

**PREP GUIDE**

**MEAL #1**

- 1 lemon, zested & juiced (3 Tablespoons juice, 2 Tablespoons zest) \* *for the week*
- Cut vegetables:
  - 2 heads cauliflower, florets (8 cups)
  - 12 ounces green beans, trimmed (2 cups)

**MEAL #2**

- Cut vegetable:
  - 2 bell peppers, sliced thin (2 cups)
  - ¾ pound brussels sprouts, trimmed and sliced thin (3 cups)

**MEAL #3**

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 4 carrots, diced (2 cups)
  - 4 stalks celery, diced (2 cups)
  - 3 ounces spinach, chopped (2 cups)

**MEAL #4**

- Cut vegetables:
  - 12 ounces green beans, trimmed (2 cups)

**MEAL #5**

- Cut vegetables:
  - ½ pound brussels sprouts, trimmed and sliced thin (2 cups)
  - 2 bell peppers, sliced thin (2 cups)

**MENU**

**MONDAY ①**

ROAST CHICKEN  
Mashed Cauliflower & Green Beans

**TUESDAY ②**

BLACKENED SHRIMP

**WEDNESDAY ③**

CHICKEN SOUP

**THURSDAY ④**

TURKEY DINNER

**FRIDAY ⑤**

GRILLED STEAK  
Mashed Cauliflower



*Happy Thanksgiving!*

*There are TWO shopping lists this week.*

*Choose the correct list for your needs depending on whether you are making The Fresh 20 Thursday meal or your own Thanksgiving meal.*



Use this shopping list if you  
**ARE** making Meal #4

PALEO November 17, 2017

# Shopping List

(1) Roast Chicken (2) Blackened Shrimp (3) Chicken Soup (4) Turkey Dinner (5) Mashed Cauliflower Stack

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	chicken breast	4 pounds		16
2	medium shrimp	2 pounds		20
4	split, bone-in turkey breast	2 pounds		6
5	skirt steak	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	lemon	2		1
1,4	fresh rosemary	few sprigs	<i>optional - need 4 teaspoons</i>	1
1	cauliflower	2 heads		4
1,4	green beans	1-1/2 pounds		3
2,5	bell peppers (any color)	4		4
2,5	brussels sprouts	1-1/4 pounds		2.5
3	yellow onion	1		1
3	carrots	4		1.5
3	celery	4 stalks		1.5
3,4	sweet potatoes	2-1/2 pounds		4.5
3	spinach	3 ounces	<i>about 2 cups</i>	2
4	whole cranberries	1 cup		2

Recipe #	Misc	Quantity	Notes	Est Cost *
1,4,5	ghee	1/2 cup		3
1,4	unsweetened coconut milk, plain	2-1/2 cups		2.5
1	nutritional yeast	1/3 cup		2
2	hot sauce	to taste	<i>optional</i>	0.5
2	slivered almonds	1 cup		4
4	apple cider	1/2 cup	not vinegar or apple juice	3
5	eggs	8		4

Fresh 20 Grocery Est \$95.00  
 Cost Per Dinner \$19.00  
 Cost Per Serving \$4.75

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	paprika	3/4 teaspoon
	grapeseed oil	2 Tablespoons	dried oregano	
	coconut oil		herbes de provence	1/2 teaspoon
	<b>balsamic vinegar*</b>		ground cumin	dash
	<b>white wine vinegar*</b>		raw organic honey or pure maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium	7 cups (56 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	7 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2-1/2 teaspoons	raw coconut aminos	
	black pepper	2-1/2 teaspoons	almond flour	
	cayenne pepper		coconut flour	

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.



PALEO November 17, 2017

Use this shopping list if you are **NOT** making Meal #4

# Shopping List

(1) Roast Chicken (2) Blackened Shrimp (3) Chicken Soup (4) Happy Thanksgiving! (5) Mashed Cauliflower Stack

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	chicken breast	4 pounds		16
2	medium shrimp	2 pounds		20
5	skirt steak	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	lemon	1		0.5
1	fresh rosemary	few sprigs	<i>optional - need 1 teaspoon</i>	1
1	cauliflower	2 heads		4
1	green beans	3/4 pound		2
2,5	bell peppers (any color)	4		4
2,5	brussels sprouts	1-1/4 pounds		2.5
3	yellow onion	1		1
3	carrots	4		1.5
3	celery	4 stalks		1.5
3	sweet potatoes	2 (6-8 oz each)		1.5
3	spinach	3 ounces	<i>about 2 cups</i>	2

Recipe #	Misc	Quantity	Notes	Est Cost *
1,5	ghee	4 Tablespoons		2
1	unsweetened coconut milk, plain	2 cups		2
1	nutritional yeast	1/3 cup		2
2	hot sauce	to taste	<i>optional</i>	0.5
2	slivered almonds	1 cup		4
5	eggs	8		4

Fresh 20 Grocery Est \$78.00  
 Cost Per Dinner \$19.50  
 Cost Per Serving \$4.88

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	paprika	3/4 teaspoon
	grapeseed oil	2 Tablespoons	dried oregano	
	coconut oil		herbes de provence	1/2 teaspoon
	<b>balsamic vinegar*</b>		ground cumin	dash
	<b>white wine vinegar*</b>		raw organic honey	
	chicken or veggie broth: low sodium	7 cups (56 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	7 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2 teaspoons	raw coconut aminos	
	black pepper	2 teaspoons	almond flour	
	cayenne pepper		coconut flour	

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# (1) ROAST CHICKEN

## mashed cauliflower & green beans

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: cauliflower, green beans

### DIRECTIONS

#### *For roast chicken*

1. Heat oven to 375°F.
2. Put chicken on a lined baking sheet, drizzle with oil and zest, then season with salt and pepper.
3. Cook for about 30-40 minutes or until juices run clear.
4. Save half the chicken for Meal #3. Serve remaining chicken with cauliflower and green beans.

#### Meanwhile

#### *For mashed cauliflower*

1. Heat a large pot over medium heat.
2. Add ghee, garlic, and rosemary and sauté for 1 minute.
3. Add milk, broth, salt, pepper and cauliflower florets and bring to a boil.
4. Reduce the heat to low and simmer for 10 minutes.
5. Add nutritional yeast.
6. Use a hand blender to mash everything to a smooth and creamy texture.
7. Save half the cauliflower for Meal #5, serve remaining with chicken and green beans.

#### *For green beans*

1. Heat a large non-stick skillet over medium-high heat.
2. Add oil then beans and toss frequently until slightly brown and just tender.
3. Add salt and pepper to taste.

### INGREDIENTS

#### *For roast chicken*

8 chicken breasts (4 pounds)  
4 Tablespoons olive oil  
1 Tablespoon lemon zest  
½ teaspoon organic sea salt  
½ teaspoon black pepper

#### *For mashed cauliflower*

2 Tablespoons ghee  
4 cloves garlic, minced  
1 teaspoon fresh chopped rosemary, *optional*  
2 cups unsweetened coconut milk  
2 cups low-sodium chicken broth  
½ teaspoon organic sea salt  
dash of black pepper  
2 heads cauliflower, florets (8 cups)  
½ cup nutritional yeast

#### *For green beans*

12 ounces green beans, trimmed  
(2 cups)  
2 Tablespoon olive oil  
dash of organic sea salt and pepper

Chicken: 330kcal, 51g Protein, 0g Carb, 250mg Sodium, 0g Fiber, 165mg Cholesterol, 13g Fat, 2.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

Cauliflower: 90kcal, 4g Protein, 7g Carb, 125mg Sodium, 3g Fiber, 10mg Cholesterol, 5g Fat, 3.5g Saturated, 2g Sugar, 10% Calcium, 4% Iron

Green Beans: 80kcal, 1g Protein, 5g Carb, 70mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 4% Calcium, 2% Iron



## (2) BLACKENED SHRIMP

### brussels sprouts

#### MADE AHEAD

- Cut vegetables: bell peppers, brussels sprouts

#### DIRECTIONS

##### *For blackened shrimp*

1. Toss shrimp with seasonings (salt through cumin).
2. Heat a large non-stick skillet over medium-high heat and add grapeseed oil.
3. When oil is hot add shrimp, tossing frequently, for about 3-4 minutes until cooked (pink and opaque).
4. Remove shrimp from skillet and keep warm. Add bell peppers to skillet and cook 2-3 minutes until tender.
5. Serve shrimp over peppers with hot sauce.

##### *For brussels sprouts*

1. Heat a large non-stick skillet over medium-high heat.
2. Add oil then brussels sprouts and toss occasionally until lightly browned.
3. Add in almonds and cook another 1-2 minutes.
4. Add salt and pepper to taste.

#### INGREDIENTS

##### *For blackened shrimp*

- 2 pounds medium shrimp, peeled and deveined
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon paprika
- 2 cloves garlic, minced
- ¼ teaspoon Herbes de Provence
- dash of cumin
- 2 Tablespoon grapeseed oil
- 2 bell peppers, sliced thin (2 cups)

Hot sauce (your choice) \* optional

##### *For brussels sprouts*

- 2 Tablespoons olive oil
- ¾ pound Brussels sprouts, trimmed and sliced thin (3 cups)
- 1 cup slivered almonds
- dash of organic sea salt and pepper

Blackened Shrimp: 240kcal, 32g Protein, 6g Carb, 1430mg Sodium, 2g Fiber, 285mg Cholesterol, 9g Fat, 1.5g Saturated, 2g Sugar, 15% Calcium, 4% Iron

Brussels: 260kcal, 8g Protein, 12g Carb, 170mg Sodium, 6g Fiber, 0mg Cholesterol, 21g Fat, 2g Saturated, 3g Sugar, 10% Calcium, 6% Iron



## (3) CHICKEN SOUP

### MADE AHEAD

- Roasted chicken breast \* *from Meal #1*
- Cut vegetables: onion, carrots, celery, spinach

### DIRECTIONS

#### *For chicken soup*

1. Heat a large pot over medium heat and add oil, onion, and garlic and sauté for 1-2 minutes.
2. Add carrots, celery, and sweet potatoes and cook for 2 minutes.
3. Add broth and chicken and bring to a simmer; cook until sweet potatoes are tender.
4. Add salt, pepper, Herbes, and spinach and cook for 2 minutes until spinach wilts.

### INGREDIENTS

#### *For chicken soup*

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 1 clove garlic, minced
- 4 carrots, diced (2 cups)
- 4 stalks celery, diced (2 cups)
- 2 (6-8 oz) sweet potatoes, diced small
- 5 cups low-sodium chicken broth
- 2 pounds roasted chicken, diced  
\* *from Meal #1*
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon Herbes de Provence
- 3 ounces spinach, chopped (2 cups)

Chicken Soup: 540kcal, 57g Protein, 32g Carb, 610mg Sodium, 6g Fiber, 165mg Cholesterol, 20g Fat, 3.5g Saturated, 7g Sugar, 10% Calcium, 15% Iron



## (4) TURKEY DINNER

OVEN TEMPERATURE: 375°F

### MADE AHEAD

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

### DIRECTIONS

#### *For turkey*

1. Heat oven to 375°F.
2. Mix ghee with rosemary, salt, and pepper. Rub under and on turkey skin.
3. Roast turkey skin side up about 65 minutes or until juices run clear.
4. Let rest before slicing against the grain.

#### Meanwhile

#### *For mashed sweet potatoes*

1. Place sweet potatoes in a pot of water and bring to a boil. Cook until tender, but not mushy, about 15 minutes. Turn off heat, drain the potatoes, and then return them to the pot.
2. In a small saucepan heat the ghee and coconut milk over low heat until the ghee is melted; pour over potatoes and add salt and pepper.
3. Use a potato masher or electric beater to blend until smooth.

