

PREP GUIDE

MEAL #1

- 2 lemons, zested & juiced (3 Tablespoons juice, 1½ Tablespoons zest) * *for the week*
- Cut vegetables:
 - 1 pound green beans, cut into 2 inch pieces (3 cups)

MEAL #2

- Steam broccoli * *see below*
- 4 large zucchini, spiralized into zoodles (8 cups) * *for the week*

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, diced (1 cup)
 - 2 carrots, shredded (¾ cup)
 - ½ bunch kale, chopped (2 cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - ½ bunch kale, chopped (2 cups)

MEAL #5

- Roasted sweet potatoes **see below*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 1½ bunches kale, chopped (6 cups)

Steamed Broccoli (Meal #2)

1 small head broccoli, florets (3½ cups)

Bring a 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.

Roasted Sweet Potatoes (Meal #5)

1½ pounds sweet potatoes, peeled & cubed

1 Tablespoon olive oil

dash of kosher salt and pepper

Heat oven to 400°F. Toss ingredients together and put on baking sheet and cook about 20-25 minutes until tender.

MENU

MONDAY ①

HERB CHICKEN

Green Beans & Sweet Potatoes

TUESDAY ②

SALMON PESTO ZOODLES

WEDNESDAY ③

SHEPHERDS PIE

THURSDAY ④

MEDITERRANEAN CHICKEN

FRIDAY ⑤

FAJITA HASH



PALEO December 29, 2017

Shopping List

(1) Herb Chicken (2) Salmon Pesto Pasta (3) Shepherds Pie (4) Mediterranean Chicken (5) Fajita Hash

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	chicken thighs	4 pounds	<i>boneless, skinless</i>	12
2	salmon fillets	2 pounds		20
3	ground beef	1-1/4 pounds		7.5
5	ground sausage	1 pound		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2	lemon	2		1
1,3,5	sweet potatoes	4-1/2 pounds		6
1	green beans	1 pound		2.5
2	broccoli	1 small head		2
2,4	zucchini	4 large		4
2,4	fresh basil	1 bunch		1.5
3,4,5	yellow onion	3		3
3,4,5	bell pepper (any color)	5		5
3	carrots	2		1
3,4,5	kale	3 bunches		6
3,5	cilantro	1 bunch	<i>need 1/2 cup chopped</i>	1.5

Recipe #	Misc	Quantity	Notes	Est Cost *
2,4	walnuts	3/4 cup		4
3	diced tomatoes	1 (15 oz) can		1.5
4	sun dried tomatoes	1/2 cup		2
4	green olives	2 Tablespoons	<i>optional</i>	1
5	eggs	4		2

Fresh 20 Grocery Est \$88.50
 Cost Per Dinner \$17.70
 Cost Per Serving \$4.43

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	1 teaspoon
	grapeseed oil		dried oregano	1/2 teaspoon
	coconut oil		herbes de provence	2 teaspoons
	balsamic vinegar*		ground cumin	1-1/4 teaspoons
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium	1-1/2 cups (12 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	9 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2 teaspoons	raw coconut aminos	
	black pepper	1-1/2 teaspoons	almond flour	
	cayenne pepper	dash	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) HERB CHICKEN

green beans & sweet potatoes

OVEN TEMPERATURE: 375°F

MADE AHEAD

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

DIRECTIONS

For herb chicken

1. Preheat oven to 375°F.
2. In a large bowl, combine oil, garlic, paprika, Herbes, salt, pepper, and lemon. Add chicken and toss gently to coat.
3. Put chicken on a baking sheet and bake for about 35 minutes.
4. Save half for Meal #4. Serve remaining chicken with sweet potatoes and green beans.

Meanwhile

For mashed sweet potatoes

1. Put sweet potatoes in a large pot of salted water and bring to a boil. Cook for about 10-15 minutes until tender.
2. Drain well and return to pot. Add broth, oil, salt, and pepper and mash to desired consistency.
3. Save half for Meal #3, serve remaining potatoes with chicken and green beans.

For green beans

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add beans, salt and pepper and sauté about 3-5 minutes until lightly browned.

INGREDIENTS

For herb chicken

2 Tablespoons olive oil
3 garlic cloves, minced
1 teaspoon paprika
2 teaspoons Herbes de Provence
½ teaspoon organic sea salt
½ teaspoon black pepper
3 Tablespoons lemon juice
1 Tablespoon lemon zest
4 pounds chicken thighs, boneless skinless

For mashed sweet potatoes

3 pounds sweet potatoes, peeled, cut into large chunks
¾ cup low-sodium chicken broth
1 Tablespoon olive oil
¼ teaspoon organic sea salt
¼ teaspoon black pepper

For green beans

1 Tablespoon olive oil
1 pound green beans, cut into 2 inch pieces (3 cups)
dash of organic sea salt and pepper

Chicken: 310kcal, 45g Protein, 1g Carb, 360mg Sodium, 0g Fiber, 215mg Cholesterol, 13g Fat, 3g Saturated, 0g Sugar, 2% Calcium, 10% Iron

Sweet Potato: 170kcal, 4g Protein, 35g Carb, 140mg Sodium, 6g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 11g Sugar, 6% Calcium, 6% Iron

Green Beans: 60kcal, 2g Protein, 7g Carb, 75mg Sodium, 3g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 4% Calcium, 6% Iron



(2) SALMON PESTO ZOODLES

MADE AHEAD

- Steamed broccoli * *see prep guide*
- 2 large zucchini, spiralized into zoodles (4 cups)
- 1 lemon, zested, (½ Tablespoon zest)

DIRECTIONS

For salmon pesto zoodles

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add salmon and cook for 3 minutes then add broccoli, salt, and pepper; stir to combine.
3. Add zucchini noodles and broth and stir until heated through.
4. Turn off heat and add basil, zest, walnuts.

