



## 2017 FALL BODY RESET: WEEK 4 PALEO FOR ONE PREP GUIDE

---

### MENU

#### DAY 1

Ham Scramble

Cashew Cheese Crudité

Roast Chicken with Cauliflower & Tahini Sauce

*Snacks: Fruit and Nut Butter & Hardboiled Eggs & Bell Pepper*

#### DAY 2

Smoothie

Chicken Almond Kale Salad

Peppered Salmon with Spaghetti Squash

*Snacks: Fruit and Nuts & Tahini & Bell Peppers*

#### DAY 3

Pear Breakfast Oats

Salmon & Squash

Ham & Bacon Soup

*Snacks: Avocado Tomato Salad & Fruit and Nut Butter*

#### DAY 4

Smoothie

Ham & Bacon Soup

Chicken & Eggplant Spaghetti

*Snacks: Fruit and Nuts & Tahini and Bell Peppers*

#### DAY 5

Ham Scramble

Chicken with Eggplant Spaghetti

Zucchini Lasagna

*Snacks: Eggs and Bell Peppers & Avocado Tomato Salad*



## 2017 FALL BODY RESET: WEEK 4 PALEO FOR ONE PREP GUIDE

---

### PREP GUIDE

#### FOR THE WEEK

- Make cashew cheese \* *see recipe below*
- Cook spaghetti squash \* *see recipe below*
- 1 lemon, zested & juiced (1½ Tablespoons juice, ½ Tablespoon zest)
- 4 eggs, hardboiled

#### DAY 1

- 2 Tablespoons chopped yellow onion
- ½ zucchini, diced small (1 cup)
- 1 carrot, sticks
- 1 stalk celery, sticks
- ½ bell pepper, sliced
- 1 head cauliflower, florets (4 cups)

#### DAY 2

- Make pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- ½ bunch kale, chopped (3 cups)
- ½ bell pepper, sliced

#### DAY 3

- ¼ bunch kale, chopped (1½ cups)
- ½ yellow onion, diced (½ cup)
- 2 carrots, diced (1 cup)
- 2 stalks celery, diced (1 cup)
- ¾ zucchini, diced (1½ cups)

#### DAY 4

- ½ bell pepper, sliced
- ¼ yellow onion, chopped (¼ cup)

#### DAY 5

- 2 Tablespoons chopped yellow onion
- ½ zucchini, diced small (1 cup)
- ½ bell pepper, sliced
- 1 zucchini, sliced thin lengthwise
- ¼ bunch kale, chopped (1½ cups)

#### Spaghetti Squash (Meals 2, 4, 5)

1 small spaghetti squash

1. Heat oven to 400°F.
2. Slice squash in half lengthwise and scoop out seeds. Place squash cut side down on baking sheet and cook for about 45 minutes. Cool slightly and then scrape out the strands (4½ cups cooked).

*continued*



## 2017 FALL BODY RESET: WEEK 4 PALEO FOR ONE PREP GUIDE

---

### **Cashew Cheese for (Days #1 & #5)**

½ cup raw cashews, soaked for at least 3 hours, preferably overnight then drained and rinsed

2¼ teaspoons lemon juice

¼ clove garlic, minced

½ teaspoon organic sea salt

Pinch of black pepper

1-2 Tablespoons water – plus additional as needed

Put all ingredients, except water, into food processor and pulse repeatedly adding a little water at a time until it is a thick paste. Texture should be slightly thicker than hummus. Makes about ½ cup.

