

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 3 carrots, diced (1½ cups)
 - 3 parsnips, diced (2½ cups)
 - 1 butternut squash, diced (5 cups)

MEAL #2

- 8 cups cooked cauliflower rice* *for the week*
- 2 lemons, zested & juiced (6 Tablespoons juice, 2 Tablespoons zest) * *for the week*
- Cut vegetable:
 - 12 ounces spinach, chopped (8 cups)

MEAL #3

- Blanch broccoli * *see below*
- Cut vegetables:
 - 1 yellow onion, sliced thin (1 cup)

MEAL #4

- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 4 carrots, sliced (2 cups)
 - 1 head broccoli, chopped (4 cups)

MEAL #5

- no prep needed

Blanched Broccoli (Meal #3)

1 large head broccoli, florets (5 cups)

Heat pot of salted water to a boil. Add broccoli and cook for about 2-3 minutes, then transfer to a bowl of ice water. Drain well.

Cauliflower Rice (Meals #2 & #4)

2 cauliflower heads, 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

RIB ROAST
 Root Veggies

TUESDAY ②

LEMON FISH
 Greek Cauliflower Rice

WEDNESDAY ③

FRENCH DIP
 Broccoli

THURSDAY ④

CHICKEN BROCCOLI STIR FRY

FRIDAY ⑤

SAUSAGE & VEGGIE SOUP



PALEO December 22, 2017

Shopping List

(1) Rib Roast (2) Lemon Fish (3) French Dip (4) Chicken Broccoli Stir Fry (5) Sausage & Veggie Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	rib roast, bone in	1 (4 pound)		15
2	fish fillets	2 pounds	<i>your choice, choose a firm white fish</i>	15
4	chicken breast	2 pounds	<i>boneless, skinless</i>	8
5	Italian sausage	1 pound	<i>bulk or links removed from casings</i>	4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	fresh rosemary	few sprigs	<i>need 2 teaspoons chopped</i>	1
1,4	carrots	7		2
1	sweet potatoes	2	<i>about 1 pound total</i>	1.5
1	parsnips	3		2
1	butternut squash	1 medium	<i>about 2-1/2 to 3 pounds</i>	2.5
2,3,4	lemon	2		1
2,3,5	spinach	1 pound		5
2,4	cauliflower	2 heads		4
3,4	yellow onion	3		3
3,4	broccoli	2 heads		4
4	fresh ginger	1-2"	<i>optional, need 1 Tablespoon grated</i>	1

Recipe #	Misc	Quantity	Notes	Est Cost *
1,2	walnuts	1 cup		5
2	kalamata olives	1/4 cup		2

Fresh 20 Grocery Est \$76.00
 Cost Per Dinner \$15.20
 Cost Per Serving \$3.80

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*		ground cumin	
	white wine vinegar*		raw organic honey	1 Tablespoon
	chicken or veggie broth: low sodium	4-1/2 cups (36 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	8 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2-1/2 teaspoons	raw coconut aminos	2 Tablespoons
	black pepper	1-1/2 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) RIB ROAST

root veggies

OVEN TEMPERATURE 450°F/325°F

MADE AHEAD

- Cut vegetables: carrots, parsnips, butternut squash

DIRECTIONS

For rib roast

1. Heat oven to 450°F.
2. Combine oil, garlic, rosemary, salt, and pepper. Spread mixture evenly on rib roast.
3. Place in a roasting pan (on a rack if possible) and cook 20 minutes.
4. Reduce heat to 325°F and roast for another 60-75 minutes until desired doneness, check with thermometer (medium rare 120°-130°F).
5. Let rest at least 10 minutes before slicing.
6. Save half the meat for Meal #3. Serve 1 pound for dinner with root veggies, there will be leftover meat for lunches!

Meanwhile

For root veggies

1. Toss all ingredients together (except nuts) and put on one or two foil-lined baking sheets.
2. Put in 325°F oven for about 30 minutes.
3. Sprinkle walnuts over HALF the vegetables and roast another 5 minutes.
4. Remove veggies without nuts from pan and save for Meal #5. Serve remaining veggies with nuts with rib roast.

INGREDIENTS

For rib roast

- 1 (4) pound bone in rib roast
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 2 teaspoons chopped rosemary
- ½ teaspoon organic sea salt
- ½ teaspoon black pepper

For root veggies

- 3 carrots, diced (1½ cups)
- 2 sweet potatoes, diced (4 cups)
- 3 parsnips, diced (2½ cups)
- 1 butternut squash, diced (5 cups)
- 2 Tablespoons olive oil
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper

- ½ cup walnuts, chopped

Rib Roast: 330kcal, 51g Protein, 1g Carb, 290mg Sodium, 0g Fiber, 145mg Cholesterol, 14g Fat, 4.5g Saturated, 0g Sugar, 2% Calcium, 30% Iron

Root Veggies: 170kcal, 3g Protein, 25g Carb, 190mg Sodium, 5g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 6g Sugar, 8% Calcium, 6% Iron



(2) LEMON FISH Greek cauliflower rice

MADE AHEAD

- 4 cups cauliflower rice * *see prep guide*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: spinach

DIRECTIONS

For lemon fish

1. Heat a medium skillet over medium heat and add oil. When oil is hot add garlic and cook for 1 minute.
2. Season fish with salt and pepper and cook about 2-3 minutes per side until firm and opaque.
3. Drizzle with lemon and serve over Greek cauliflower rice.

For Greek cauliflower rice

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add spinach and cook until wilted then add cauliflower rice, salt, and pepper.
3. Stir until warmed through and garnish with walnuts and olives.

INGREDIENTS

For lemon fish

2 Tablespoons olive oil
1 garlic clove, minced
2 pounds fish fillets (your choice)
dash of organic sea salt and pepper
3 Tablespoons lemon juice
1 Tablespoon lemon zest

For Greek cauliflower rice

2 Tablespoons olive oil
2 garlic cloves, minced
12 ounces spinach, chopped (8 cups)
4 cups cooked cauliflower rice
¼ teaspoon organic sea salt
dash of black pepper
½ cup walnuts, chopped
¼ cup Kalamata olives, chopped

Lemon Fish: 250kcal, 40g Protein, 1g Carb, 200mg Sodium, 0g Fiber, 100mg Cholesterol, 9g Fat, 1.5g Saturated, 0g Sugar, 4% Calcium, 4% Iron

Greek Rice: 280kcal, 7g Protein, 16g Carb, 670mg Sodium, 6g Fiber, 0mg Cholesterol, 24g Fat, 2.5g Saturated, 5g Sugar, 10% Calcium, 15% Iron



(3) FRENCH DIP broccoli

MADE AHEAD

- Rib roast * *from Meal #1*
- Blanched broccoli * *see prep guide*
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion

DIRECTIONS

For French dip

1. Heat a large skillet over medium heat and add oil, onions, salt, and pepper. Cook 10 minutes until brown and caramelized.
2. Add both and bring to a slow simmer.
3. Add in beef slices and simmer just until warm.
4. Stir in the spinach until wilted, serve with broccoli.

Meanwhile

For broccoli

1. Heat a large non-stick skillet over medium heat and add oil.
2. Add broccoli, salt, and pepper and stir until just heated through.
3. Garnish with lemon zest before serving.

INGREDIENTS

For French dip

2 Tablespoons olive oil
1 yellow onion, sliced thin (1 cup)
dash of organic sea salt and pepper
½ cup low-sodium beef or chicken broth
Rib roast, sliced thin * *from Meal #1*
2 ounces spinach (1½ cups)

For broccoli

1 large head broccoli, small florets,
blanched * *see prep guide*
2 Tablespoons olive oil
dash of organic sea salt and pepper
1 Tablespoon lemon zest

French dip: 410kcal, 52g Protein, 5g Carb, 520mg Sodium, 1g Fiber, 150mg Cholesterol, 21g Fat, 6g Saturated, 2g Sugar, 4% Calcium, 30% Iron

Broccoli: 100kcal, 3g Protein, 8g Carb, 110mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 6% Calcium, 4% Iron



(4) CHICKEN BROCCOLI STIR FRY

MADE AHEAD

- 4 cups cooked cauliflower rice * *see prep guide*
- 1-2" fresh ginger, grated (1 Tablespoon)
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: onion, carrots, broccoli

DIRECTIONS

For chicken broccoli stir-fry

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add garlic, onion, and ginger and sauté for 1 minute. Add chicken and cook for 3-4 minutes until cooked through.
3. Add carrots and broccoli and cook for 3-4 minutes.
4. Add remaining ingredients and stir until heated through.

INGREDIENTS

For chicken broccoli stir fry

- 2 Tablespoons grapeseed or sesame oil
- 2 garlic cloves, minced
- 1 yellow onion, diced (1 cup)
- 1 Tablespoon grated ginger **optional*
- 2 pounds chicken breast, cubed
- 4 carrots, sliced (2 cups)
- 1 head broccoli, chopped (4 cups)
- ¼ teaspoon black pepper
- 2 Tablespoons raw coconut aminos
- 1 Tablespoon honey
- 3 Tablespoons lemon juice
- 4 cups cooked cauliflower rice

Chicken Broccoli Stir Fry: 500kcal, 58gProtein, 33g Carb, 165mg Sodium, 8g Fiber, 165mg Cholesterol, 16g Fat, 3g Saturated, 15g Sugar, 15% Calcium, 15% Iron



(5) SAUSAGE AND VEGGIE SOUP

MADE AHEAD

- Roasted root veggies **from Meal #1*

DIRECTIONS

For sausage and veggie soup

1. In a large soup pot heat olive oil.
2. Add sausage and cook 3-4 minutes, crumbling while cooking.
3. Add in roasted veggies and broth.
4. Simmer for 10 minutes to blend flavors, stir in spinach before serving.

INGREDIENTS

For sausage and veggie soup

- 2 Tablespoons olive oil
- 1 pound Italian sausage, without casing
- Roasted veggies **from Meal #1*
- 4 cups low-sodium vegetable broth
- 1 ounce spinach ($\frac{3}{4}$ cup)

Sausage and Veggie Soup: 560kcal, 16g Protein, 33g Carb, 1490mg Sodium, 7g Fiber, 60mg Cholesterol, 39g Fat, 12g Saturated, 11g Sugar, 8% Calcium, 8% Iron