

PREP GUIDE

MEAL #1

- Roast pumpkin seeds * *see Meal #1 Kitchen Note*
- Cut vegetables:
 - 6 carrots, large dice (3 cups)
 - 6 parsnips, large dice (3 cups)

MEAL #2

- 2 large zucchinis, spiralized into 4 cups of zoodles
- 2 lemons, juiced and zested (6 Tablespoons juice, 2 Tablespoons zest) * *for the week*
- Cut vegetable:
 - 4 ounces mushrooms, sliced (1½ cups)
 - 1 bunch kale, chopped (6 cups)

MEAL #3

- Cut vegetables:
 - ¾ large head broccoli, small florets (3 cups)
 - ½ butternut squash, shredded (1½ cups)

MEAL #4

- 2 large zucchinis, spiralized into 4 cups of zoodles
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 8 ounces brown mushrooms, sliced (3 cups)
 - ¼ large head broccoli, chopped (1 cup)

MEAL #5

- Marinate pork for up to one hour
- Cut vegetables:
 - 1 bunch kale, chopped (6 cups)

MENU

MONDAY ①

ROAST CHICKEN
Root Veggie Medley

TUESDAY ②

SALMON ZOODLE PASTA

WEDNESDAY ③

CHICKEN BROCCOLI SKILLET

THURSDAY ④

BEEF STROGANOFF

FRIDAY ⑤

FALL PORK SALAD



PALEO November 3, 2017

Shopping List

(1) Roast Chicken (2) Salmon Zoodle Pasta (3) Chicken Broccoli Skillet (4) Beef Stroganoff (5) Fall Pork Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	split chicken breasts	3 pounds		12
2	salmon fillets	2 pounds		16
4	lean ground beef	1-1/2 pounds		7.5
5	pork tenderloin	1-1/2 pounds		9

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	carrots	6		1
1	sweet potatoes	3 (8 oz) potatoes		4
1	parsnips	6		3
2,5	fresh dill	1 small bunch	<i>need 2 Tablespoons chopped dill</i>	1.5
2,5	lemon	2		1
2,4	mushrooms	3/4 pound	<i>brown or button</i>	4
2,5	kale	2 bunches		4
2,4	zucchini	4		4
3,4	broccoli	1 head		2
3	butternut squash	1 small	<i>about 3/4 pounds</i>	2
4	yellow onion	1		1
4	parsley	1 bunch	<i>optional, need 2 Tablespoons chopped</i>	1.5

Recipe #	Misc	Quantity	Notes	Est Cost *
1,3,5	pumpkin seeds	1-1/4 cups		5
2,4	plain coconut milk yogurt	1 cup	<i>unsweetened</i>	1.5
4	worcestershire sauce	1.5 Tablespoons	<i>optional</i>	1
5	dried cranberries	2 Tablespoons	<i>unsweetened</i>	1

Fresh 20 Grocery Est \$82.00
 Cost Per Dinner \$16.40
 Cost Per Serving \$4.10

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*	1/4 cup	ground cumin	
	white wine vinegar*		raw organic honey or maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium	1-1/4 cups (10 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	5 cloves	Dijon mustard (gluten-free, no sugar added)	1 teaspoon
	organic sea salt	2-1/2 teaspoons	raw coconut aminos	
	black pepper	2 teaspoons	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) ROAST CHICKEN

root veggie medley

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Roast pumpkin seeds * *see kitchen note*
- Cut vegetables: carrots, parsnips

DIRECTIONS

For roast chicken

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

Meanwhile

For root veggie medley

1. Toss all ingredients together (except pumpkin seeds) and put on 1 or 2 baking sheets.
2. Bake at 375°F for about 30 minutes until parsnips and carrots are tender.
3. Save ½ for Meal #5, toss remaining vegetables with pumpkin seeds and serve with chicken.

** Kitchen Note:*

To roast pumpkin seeds place in a single layer on a baking sheet and cook for 35-45 minutes at 300°F until golden brown. Stir occasionally. You can roast seeds plain, or toss with olive oil and seasonings.

INGREDIENTS

For roast chicken

3 pounds split chicken breasts
3 Tablespoons olive oil
½ teaspoon organic sea salt
½ teaspoon black pepper

For root veggie medley

3 Tablespoons olive oil
6 carrots, large dice (3 cups)
3 sweet potatoes, large dice (4½ cups)
6 parsnips, large dice (3 cups)
½ teaspoon organic sea salt
½ teaspoon black pepper
½ cup pumpkin seeds, roasted * *see Kitchen Note*

Roast Chicken: 250kcal, 38g Protein, 0g Carb, 220mg Sodium, 0g Fiber, 125mg Cholesterol, 10g Fat, 1.5g Saturated, 0g Sugar, 0% Calcium, 4% Iron

Root Vegetables: 260kcal, 7g Protein, 25g Carb, 210mg Sodium, 6g Fiber, 0mg Cholesterol, 17g Fat, 2.5g Saturated, 7g Sugar, 6% Calcium, 10% Iron



(2) SALMON ZOODLE PASTA

MADE AHEAD

- 2 large zucchinis, spiralized into 4 cups of zoodles
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: mushrooms, kale

DIRECTIONS

For salmon zoodle pasta

1. Heat broiler to medium-high.
2. Put salmon on a baking sheet and season with salt, pepper, dill, and lemon zest.
3. Broil for about 8-10 minutes, until just flakey.
4. Meanwhile, heat a large skillet over medium heat and add oil and garlic and sauté for 1 minute. Add mushrooms and cook for 3-4 minutes.
5. Add kale until just wilted. Stir in zoodles, yogurt, and lemon juice until warmed through.
6. Break salmon into large flakes with a fork and add to pan. Stir gently to incorporate.