WEEK 4 PALEO					FALL BODY RESET	
Meal #	Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,3,5	ham	4 pounds	2 pounds	1 pound	\$24.00	
1	deli turkey	1 pound	1/2 pound	1/4 pound	\$7.00	
1,2,4,5	chicken breast	6 pounds	3 pounds	1-1/2 pounds	\$30.00	
3	salmon	3 pounds	1-1/2 pounds	3/4 pound	\$24.00	
3	uncured bacon	1 pound	1/2 pound	1/4 pound	\$4.00	
5	ground beef	3/4 pound	1/2 pound	1/4 pound	\$4.00	
Meal #	Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
2,4,5	spaghetti squash	3 medium	2 medium	1 medium	\$7.50	
1,2,3	lemons	2-3	1	1	\$1.50	
1,3,4,5	yellow onion	4	2	1	\$4.00	
1,3,5	zucchini	11	6	3	\$11.00	
1,3,4,5	tomatoes	16	8	4	\$8.00	
1,3	carrots	12	6	3	\$3.00	
1,3	celery	12	6	3	\$3.00	
1,5	cauliflower	4	2	1	\$8.00	
1,2,4,5	bell peppers (any color)	8	4	2	\$8.00	
2,3,4,5	avocado	5	3	2	\$5.00	
1	parsley	1 sm bunch	1 sm bunch	1 sm bunch	\$1.50	<i>optional - need 2 T. chopped</i>
2,3,5	kale	4 bunches	2 bunches	1 bunch	\$8.00	
4	eggplant	1 small	1 small	1 small	\$2.50	
2,4,5	fresh basil	1 bunch	1 sm bunch	1 sm bunch	\$1.50	
1,2,3	pears	7	4	2	\$3.50	
2,3,4	banana	9	5	3	\$4.50	
Meal #	Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,5	raw cashews	1-1/2 cups	3/4 cup	1/2 cup	\$4.50	
1,2,3,4	almond butter	1-3/4 cups	1 cup	1/2 cup	\$5.00	
1,2,3,4	almonds	7-1/2 cups	4 cups	2 cups	\$23.50	
1,2,4	tahini	1-1/4 cups	3/4 cup	1/2 cup	\$4.00	
2,3,4	almond or coconut milk	5 cups (40 fl oz)	3 cups (24 fl oz)	1.5 cups (12 fl oz)	\$6.00	
3	flax seeds	1 teaspoon	1/2 teaspoon	1/4 teaspoon	\$1.00	
3	cinnamon	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon	\$0.50	
3	Ghee	1 Tablespoon	1/2 Tablespoon	1 teaspoon	\$1.00	
3,5	pumpkin seeds	1/2 cup	1/4 cup	2 Tablespoons	\$2.50	
PANTRY INGREDIENTS						
	olive oil	1-1/2 cups	3/4 cup	6 Tablespoons		
	grapeseed oil					
	coconut oil					
	balsamic vinegar	3 Tablespoons	1-1/2 Tablespoons	1 Tablespoon		
	white wine vinegar					
	chicken or veg broth	5 cups (40 fl oz)	2.5 cups (20 fl oz)	1.5 cups (12 fl oz)		
	garlic cloves	14 cloves	7 cloves	4 cloves		
	organic sea salt	3 teaspoons	1-1/2 teaspoons	3/4 teaspoon		
	black pepper	4 teaspoons	2 teaspoons	1 teaspoon		
	cayenne pepper					
	paprika					
	dried oregano					
	herbes de provence	2 teaspoons	1 teaspoon	1/2 teaspoon		
	ground cumin					
	raw organic honey					
	organic tomato paste					
	Dijon mustard					
	raw coconut aminos					
	eggs	36	18	9		
	coconut flour					



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 4

---

### DAY 1

#### BREAKFAST: Ham Scramble

¾ teaspoon olive oil  
2 Tablespoons chopped yellow onion  
½ zucchini, diced small (1 cup)  
½ tomato, diced  
2 ounces ham, diced small  
2 eggs, whisked  
¼ teaspoon Herbes de Provence  
Pinch of salt and pepper

Heat a non-stick skillet over medium heat and add oil and onion and sauté for 1 minute. Add zucchini and tomato and cook for 2-3 minutes. Add ham, eggs, Herbes, salt, and pepper. Stir often until cooked through.

Ham Scramble: 330kcal, 28g Protein, 9g Carb, 980mg Sodium, 2g Fiber, 425mg Cholesterol, 18g Fat, 4.5g Saturated, 5g Sugar, 4% Calcium, 8% Iron

#### MID-MORNING SNACK: Fruit & Nut Butter

1½ Tablespoons almond butter & ½ pear

200 kcal, 5g Protein, 20g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11 g Sugar, 8% Calcium, 6% Iron

#### LUNCH: Cashew Cheese Crudité

¼ cup cashew cheese \* *see prep guide*  
1 carrot, sticks  
1 stalk celery, sticks  
¼ small head cauliflower, florets (1 cup)  
¼ pound deli turkey  
¼ cup almonds

Serve turkey, nuts and veggies with cashew cheese dip

Cashew Cheese Crudité: 480kcal, 37g Protein, 28g Carb, 510mg Sodium, 9g Fiber, 60mg Cholesterol, 27g Fat, 3.5g Saturated, 8g Sugar, 15% Calcium, 20% Iron

#### MID-AFTERNOON SNACK: Hardboiled Eggs & Bell Pepper

2 hardboiled eggs & ½ sliced bell pepper

170 kcal, 14g Protein, 4g Carb, 135mg Sodium, 1g Fiber, 390mg Cholesterol, 9g Fat, 2g Saturated, 2g Sugar, 2% Calcium, 2% Iron

*Each recipe makes one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 4

---

### DAY 1

#### DINNER: Roast Chicken with Cauliflower & Tahini Sauce

##### *For Roast Chicken*

1½ pounds split chicken breasts  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
1 Tablespoon olive oil

##### *For Tahini Sauce*

1 Tablespoon sesame tahini  
2¼ teaspoons lemon juice  
½ Tablespoon chopped parsley  
Water

##### *For Cauliflower*

¾ large head cauliflower, florets (3 cups)  
1 Tablespoon olive oil  
1 clove garlic, minced  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper

1. For chicken, heat oven to 400°F. Season chicken with salt and pepper and drizzle with oil. Cook for about 35 minutes. **Save ¾ (1¼ pounds) for Lunch Day 2, Dinner Day 4, and Lunch Day 5.**
2. Toss cauliflower with oil, garlic, salt, and pepper. Place on a baking sheet and bake at 400°F for about 25 minutes. **Save ½ of cauliflower (2 cups) Dinner Day 5.**
3. For tahini, whisk together all ingredients adding water to thin if necessary. Drizzle over warm cauliflower.

Chicken: 230kcal, 38g Protein, 0g Carb, 150mg Sodium, 0g Fiber, 125mg Cholesterol, 8g Fat, 1.5g Saturated, 0g Sugar, 0% Calcium, 4% Iron  
Cauliflower: 70kcal, 2g Protein, 6g Carb, 180mg Sodium, 2g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 2g Sugar, 2% Calcium, 2% Iron  
Tahini Sauce: 90kcal, 3g Protein, 4g Carb, 5mg Sodium, 1g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 0g Sugar, 2% Calcium, 4% Iron



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 4

---

### DAY 2

#### BREAKFAST: SMOOTHIE

4 cup almonds, ground  
½ banana (frozen if you'd like a thicker smoothie)  
2 Tablespoons almond butter  
½ cup (4 fl oz) coconut milk  
¾ cup ice

Blend until smooth.

460kcal, 15g Protein, 31g Carb, 110mg Sodium, 9g Fiber, 0mg Cholesterol, 36g Fat, 8g Saturated, 13g Sugar, 20% Calcium, 10% Iron

#### MID-MORNING SNACK: Fruit & Nuts

½ banana & ¼ cup of almonds

210 kcal, 6g Protein, 19g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 14g Fat, 1g Saturated, 8g Sugar, 8% Calcium, 6% Iron

#### LUNCH: CHICKEN ALMOND KALE SALAD

½ pound chicken, diced \* *from Dinner Day 1*  
¼ bunch kale, chopped (1½ cups)  
¼ pear, diced  
¼ avocado, diced  
2 Tablespoons slivered almonds

1 Tablespoon pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

Toss all ingredients together and drizzle with pantry dressing.

