



2017 FALL BODY RESET: WEEK 4 PALEO 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 PREP GUIDE

PREP GUIDE

FOR THE WEEK

- Make cashew cheese * *see recipe below*
- Cook spaghetti squash * *see recipe below*
- 2-3 lemons, zested & juiced (6 Tablespoons juice, 2 Tablespoons zest)
- 16 eggs, hardboiled

DAY 1

- ½ yellow onion, chopped (½ cup)
- 2 zucchini, diced small (4 cups)
- 4 carrots, sticks
- 4 stalks celery, sticks
- 2 bell peppers, sliced
- 4 heads cauliflower, florets (16 cups)

DAY 2

- Make pantry dressing (www.thefresh20.com/pantrydressings)
- 2 bunches kale, chopped (12 cups)
- 2 bell peppers, sliced

DAY 3

- 1 bunch kale, chopped (6 cups)
- 2 yellow onions, diced (2 cups)
- 8 carrots, diced (4 cups)
- 8 stalks celery, diced (4 cups)
- 3 zucchini, diced (6 cups)

DAY 4

- 2 bell peppers, sliced
- 1 yellow onion, chopped (1 cup)

DAY 5

- ½ yellow onion, chopped (½ cup)
- 2 zucchini, diced small (4 cups)
- 2 bell peppers, sliced
- 4 zucchini, sliced thin lengthwise
- 1 bunch kale, chopped (6 cups)

Spaghetti Squash (Meals 2, 4, 5)

3 medium 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 (1 squash yields 6 cups cooked).

continued



2017 FALL BODY RESET: WEEK 4 PALEO PREP GUIDE

Cashew Cheese for (Days #1 & #5)

- 1½ cups raw cashews, soaked for at least 3 hours, preferably overnight then drained and rinsed
- 3 Tablespoons lemon juice
- 1 clove garlic, minced
- ½ teaspoon organic sea salt
- dash of black pepper
- ½ cup 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 2 cups.

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 WEEK 4

DAY 1

BREAKFAST: Ham Scramble

1 Tablespoon olive oil
½ yellow onion, chopped (½ cup)
2 zucchini, diced small (4 cups)
2 tomatoes, diced (1½ cups)
8 ounces ham, diced small
8 eggs, whisked
½ teaspoon Herbes de Provence
dash of salt and pepper

Heat a large 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

6 Tablespoons almond butter and 2 pears
1 serving = 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

1 cup cashew cheese * *see prep guide*
4 carrots, sticks
4 stalks celery, sticks
1 small head cauliflower, florets (4 cups)
1 pound deli turkey
1 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

8 hardboiled eggs with 2 sliced bell peppers
1 serving = 2 hardboiled eggs & ½ 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 four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 4

DAY 1

DINNER: Roast Chicken with Cauliflower & Tahini Sauce

For Roast Chicken

6 pounds split chicken breasts
½ teaspoon kosher salt
¾ teaspoon black pepper
4 Tablespoons olive oil

For Tahini Sauce

¼ cup sesame tahini
3 Tablespoons lemon juice
2 Tablespoons chopped parsley
Water

For Cauliflower

3 large heads cauliflower, florets (12 cups)
4 Tablespoons olive oil
5 cloves garlic, minced
¾ teaspoon organic sea salt
½ 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 (4½ 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 ⅓ of cauliflower (8 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

Each recipe makes four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 4

DAY 2

BREAKFAST: SMOOTHIE

1 cup almonds, ground
2 bananas (frozen if you'd like a thicker smoothie)
½ cup almond butter
2 cups (16 fl oz) coconut milk
3 cups 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

2 bananas and 1 cup of almonds
1 serving = 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

1½ pounds chicken, diced * *from Dinner Day 1*
1 bunch kale, chopped (6 cups)
1 pear, diced
1 avocado, diced
½ cup slivered almonds

¼ cup pantry dressing (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

½ cup tahini and 2 bell peppers, sliced
1 serving = 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 four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 4

DAY 2

DINNER: Peppered Salmon with Spaghetti Squash

For salmon

3 pounds salmon fillets
1 Tablespoon lemon zest
¼ teaspoon organic sea salt
¾ teaspoon black pepper

For spaghetti squash

2 Tablespoons olive oil
1 clove garlic, minced
1 bunch kale, chopped (6 cups)
1 spaghetti squash, cooked and into strands (6 cups) * *see prep guide*
dash of salt and pepper
¼ cup basil, chopped
1 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 large 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 WEEK 4

DAY 3

BREAKFAST: PEAR BREAKFAST OATS

- ½ banana, mashed
- 4 large eggs
- ¾ cup (6 fl oz) coconut milk
- ½ cup almonds, ground
- 1 teaspoon ground flax seeds
- 2 pears, chopped
- ½ teaspoon cinnamon, optional
- ½ cup chopped almonds
- 1 Tablespoon 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 2-5 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

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

Toss all ingredients together just before serving.

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

150kcal, 4g Protein, 7g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 2g 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

- 6 Tablespoons almond butter and 2 pears
- 1 serving = 1½ Tablespoons almond butter & ½ pear*

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

Each recipe makes four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 4

DAY 3

DINNER: Ham & Bacon Soup

4 Tablespoons olive oil
2 yellow onions, diced (2 cups)
3 cloves garlic, minced
1 pound of uncured bacon, diced
8 carrots, diced (4 cups)
8 stalks celery, diced (4 cups)
3 pounds ham, diced
3 zucchini, diced (6 cups)
5 cups (40 fl oz) low-sodium chicken broth
5 cups (40 fl oz) water
½ teaspoon black pepper
1 bunch kale, chopped (6 cups)
1 teaspoon Herbes de Provence

1 Tablespoon lemon zest
1 avocado, diced

1. Heat a large 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

Each recipe makes four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 4

DAY 4

BREAKFAST: SMOOTHIE

1 cup almonds, ground
2 bananas (frozen if you'd like a thicker smoothie)
½ cup almond butter
2 cups (16 fl oz) coconut milk
3 cups 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

2 bananas and 1 cup of almonds
1 serving = 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*
1 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

½ cup tahini with 2 bell peppers, sliced
1 serving = 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 four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 4

DAY 4

DINNER: Chicken & Eggplant Spaghetti

3 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
2 cloves garlic, minced
1 small eggplant, peeled & diced (4 cups)
6 large tomatoes, diced (3 cups)
2 Tablespoons balsamic vinegar
dash of salt and pepper
½ cup chopped basil

1½ pounds roast chicken, warmed * **from Dinner Day 1**
6 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 WEEK 4

DAY 5

BREAKFAST: Ham Scramble

1 Tablespoon olive oil
½ yellow onion, chopped (½ cup)
2 zucchini, diced small (4 cups)
2 tomatoes, diced (1½ cups)
8 ounces ham, diced small
8 eggs, whisked
½ teaspoon Herbes de Provence
dash of salt and pepper

Heat a large 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

8 hardboiled eggs with 2 sliced bell peppers
1 serving = 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

1½ pounds roast chicken * *from Dinner Day 1*
6 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

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

Toss all ingredients together just before serving.

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

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

Each recipe makes four servings unless otherwise noted



2017 FALL BODY RESET: PALEO WEEK 4

DAY 5

DINNER: Zucchini Lasagna

Roasted cauliflower (8 cups) * *from Dinner Day 1*

1 cup cashew cheese * *see prep guide*

¼ cup (4 fl oz) water or vegetable broth

2 Tablespoons olive oil

2 cloves garlic, minced

¾ pound ground beef

1 bunch kale, chopped (6 cups)

4 tomatoes, pureed

dash of salt and pepper

¼ cup chopped basil

4 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 an 8x11 baking 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