

## PREP GUIDE

### MEAL #1

- Cut vegetables:
  - 1 pound brussels sprouts, sliced thin (4 cups)

### MEAL #2

- 2 large zucchini, spiralized into noodles (4 cups)
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest) \* *for the week*
- Cut vegetables:
  - 1 leek, white/pale green parts chopped (¾ cup)
  - 1 bunch kale, chopped (4 cups)
  - 1 bell pepper, diced (1 cup)

### MEAL #3

- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 4 carrots, diced (2 cups)
  - 4 stalks celery, diced (2 cups)
  - 1 bunch kale, chopped (4 cups)

### MEAL #4

- Roasted butternut squash (see below) \* *for the week*
- Cut vegetables:
  - 2 leeks, white/pale green parts diced (1½ cup)
  - 6 ounces mushrooms, quartered (2 cups)

### MEAL #5

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 carrot, shredded (½ cup)
  - 1 bell pepper, chopped (1 cup)
  - 4 ounces mushrooms, chopped (1½ cups)

#### Roasted Butternut Squash (Meal #4 & #5)

1 large butternut squash, peeled, seeded & cubed (4-4½ pounds)  
2 Tablespoons olive oil  
½ teaspoon kosher salt  
¼ teaspoon black pepper

Heat oven to 400°F. Toss squash with oil, salt, and pepper and put on baking sheet. Bake about 20 minutes until tender.

## MENU

### MONDAY ①

#### ROAST CHICKEN

Baked Sweet Potatoes & Brussels sprouts

### TUESDAY ②

#### SHRIMP SCAMPI

### WEDNESDAY ③

#### SAUSAGE SOUP

### THURSDAY ④

CHICKEN BUTTERNUT SAUTE

### FRIDAY ⑤

BUTTERNUT SQUASH CHILI



PALEO December 15, 2017

# Shopping List

(1) Roast Chicken (2) Shrimp Scampi (3) Sausage Soup (4) Chicken Butternut Saute (5) Butternut Squash Chili

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	whole chicken	1 (4-5 pound)		10
2	shrimp	2 pounds	<i>peeled &amp; deveined</i>	15
3	ground sausage	1-1/4 pounds		6
5	ground beef	1-1/2 pounds		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,4	lemon	2		1
1	fresh rosemary	1 sprig	<i>optional</i>	1
1	sweet potatoes	4 small	<i>about 1-1/2 pounds total</i>	3
1	brussels sprouts	1 pound		2
2,4	leeks	3		3
2,3	kale	2 bunches		4
2,5	bell peppers	2	<i>any color</i>	2
2	zucchini	2 large		2
2	pears	4		2
4,5	butternut squash	1 large	<i>4 to 4-1/2 pounds</i>	3
3,5	yellow onion	2		2
3,5	carrots	5		2
3	celery	4 stalks		2
3,4	fresh basil	1 bunch	<i>optional - need 6 Tablespoons chopped</i>	1.5
4,5	mushrooms	2/3 pound	<i>brown or button</i>	5

Recipe #	Misc	Quantity	Notes	Est Cost *
1,2	ghee	1/3 cup		2
2,4	cashews	1 cup		5
5	chili powder	1-1/2 teaspoons		0.5

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	3/4 cup	paprika	1/2 teaspoon
	grapeseed oil		dried oregano	
	coconut oil		herbes de provence	2 teaspoons
	<b>balsamic vinegar*</b>		ground cumin	1-1/2 teaspoons
	<b>white wine vinegar*</b>		raw organic honey	
	chicken or veggie broth: low sodium	5 cups (40 fl oz)	organic tomato paste (no sugar or additives)	3 Tablespoons
	fresh garlic	12 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2-1/2 teapsoons	raw coconut aminos	
	black pepper	2-1/2 teapsoons	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.



# (1) ROAST CHICKEN

## baked sweet potatoes & brussels sprouts

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- Cut vegetables: brussels sprouts

### DIRECTIONS

#### *For roast chicken*

1. Heat oven to 375°F.
2. Rub the chicken with olive oil and season with salt, pepper, Herbes, and paprika.
3. Put the garlic, lemon, and rosemary in the cavity of chicken.
4. Place chicken in a roasting pan with ¼ cup water in the bottom. Cook about 75-90 minutes until juices run clear (internal temperature 165°F).
5. Save half the meat for Meal #4, serve remaining chicken with sweet potatoes and brussels sprouts.

#### Meanwhile

#### *For baked sweet potatoes*

1. Wash potatoes and put in 375° oven for about 50-60 minutes until tender.
2. Serve with ghee, salt, and pepper.

#### *For brussels sprouts*

1. Heat a large non-stick skillet over medium heat and add oil and brussels sprouts.
2. Cook for 5-6 minutes until tender and lightly browned; season with salt and pepper.

### INGREDIENTS

#### *For roast chicken*

4-5 pound whole chicken, giblets removed  
2 Tablespoon olive oil  
¾ teaspoon organic sea salt  
1 teaspoon black pepper  
1 teaspoon Herbes de Provence  
½ teaspoon paprika  
3 cloves garlic, peeled  
1 lemon, wedges  
1 sprig rosemary, optional

#### *For baked sweet potatoes*

4 small sweet potatoes (1½ pounds)  
1 Tablespoon ghee  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper

#### *For brussels sprouts*

1½ Tablespoons olive oil  
1 pound brussels sprouts, sliced thin (4 cups)  
¼ teaspoon organic sea salt  
dash of black pepper

Roast Chicken: 310kcal, 49g Protein, 1g Carb, 390mg Sodium, 0g Fiber, 160mg Cholesterol, 11g Fat, 2.5g Saturated, 0g Sugar, 4% Calcium, 10% Iron

Sweet Potatoes: 140kcal, 2g Protein, 26g Carb, 140mg Sodium, 4g Fiber, 10mg Cholesterol, 3.5g Fat, 2.5g Saturated, 5g Sugar, 4% Calcium, 4% iron

Brussels sprouts: 110kcal, 4g Protein, 10g Carb, 170mg Sodium, 6g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 2g Sugar, 4% Calcium, 10% Iron

### MADE AHEAD

- 2 large zucchini, spiralized into noodles (4 cups)
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: leek, kale, bell pepper

### DIRECTIONS

#### *For shrimp scampi*

1. Heat a large skillet over medium heat and add ghee, leeks, and garlic and sauté for 1 minute.
2. Add shrimp, salt, and pepper and cook for about 3 minutes until shrimp is just pink and opaque. Remove shrimp from pan and set aside.
3. Put skillet back on the heat and add kale and bell pepper and cook for 3-4 minutes.
4. Add shrimp back to pan with zoodles and stir to heat through.
5. Add lemon juice and cashews.
6. Serve with a side of sliced pears.

### INGREDIENTS

#### *For shrimp scampi*

- 4 Tablespoons ghee, divided
- 1 leek, white & pale green parts chopped (¾ cup)
- 3 cloves garlic, minced
- 2 pounds shrimp, peeled and deveined
- pinch of organic sea salt
- dash of black pepper
- 1 bunch kale, chopped (4 cups)
- 1 bell pepper, diced (1 cup)
- 4 cups zucchini noodles
- 3 Tablespoons lemon juice
- ½ cup crushed cashews
  
- 4 pears, sliced

Shrimp Scampi: 470kcal, 39g Protein, 24g Carb, 1400mg Sodium, 5g Fiber, 325mg Cholesterol, 25g Fat, 11g Saturated, 8g Sugar, 30% Calcium, 20% Iron

Pears: 100kcal, 1g protein, 26g carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

### MADE AHEAD

- Cut vegetables: onion, carrots, celery, kale

### DIRECTIONS

#### *For sausage soup*

1. Heat a large pot over medium heat and add oil, onion, and garlic and sauté for 1 minute.
2. Add sausage and cook for about 3 minutes, crumbling as it cooks.
3. Add carrots, celery, salt, pepper, and Herbes and cook for 2-3 minutes.
4. Add tomato paste, broth, and kale and bring to a simmer for 5-10 minutes.
5. Garnish with basil before serving.

### INGREDIENTS

#### *For sausage soup*

2 Tablespoons olive oil  
1 yellow onion, chopped (1 cup)  
2 cloves garlic, minced  
1¼ pounds ground sausage  
4 carrots, diced (2 cups)  
4 stalks celery, diced (2 cups)  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper  
1 teaspoon Herbes de Provence  
1 Tablespoon tomato paste  
5 cups low-sodium chicken broth  
1 bunch kale, chopped (4 cups)  
¼ cup basil, chopped, optional

Sausage Soup: 540kcal, 24g Protein, 23g Carb,  
1230mg Sodium, 8g Fiber, 80mg Cholesterol, 38g  
Fat, c13g Saturated, 8g Sugar, 15% Calcium, 10% Iron



## (4) CHICKEN BUTTERNUT SAUTE

### MADE AHEAD

- 1½ pounds cooked chicken *\* from Meal #1*
- 3 cups roasted butternut squash *\*see prep guide*
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: leeks, mushrooms

### DIRECTIONS

#### *For chicken butternut sauté*

1. Heat a large nonstick skillet over medium heat and add oil.
2. When oil is hot add leeks and garlic and sauté for 2-3 minutes.
3. Add mushrooms and cook for about 3 minutes.
4. Add chicken, squash, salt, and pepper and cook until warmed through.
5. Stir in zest, basil, and cashews before serving.

### INGREDIENTS

#### *For chicken butternut sauté*

- 2 Tablespoons olive oil
- 2 leeks, white & pale green parts, diced (1½ cups)
- 2 cloves garlic, minced
- 6 ounces mushrooms, quartered (2 cups)
- 1½ pounds cooked chicken, diced *\*from Meal #1*
- 3 cups roasted butternut squash *\*see prep guide*
- dash of organic sea salt and pepper
- 1 Tablespoon lemon zest
- 2 Tablespoons chopped basil
- ½ cup crushed cashews

Sauté: 560kcal, 54g Protein, 27g Carb, 550mg Sodium, 4g Fiber, 160mg Cholesterol, 28g Fat, 5g Saturated, 6g Sugar, 15% Calcium, 25% Iron



## (5) BUTTERNUT SQUASH CHILI

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- 3 cups roasted butternut squash \* *see prep guide*
- Cut vegetables: onion, carrot, bell pepper, mushrooms

### DIRECTIONS

#### *For butternut squash chili*

1. Heat a large pot over medium heat and add oil, onion, and garlic and sauté for 2 minutes.
2. Add ground beef and cook 2-3 minutes, crumbling while cooking.
3. Add carrots, bell pepper, and mushrooms and cook for 3-4 minutes.
4. Add tomato paste, squash, cumin, chili powder, salt, and pepper and bring to a simmer for 5-10 minutes. Add water if necessary to achieve desired consistency.

### INGREDIENTS

#### *For butternut squash chili*

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1½ pounds ground beef
- 1 carrot, shredded (½ cup)
- 1 bell pepper, chopped (1 cup)
- 4 ounces mushrooms, chopped (1½ cups)
- 1½ Tablespoons tomato paste
- 3 cups roasted butternut squash \* *see prep guide*
- 1½ teaspoons cumin
- 1½ teaspoons chili powder
- ¼ teaspoon organic sea salt
- dash of black pepper

Chili: 540kcal, 35g Protein, 24g Carb, 440mg Sodium, 5g Fiber, 115mg Cholesterol, 35g Fat, 11g Saturated, 7g Sugar, 10% Calcium, 30% Iron