INGREDIENTS

For salmon pesto zoodles

- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 2 pounds salmon fillets, cut into cubes
- 3½ cups steamed broccoli * *see prep guide*
- ¼ teaspoon organic sea salt
- dash of black pepper
- 4 cups zucchini noodles
- ¼ cup low- sodium chicken or vegetable broth
- ¾ cup basil chopped
- ½ Tablespoon lemon zest
- ½ cup walnuts, toasted & chopped

Salmon Pesto Zoodles: 510kcal, 50g Protein, 9g Carb, 270mg Sodium, 3g Fiber, 125mg Cholesterol, 31g Fat, 4g Saturated, 3g Sugar, 10% Calcium, 20% Iron

OVEN TEMPERATURE: Medium Broil

MADE AHEAD

- 3 cups mashed sweet potatoes * *from Meal #1*
- Cut vegetables: onion, bell pepper, carrots, kale

DIRECTIONS

For shepherds pie

1. Heat a large skillet over medium heat and add oil, onion, and garlic and cook for 1 minute.
2. Add ground beef, crumbling as it cooks; cook 3-5 minutes until cooked through.
3. Add bell pepper, carrots, kale, cumin, cayenne, salt, and pepper and cook for 3-4 minutes.
4. Add in tomatoes and cilantro and simmer for 2-3 minutes.
5. Put ground beef mixture in a lightly oiled 8x8 or 8x10 casserole dish. Spread mashed sweet potatoes in an even layer on top.
6. Broil for 10 minutes until lightly browned.

INGREDIENTS

For shepherds pie

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1¼ pounds ground beef
- 1 bell pepper, diced (1 cup)
- 2 carrots, shredded (¾ cup)
- ½ bunch kale, chopped (2 cups)
- 1 teaspoon cumin
- dash of cayenne
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper
- 1 (15 ounce) can diced tomatoes
- ¼ cup chopped cilantro
- 3 cups mashed sweet potatoes * *from Meal #1*

Shepard's Pie: 500kcal, 31g Protein, 30g Carb, 550mg Sodium, 7g Fiber, 95mg Cholesterol, 29g Fat, 9g Saturated, 10g Sugar, 15% Calcium, 30% Iron



(4) MEDITERRANEAN CHICKEN

MADE AHEAD

- 2 pounds cooked chicken * *from Meal #1*
- 2 large zucchini, spiralized into zoodles (4 cups)
- Cut vegetables: onion, bell pepper, kale

DIRECTIONS

For Mediterranean chicken

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and garlic and sauté for 1 minute.
3. Add bell pepper and kale and cook for 1-2 minutes.
4. Add chicken, salt, pepper, oregano, tomatoes, and broth and cook until heated through.
5. Add zoodles, basil, and olives; stir until warm.
6. Garnish with nuts and serve.

INGREDIENTS

For Mediterranean chicken

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 bell peppers, diced (2 cups)
- ½ bunch kale, chopped (2 cups)
- 2 pounds cooked chicken, diced * *from Meal #1*
- ¼ teaspoon organic sea salt
- dash of black pepper
- ½ teaspoon dried oregano
- ½ cup sun-dried tomatoes, soaked* and chopped
- ½ cup low-sodium chicken broth
- 4 cups spiralized zucchini noodles
- ¼ cup chopped basil
- 2 Tablespoons chopped green olives, optional
- ¼ cup chopped walnuts or slivered almonds

** place sundried tomatoes in a glass bowl and cover with hot water. Let sit 10 minutes until softened, drain, and chop*

Med Chicken: 520kcal, 51g Protein, 22g Carb, 830mg Sodium, 6g Fiber, 215mg Cholesterol, 27g Fat, 4.5g Saturated, 10g Sugar, 15% Calcium, 25% Iron

MADE AHEAD

- Roasted sweet potatoes **see prep guide*
- Cut vegetables: onion, bell pepper, kale

DIRECTIONS

For fajita hash

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onions and bell peppers and sauté for 2-3 minutes.
3. Add sausage and cook 2-3 minutes until cooked through, crumbling while cooking.
4. Add kale, salt, and pepper and cook for 2-3 minutes until kale begins to wilt.
5. Add sweet potatoes and cumin and stir to heat through.
6. Turn heat off and add cilantro.
7. Top with fried eggs.

Meanwhile

For fried eggs

1. Heat a large non-stick skillet over medium high heat and add oil.
2. When oil is hot add eggs and cook until desired doneness.
3. Serve over fajita hash.

INGREDIENTS

For fajita hash

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 1 pound pork or turkey sausage, bulk or links with casing removed
- 1½ bunches kale, chopped (6 cups)
- ¼ teaspoon organic sea salt
- dash of black pepper
- 1½ pounds roasted sweet potatoes **see prep guide*
- ¼ teaspoon cumin
- ¼ cup chopped cilantro

For fried eggs

- 1 Tablespoon olive oil
- 4 eggs

Fajita Hash: 590kcal, 24g Protein, 36g Carb, 1000mg Sodium, 9g Fiber, 260mg Cholesterol, 36g Fat, 12g Saturated, 10g Sugar, 10% Calcium, 8% Iron