Salad: 520kcal, 47g Protein, 28g Carb, 310mg Sodium, 10g Fiber, 125mg Cholesterol, 27g Fat, 3g Saturated, 9g Sugar, 20% Calcium, 15% Iron

#### MID-AFTERNOON SNACK: Tahini & Bell Peppers

2 Tablespoons tahini & ½ sliced bell pepper

200 kcal, 6g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 2g Sugar, 2% Calcium, 2% Iron

*Each recipe makes one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 4

---

### DAY 2

#### DINNER: Peppered Salmon with Spaghetti Squash

##### *For salmon*

¾ pound salmon fillets  
¾ teaspoon lemon zest  
Pinch of organic sea salt  
Pinch of black pepper

##### *For spaghetti squash*

½ Tablespoon olive oil  
¼ clove garlic, minced  
¼ bunch kale, chopped (1½ cups)  
1½ cups spaghetti squash \* *see prep guide*  
Pinch of salt and pepper  
1 Tablespoon basil, chopped  
¼ cup slivered almonds

##### *For salmon*

Heat oven to 400°F. Place salmon on a lined baking sheet and season with salt and pepper. Bake for about 10-13 minutes until flakey. **Save half the salmon for Lunch Day 3.** Top remaining salmon with lemon zest and serve with spaghetti squash.

##### *Meanwhile*

##### *For spaghetti squash*

Heat a non-stick skillet over medium heat and add oil and garlic and sauté for 1 minute. Add kale and cook for about 2-3 minutes then add squash and basil. Stir in almonds to warm through and season with salt and pepper. **Save half the kale and squash for Lunch Day 3.**

Peppered Salmon: 240kcal, 34g Protein, 0g Carb, 150g Sodium, 0g Fiber, 95mg Cholesterol, 11g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 8% Iron

Kale Spaghetti Squash: 190kcal, 6g Protein, 13g Carb, 250mg Sodium, 5g Fiber, 0mg Cholesterol, 15g Fat, 1.5g Saturated, 4g Sugar, 15% Calcium, 8% Iron





## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 4

---

### DAY 3

#### BREAKFAST: PEAR BREAKFAST OATS

Few slices of banana, mashed  
1 large egg  
3 Tablespoons coconut milk  
2 Tablespoons almonds, ground  
¼ teaspoon ground flax seeds  
½ pear, chopped  
⅛ teaspoon cinnamon, optional  
2 Tablespoons chopped almonds  
¾ teaspoon Ghee

Place the banana, eggs, and coconut milk in a saucepan. Mash the banana and mix the liquids together. Whisk in the ground almonds and ground flax seeds. Continuously stir over medium heat for 2-3 minutes until mixture thickens and starts to bubble. Stir in pears and cinnamon. Top with nuts and ghee.

340 kcal, 13g Protein, 24g Carb, 90mg Sodium, 69g Fiber, 185mg Cholesterol, 22g Fat, 4.5g Saturated, 13g Sugar, 15% Calcium, 8% Iron

#### MID-MORNING SNACK: Avocado Tomato Salad

¼ avocado, diced  
¼ tomato, diced  
¼-½ teaspoon olive oil  
¼-½ teaspoon balsamic vinegar  
1 Tablespoon pumpkin seeds

Toss all ingredients together just before serving.

150kcal, 4g Protein, 7g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 2 g Sugar, 2% Calcium, 6% Iron

#### LUNCH: Salmon & Squash

Salmon & spaghetti squash, warmed \* *from Dinner Day 2*

Salmon: 240kcal, 34g Protein, 0g Carb, 150g Sodium, 0g Fiber, 95mg Cholesterol, 11g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 8% Iron  
Kale Spaghetti Squash: 190kcal, 6g Protein, 13g Carb, 250mg Sodium, 5g Fiber, 0mg Cholesterol, 15g Fat, 1.5g Saturated, 4g Sugar, 15% Calcium, 8% Iron

#### MID-AFTERNOON SNACK: Fruit & Nut Butter

1½ Tablespoons almond butter & ½ pear

200 kcal, 5g Protein, 20g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11 g Sugar, 8% Calcium, 6% Iron

*Each recipe makes one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 4

---

### DAY 3

#### DINNER: Ham & Bacon Soup

1 Tablespoon olive oil  
½ yellow onion, diced (½ cup)  
½ clove garlic, minced  
¼ pound of uncured bacon, diced  
2 carrots, diced (1 cup)  
2 stalks celery, diced (1 cup)  
¾ pound ham, diced  
¾ zucchini, diced (1½ cups)  
1¼ cups (10 fl oz) low-sodium chicken broth  
1¼ cups (10 fl oz) water  
½ teaspoon black pepper  
¼ bunch kale, chopped (1½ cups)  
¼ teaspoon Herbes de Provence

¾ teaspoon lemon zest  
¼ avocado, diced

1. Heat a soup pot over medium heat and add oil, onions, and garlic and cook for 1 minute.
2. Add bacon and cook for 2 minutes.
3. Add carrots and celery and cook for 2 minutes.
4. Add ham, zucchini, broth, water, pepper, kale, and Herbes and bring to a simmer for 10 minutes.
5. Garnish with lemon zest and avocado. **Save ⅓ for Lunch Day 4 and freezer meal.**

Soup: 460kcal, 35g Protein, 14g Carb, 1420g Sodium, 4g Fiber, 65mg Cholesterol, 30g Fat, 4g Saturated, 5g Sugar, 10% Calcium, 15% Iron  
Avocado: 80kcal, 1g Protein, 4 Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 4

---

### DAY 4

#### BREAKFAST: SMOOTHIE

¼ cup almonds, ground  
½ banana (frozen if you'd like a thicker smoothie)  
2 Tablespoons almond butter  
½ cup (4 fl oz) coconut milk  
¾ cup ice

Blend until smooth.

460kcal, 15g Protein, 31g Carb, 110mg Sodium, 9g Fiber, 0mg Cholesterol, 36g Fat, 8g Saturated, 13g Sugar, 20% Calcium, 10% Iron

#### MID-MORNING SNACK: Fruit & Nuts

½ banana & ¼ cup of almonds

210 kcal, 6g Protein, 19g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 14g Fat, 1g Saturated, 8g Sugar, 8% Calcium, 6% Iron

#### LUNCH: Ham & Bacon Soup

Half the reserved Ham & Bacon soup, warmed \* *from Dinner Day 3*  
¼ avocado, diced

Heat soup in a saucepan over medium heat and serve topped with diced avocado. Freeze any remaining soup.

Soup: 460kcal, 35g Protein, 14g Carb, 1420g Sodium, 4g Fiber, 65mg Cholesterol, 30g Fat, 4g Saturated, 5g Sugar, 10% Calcium, 15% Iron  
Avocado: 80kcal, 1g Protein, 4 Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 2% Iron

#### MID-AFTERNOON SNACK: Tahini & Bell Peppers

2 Tablespoons tahini & ½ sliced bell pepper

200 kcal, 6g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 2g Sugar, 2% Calcium, 2% Iron

*Each recipe makes one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 4

---

### DAY 4

#### DINNER: Chicken & Eggplant Spaghetti

2¼ teaspoons olive oil  
¼ yellow onion, chopped (¼ cup)  
½ clove garlic, minced  
¼ small eggplant, peeled & diced (1 cup)  
1½ large tomatoes, diced  
½ Tablespoon balsamic vinegar  
Pinch of salt and pepper  
2 Tablespoons chopped basil

½ pound roast chicken, warmed \* **from Dinner Day 1**  
1½ cups spaghetti squash, warmed \* *see prep guide*

Heat a large skillet over medium heat and add oil, onions, and garlic and sauté for 1 minute. Add eggplant and cook for about 3-5 minutes then add tomatoes and balsamic vinegar and cook for another 5 minutes. Add salt, pepper, and basil. **Save half for Lunch Day 5.** Serve over spaghetti squash with chicken.