INGREDIENTS

For salmon zoodle pasta

- 2 pounds salmon fillets
- ¼ teaspoon organic sea salt
- dash of black pepper
- 1 Tablespoon chopped fresh dill
- 1 Tablespoon lemon zest

- 3 Tablespoons olive oil
- 2 cloves garlic, minced
- 4 ounces mushrooms, sliced (1½ cups)
- 1 bunch kale, chopped (6 cups)
- 4 cups zucchini noodles
- ½ cup plain coconut milk yogurt
- 3 Tablespoons lemon juice

Salmon Pasta: 500kcal, 52g Protein, 17g Carb, 300mg Sodium, 6g Fiber, 125mg Cholesterol, 27g Fat, 4.5g Saturated, 6g Sugar, 25% Calcium, 20% Iron



(3) CHICKEN BROCCOLI SKILLET

MADE AHEAD

- Cooked chicken breast * *from Meal #1*
- Cut vegetables: broccoli, butternut squash

DIRECTIONS

For chicken broccoli skillet

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add broccoli and cook for 2-3 minutes then add butternut squash, salt, and pepper and cook for another 3-4 minutes.
3. Stir in chicken, syrup, and seeds and serve.

INGREDIENTS

For chicken broccoli skillet

3 Tablespoons olive oil
1 garlic clove, minced
¾ large head broccoli, small florets (3 cups)
½ butternut squash, shredded (1½ cups)
dash of organic sea salt and pepper
1½ pounds cooked chicken breast, diced * *from Meal #1*
1 Tablespoon maple syrup
½ cup pumpkin seeds

Chicken Broccoli Skillet: 520kcal, 46g Protein, 16g Carb, 390mg Sodium, 4g Fiber, 125mg Cholesterol, 32g Fat, 5g Saturated, 6g Sugar, 8% Calcium, 15% Iron

MADE AHEAD

- 2 large zucchinis, spiralized into 4 cups of zoodles
- Cut vegetables: onion, mushrooms, broccoli

DIRECTIONS

For beef stroganoff

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add garlic and onion and sauté for 1 minute.
3. Add beef and crumble as it cooks (2-3 minutes) then add salt, pepper, and mushrooms and cook 1-2 minutes.
4. Add almond flour and stir for 1 minute. Stir in broth, broccoli, parsley, and Worcestershire sauce.
5. Turn off heat and stir in coconut milk yogurt.
6. Serve over warmed zoodles.

INGREDIENTS

For beef stroganoff

2 Tablespoons olive oil
1 garlic clove, minced
1 yellow onion, diced (1 cup)
1½ pounds lean ground beef
¼ teaspoon organic sea salt
¼ teaspoon black pepper
8 ounces brown mushrooms, sliced (3 cups)
1½ Tablespoons almond flour
1 cup low-sodium chicken broth
¼ large head broccoli, chopped (1 cup)
2 Tablespoons chopped parsley
1½ Tablespoons Worcestershire sauce, optional
½ cup plain coconut milk yogurt
4 cups zoodles, warmed

Beef Stroganoff: 520kcal, 37g Protein, 16g Carb, 380mg Sodium, 4g Fiber, 115mg Cholesterol, 35g Fat, 12g Saturated, 7g Sugar, 15% Calcium, 30% Iron

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Marinate pork for up to 1 hour
- Roasted Vegetables * *from Meal #1*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: kale

DIRECTIONS

For balsamic pork tenderloin

1. In a glass bowl, combine garlic, oil, Herbes, 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 and 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. Serve atop fall salad

For fall pork salad

Toss salad ingredients together with dressing and top with sliced pork.

INGREDIENTS

For balsamic pork tenderloin

1½ pounds pork tenderloin
1 clove garlic, minced
2 Tablespoons olive oil
2 teaspoons Herbes de Provence
1 Tablespoon lemon zest
½ teaspoon organic sea salt
¼ teaspoon black pepper
¼ cup low-sodium chicken broth
¼ cup balsamic vinegar

For fall pork salad

Roasted veggies **from Meal #1*
1 bunch kale, chopped (6 cups)
¼ cup pumpkin seeds
2 Tablespoons dried cranberries

For dressing

3 Tablespoons lemon juice
2 Tablespoons olive oil
1 teaspoon Dijon mustard
dash of salt and pepper
1 Tablespoon chopped fresh dill

Fall Pork Salad: 500kcal, 44g Protein, 39g Carb, 490mg Sodium, 10g Fiber, 110mg Cholesterol, 19g Fat, 3.5g Saturated, 14g Sugar, 20% Calcium, 25% Iron

Dressing: 70kcal, 0g Protein, 0g Carb, 105mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron