2 Tablespoons	dried oregano	7 teaspoons
	coconut oil	4 Tablespoons	herbes de provence	
	<b>balsamic vinegar*</b>		ground cumin	
	<b>white wine vinegar*</b>		raw organic honey	
	chicken or veggie broth: low sodium	3 cups (24 fl oz)	organic tomato paste (no sugar or additives)	6 ounces
	fresh garlic	7 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	4 teaspoons	raw coconut aminos	
	black pepper	2 teaspoons	almond flour	3/4 cup
	cayenne pepper	1/8 teaspoon	coconut flour	1-1/2 Tablespoons

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://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) WEEKNIGHT LASAGNA

## simple salad

### MAKE AHEAD

- Make pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Cashew cheese \* *see prep guide*
- Cut vegetables: onion, romaine, cucumber, zucchini

### DIRECTIONS

#### *For weeknight lasagna*

1. Heat a large deep sauté pan over medium-high heat and add oil.
2. When oil is hot add onions and garlic and sauté for 3-4 minutes until onions have softened. Add ground beef and cook until brown.
3. Add tomato paste, 1 Tablespoon oregano, and salt and stir. Lay zucchini noodles on top.
4. Pour in broth to cover zucchini.
5. Pour tomatoes over top of beef and zucchini.
6. Top with large dollops of cashew cheese and remaining oregano.
7. Cover and cook on medium heat for 15-20 minutes until liquid has absorbed and noodles are soft.
8. Let sit a few minutes before serving.

#### *For simple salad*

Toss romaine with dressing and cucumber. Chill until ready to serve.

### INGREDIENTS

#### *For weeknight lasagna*

2 Tablespoons olive oil  
1 yellow onion, chopped (1 cup)  
1 clove garlic, minced  
1 pound ground beef  
6 ounces tomato paste  
2 Tablespoons dried oregano, divided  
½ teaspoon organic sea salt  
3 large zucchinis, sliced lengthwise into 'zucchini lasagna noodles'  
½-1 cup low sodium chicken broth  
1 (14 oz) can diced tomatoes  
1 cup cashew cheese

#### *For simple salad*

1 head of romaine lettuce, chopped  
1 cucumber, peeled and sliced  
¼ cup pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

Lasagna: 560kcal, 30g protein, 32g carb, 920mg sodium, 8g fiber, 75g cholesterol, 36g fat, 10g sat fat, 14g sugar, 10%DV calcium, 40%DV iron

Salad: 20kcal, 1g protein, 3g carb, 6mg sodium, 2g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 1g sugar, 3%DV calcium, 4%DV iron



## (2) PAN FRIED FISH

### lemon avocado cucumber salad

#### MAKE AHEAD

- 1 lemon zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: cucumber

#### DIRECTIONS

*For lemon avocado cucumber salad*

Toss the salad ingredients.

*For pan fried fish*

1. Season the fillets with salt, pepper, and paprika on both sides.
2. Heat a large, nonstick sauté pan over medium-high heat and add in oil. Once oil is hot, add the fillets.
3. Cook about 2 minutes on each side or until the fish flakes with a fork. Squeeze fresh lemon juice over the top. (*For chicken, cook 3-4 minutes per side, chicken is done when it is no longer pink in the middle.*)

*Kitchen notes:*

*Pine nuts can be purchased raw and toasted in a sauté pan over low heat for 4-5 minutes. Move them around in the pan with a spatula so they do not burn. They will brown and become fragrant when done.*

#### INGREDIENTS

*For lemon avocado cucumber salad*

1 cucumber, peeled & diced (2 cups)  
1 tomato, seeds removed, diced  
2 avocados, diced  
2 Tablespoons toasted pine nuts,  
optional \* see kitchen notes  
3 Tablespoons lemon juice  
1 Tablespoon lemon zest  
2 Tablespoon olive oil  
½ teaspoon organic sea salt  
¼ teaspoon black pepper

*For pan fried fish*

2 pounds fresh fish (can sub 2  
pounds chicken breast)  
½ teaspoon organic sea salt  
½ teaspoon black pepper  
½ teaspoon paprika  
2 Tablespoon grapeseed oil  
1 lemon, cut into wedges

Fish: 270 kcal, 42g protein, 0g carb, 440mg sodium, 0g fiber, 110mg cholesterol, 10g fat, 1.5g sat fat, .0g sugar, 2%DV calcium, 2%DV iron

Avocado salad:

270kcal, 4g protein, 15g carb, 300mg sodium, 8g fiber, 0mg cholesterol, 25g fat, 3.5g sat fat, 4g sugar, 4%DV calcium, 6%DV iron



## (3) CHICKEN NUGGETS

### simple salad

OVEN TEMPERATURE: 375°F

#### MADE AHEAD

- Paleo bread crumbs *\*see prep guide*
- Cut vegetables: romaine, cucumbers

#### DIRECTIONS

##### *For chicken nuggets*

1. Preheat oven to 375°F. Lightly coat a baking dish or cookie sheet with olive oil.
2. Cut chicken into 1" cubes.
3. Sprinkle chicken with salt and pepper.
4. In a small bowl, whisk together water and eggs.
5. In medium dish, combine paleo bread crumbs, nutritional yeast, oregano, and cayenne pepper.
6. Using a fork or chopsticks, one piece at a time, dip chicken into egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay onto baking sheet.
7. Repeat with remaining pieces, making sure that the baking sheet is not overcrowded (use 2 sheets if needed).
8. Place in oven for 15 minutes, or until chicken is no longer pink inside.
9. Save half for Meal #5. Serve remaining chicken with salad.

##### *For simple salad*

Toss romaine with dressing and cucumber. Chill until ready to serve.

#### INGREDIENTS

##### *For chicken nuggets*

2 Tablespoon olive oil (for pan)  
3 pounds chicken breast  
½ teaspoon organic sea salt  
¼ teaspoon black pepper  
¼ cup water  
3 eggs  
1 cup paleo bread crumbs *\* see prep guide*  
¼ cup nutritional yeast, optional  
1 teaspoon dried oregano  
⅛ teaspoon cayenne pepper

##### *For simple salad*

1 head of romaine lettuce, chopped  
1 cucumber, peeled and sliced  
¼ cup pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

##### Chicken Nuggets:

560kcal, 50g protein, 7g carbs, 540mg sodium, 4g fiber, 295mg cholesterol, 36g fat, 15g sat fat, 1g sugar, 8%DV calcium, 10%DV iron

Salad: 20kcal, 1g protein, 3g carb, 6mg sodium, 2g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 1g sugar, 3%DV calcium, 4%DV iron

### MADE AHEAD

- Cut vegetables: onion, mushrooms, zucchini

### DIRECTIONS

#### *For turkey mushroom skillet*

1. Heat olive oil in a sauté pan over medium-high heat. Once hot, add onions and sauté over medium-high heat until softened, about 4 minutes.
2. Add ground turkey and cook until no longer pink. Add salt, pepper, mushrooms, tomatoes, and thyme and cook for 5 minutes.
3. Heat zoodles in a separate skillet over medium heat until warm.
4. Serve turkey mixture over zoodles with a side of sliced apples.

### INGREDIENTS

#### *For turkey mushroom skillet*

- 2 Tablespoon olive oil
- ½ yellow onion, chopped (½ cup)
- 2 pounds ground turkey or beef
- ¾ teaspoon organic sea salt
- ½ teaspoon black pepper
- 1 pound mushrooms, sliced (6 cups)
- 1 (15 oz) can diced tomatoes
- 2-4 Tablespoons fresh thyme, chopped (to taste)
  
- 2 large zucchini, spiralized into noodles
  
- 3 apples, cored and cut into slices

#### Turkey Skillet:

530kcal, 42g protein, 13g carb, 810mg sodium, 3g fiber, 175mg cholesterol, 36g fat, 9g sat fat, 5g sugar, 15%DV calcium, 25%DV iron

#### Apples:

60kcal, 0g protein, 15g carb, 0mg sodium, 3g fiber, 0mg cholesterol, 0g fat, .0g sat fat, 12g sugar, 0%DV calcium, 0%DV iron



## (5) ROASTED TOMATO SOUP chicken nuggets

OVEN TEMPERATURE: 425°F

### MADE AHEAD

- 1½ pound chicken nuggets \* *from Meal #3*
- Cut vegetables: onion, celery

### DIRECTIONS

#### *For roasted tomato soup*

1. Preheat the oven to 425°F.
2. Line a large baking sheet with aluminum foil.
3. Arrange the tomatoes, cut side up, on one half of baking sheet. On other side, place onion, celery and garlic.
4. Lightly toss the vegetables with olive oil. Sprinkle entire sheet with salt and roast in oven for 35 minutes. Check once or twice to make sure onions are not burning; turn them if necessary. Remove from oven and cool.
5. Transfer all roasted ingredients to a food processor or blender. Add one cup of broth. Puree on medium until fairly smooth. Add as much or as little of the additional broth until you reach a desired consistency. You might have to work in batches, depending on the size of your equipment.
6. Pour soup into medium stockpot and heat over medium for 10 minutes; add salt and pepper to taste.

#### *For chicken nuggets*

Reheat chicken nuggets in a skillet over medium heat, serve with soup.

### INGREDIENTS

#### *For roasted tomato soup*

8 tomatoes, cut in half  
1 large yellow onion, quartered  
3 celery stalks, roughly chopped  
5 cloves garlic  
2 Tablespoons olive oil  
½ teaspoon organic sea salt  
2 cups low sodium vegetable broth,  
warmed  
Salt and pepper to taste

1½ pounds chicken nuggets  
*\*from Meal #3*

Tomato Soup (1¼ cups):  
135kcal, 4g protein, 14g carb, 315mg sodium, 4g  
fiber, 0mg cholesterol, 7g fat, 1g sat fat, 9g sugar,  
6%DV calcium, 6%DV iron

Chicken Nuggets:  
560kcal, 50g protein, 7g carbs, 540mg sodium, 4g  
fiber, 295mg cholesterol, 36g fat, 15g sat fat, 1g  
sugar, 8%DV calcium, 10%DV iron