#### *For cranberries*

1. Heat a saucepan over medium heat and add all ingredients.
1. When cranberries begin to pop, lower heat to low and cook until slightly thickened, about 10-15 minutes.

#### *For green beans*

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. Add beans and toss frequently until slightly brown and just tender.
3. Add salt and pepper to taste.

Turkey: Cal 200, Protein 37g, Carb 0g, Sodium 500mg, Fiber 0g, Cholesterol 100mg, Fat 6g, Sat Fat 3g, Sugar 0g, Calcium 2% DV, Iron 6% DV

Sweet Potato: Cal 220, Protein 3g, Carb 34g, Sodium 400mg, Fiber 5g, Cholesterol 20mg, Fat 8g, Sat Fat 5g, Sugar 7g, Calcium 8%DV, Iron 6% DV

Cranberries: Cal 45, Protein 0g, Carb 11g, Sodium 0mg, Fiber 1g, Cholesterol 0mg, Fat 0g, Sat Fat 0g, Sugar 8g, Calcium 0%DV, Iron 0% DV

Green beans: Cal 50, Protein 1g, Carb 5g, Sodium 70mg, Fiber 3g, Cholesterol 0mg, Fat 3.5g, Sat Fat 0g, Sugar 2g, Calcium 4%DV, Iron 2% DV

### INGREDIENTS

#### *For turkey*

- 1 split bone in turkey breast (about 2 pounds)
- 1 Tablespoon ghee
- 1 Tablespoon chopped rosemary (or 1 teaspoon Herbes de Provence)
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper

#### *For mashed sweet potatoes*

- 1½ pounds sweet potatoes, peeled and quartered or large chunks
- 2 Tablespoons ghee
- ½ cup plain unsweetened coconut milk
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper

#### *For cranberries (can be made ahead)*

- 1 cup fresh whole cranberries
- ½ cup apple cider
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- 1-2 Tablespoons maple syrup

#### *For green beans*

- 1 Tablespoon olive oil
- 12 ounces green beans, trimmed (2 cups)
- dash of kosher salt and pepper



## (5) GRILLED STEAK mashed cauliflower & veggies

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- Mashed cauliflower *\*from Meal #1*
- Cut vegetables: brussels sprouts, bell peppers

### DIRECTIONS

#### *For grilled steak*

1. Heat outdoor grill or indoor grill pan over medium-high heat.
2. Season steak with salt, pepper, and paprika and cook about 2-3 minutes per side or to desired doneness.

#### Meanwhile

#### *For veggies*

1. Heat a large non-stick skillet over medium-high heat.
2. Add oil then Brussels sprouts and bell peppers and toss frequently until slightly brown and just tender.
3. Add salt and pepper to taste. Remove from pan and set aside.
4. Put skillet back on heat and add ghee.
5. Crack eggs into skillet and cook until desired doneness.
6. Serve Brussels sprouts and bell peppers over mashed cauliflower and top with cooked egg.

### INGREDIENTS

#### *For grilled steak*

1 pound skirt steak  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper  
½ teaspoon paprika

#### *For veggies*

1 Tablespoon olive oil  
½ pound Brussel sprouts, trimmed and slice thin (2 cups)  
2 bell peppers, sliced thin (2 cups)  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper

1½ Tablespoons ghee  
8 eggs

Leftover mashed cauliflower, warmed  
*\* from Meal #1*

Steak: 250kcal, 30g Protein, 0g Carb, 230mg Sodium, 0g Fiber, 70mg Cholesterol, 14g Fat, 5g Saturated, 0g Sugar, 2% Calcium, 15% Iron

Cauliflower: 90kcal, 4g Protein, 7g Carb, 125mg Sodium, 3g Fiber, 10mg Cholesterol, 5g Fat, 3.5g Saturated, 2g Sugar, 10% Calcium, 4% Iron

Veggies with Egg: 240kcal, 16g Protein, 8g Carb, 300mg Sodium, 3g Fiber, 395mg Cholesterol, 13g Fat, 3g Saturated, 3g Sugar, 2% Calcium, 2% Iron