Chicken Eggplant Spaghetti: 440kcal, 41g Protein, 23g Carb, 400mg Sodium, 5g Fiber, 125mg Cholesterol, 22g Fat, 3.5g Saturated, 11g Sugar, 8% Calcium, 10% Iron



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 4

---

### DAY 5

#### BREAKFAST: Ham Scramble

¼ teaspoon olive oil  
2 Tablespoons chopped yellow onion  
½ zucchini, diced small (1 cup)  
½ tomato, diced  
2 ounces ham, diced small  
2 eggs, whisked  
Pinch of Herbes de Provence  
Pinch of salt and pepper

Heat a non-stick skillet over medium heat and add oil and onion and sauté for 1 minute. Add zucchini and tomato and cook for 2-3 minutes. Add ham, eggs, Herbes, salt, and pepper. Stir often until cooked through.

Ham Scramble: 330kcal, 28g Protein, 9g Carb, 980mg Sodium, 2g Fiber, 425mg Cholesterol, 18g Fat, 4.5g Saturated, 5g Sugar, 4% Calcium, 8% Iron

#### MID-MORNING SNACK: Hardboiled Eggs & Bell Pepper

2 hardboiled eggs & ½ sliced bell pepper

170 kcal, 14g Protein, 4g Carb, 135mg Sodium, 1g Fiber, 390mg Cholesterol, 9g Fat, 2g Saturated, 2g Sugar, 2% Calcium, 2% Iron

#### LUNCH: Chicken with Eggplant Spaghetti

½ pound roast chicken \* *from Dinner Day 1*  
1½ cups spaghetti squash \* *see prep guide*  
Eggplant sauce \* *from Dinner Day 4*

Heat in a skillet over medium heat.

Chicken Eggplant Spaghetti: 440kcal, 41g Protein, 23g Carb, 400mg Sodium, 5g Fiber, 125mg Cholesterol, 22g Fat, 3.5g Saturated, 11g Sugar, 8% Calcium, 10% Iron

#### MID-AFTERNOON SNACK: Avocado Tomato Salad

¼ avocado, diced  
¼ tomato, diced  
¼-½ teaspoon olive oil  
¼-½ teaspoon balsamic vinegar  
1 Tablespoon pumpkin seeds

Toss all ingredients together just before serving.

150kcal, 4g Protein, 7g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 2g Sugar, 2% Calcium, 6% Iron

*Each recipe makes one serving unless otherwise noted*



## 2017 FALL BODY RESET: PALEO FOR ONE WEEK 4

---

### DAY 5

#### DINNER: Zucchini Lasagna

Roasted cauliflower (2 cups) \* *from Dinner Day 1*

¼ cup cashew cheese \* *see prep guide*

1 Tablespoon water or vegetable broth

½ Tablespoon olive oil

½ clove garlic, minced

¼ pound ground beef

¼ bunch kale, chopped (1½ cups)

1 tomato, pureed

Pinch of salt and pepper

1 Tablespoon chopped basil

1 zucchini, sliced thin lengthwise

1. Heat oven to 375°F.
2. Puree cauliflower and cashew cheese to the consistency of ricotta cheese, using broth or water if necessary.
3. Heat a non-stick skillet over medium heat and add the oil and garlic and cook for 1 minute.
4. Add the ground beef and cook for 2 minutes, crumbling while cooking.
5. Add kale and cook for 2 minutes. Add pureed tomatoes, salt, and pepper and simmer for 2-4 minutes. Add basil.
6. Lightly oil a small baking pan or loaf pan. Layer a little sauce, zucchini strips, and cauliflower mixture and repeat until all ingredients are used. Cover and bake about 25 minutes.

Zucchini Lasagna: 580kcal, 32g Protein, 42g Carb, 780mg Sodium, 12g Fiber, 60mg Cholesterol, 36g Fat, 9g Saturated, 16g Sugar, 30% Calcium, 40% Iron