

PREP GUIDE**MEAL #1**

- 8 cups cooked cauliflower rice (see below) * *for the week*
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 large zucchini, diced (4 cups)

MEAL #2

- 2 limes, zested & juiced (4 Tablespoons juice, 2 teaspoons zest) * *for the week*
- Cut vegetables:
 - 1 yellow onion, sliced (1 cup)
 - 2 bell peppers, sliced (2 cups)
 - 8 ounces mushrooms, quartered (3 cups)

MEAL #3

- 2 oranges, juiced (½ cup)
- Cut vegetables:
 - 1 small head broccoli, chopped (3½ cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, minced (1 cup)
 - 1 jalapeno, minced (1-2 Tablespoons) **optional*
 - 8 tomatillos, diced (4 cups)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 carrots, sliced (1 cup)
 - 1 bell pepper, diced (1 cup)
 - 4 ounces mushrooms, sliced (1½ cups)
 - 1 small head broccoli, chopped (3½ cups)

Cauliflower Rice

2 heads cauliflower, 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. Sautee approximately 5 minutes or until golden brown.

MENU**MONDAY ①**

ROAST PORK
Zucchini Pilaf

TUESDAY ②

SHRIMP FAJITAS

WEDNESDAY ③

CHICKEN DRUMSTICKS
broccoli stir fry

THURSDAY ④

CHILI VERDE

FRIDAY ⑤

BEEF & VEGGIE SAUTE



PALEO January 12, 2018

Shopping List

(1) Roast Pork (2) Shrimp Fajitas (3) Chicken Drumsticks (4) Chili Verde (5) Beef Saute

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	pork tenderloin	3 pounds		24
2	shrimp	2 pounds	<i>peeled & deveined</i>	20
3	chicken drumsticks	8		4
5	beef cube steak	1-1/2 pounds		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	fresh rosemary	few sprigs	<i>need 1 Tablespoon chopped</i>	1
1	lemon	1		0.5
1,2,4,5	yellow onion	5		5
1	zucchini	2 large		2
1,3	cauliflower	2 large heads		4
2,4,5	bell peppers	4	<i>any color</i>	4
2,5	mushrooms	3/4 pound	<i>brown or button</i>	6
2,4	lime	2		1
2,4,5	cilantro	1 bunch		1.5
2,4	avocado	4		4
2,3	oranges	6		3
3,5	broccoli	2 small heads		4
4	jalapeno	1	<i>optional</i>	0.5
4	tomatillos	8		4
5	carrots	2		1

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

Fresh 20 Grocery Est \$103.50
 Cost Per Dinner \$20.70
 Cost Per Serving \$5.18

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity	
		olive oil	1/2 cup	paprika	
		grapeseed oil	1/2 cup	dried oregano	
		coconut oil		herbes de provence	1/2 teaspoon
		balsamic vinegar*		ground cumin	1-1/2 teaspoons
		white wine vinegar*		raw organic honey	1 Tablespoon
		chicken or veggie broth: low sodium	4 cups (32 fl oz)	organic tomato paste (no sugar or additives)	
		fresh garlic	17 cloves	Dijon mustard (gluten-free, no sugar added)	
		organic sea salt	2 teaspoons	raw coconut aminos	1/4 cup
		black pepper	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) ROAST PORK zucchini pilaf

OVEN TEMPERATURE: 375°F

MADE AHEAD

- 4 cups cauliflower rice * see prep guide
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, zucchini

DIRECTIONS

For roast pork

1. Heat oven to 375°F.
2. In a small bowl, combine olive oil, salt, pepper, Herbes, garlic, rosemary, and lemon.
3. Rub oil mixture over pork and place on a baking sheet.
4. Cook about 20-25 minutes, turning occasionally, until internal temperature reaches 145°F.
5. Let rest 3-5 minutes before slicing. Save half for Meal #4, serve remaining pork with zucchini pilaf.

Meanwhile

For zucchini pilaf

1. Heat a large non-stick skillet over medium heat and add oil, onions, and garlic and sauté for 1 minute.
2. Add zucchini, salt, and pepper and cook for about 3 minutes until zucchini starts to soften.
3. Add in cauliflower rice and almonds and stir until heated through.

INGREDIENTS

For roast pork

3 pounds pork tenderloin
3 Tablespoons olive oil
½ teaspoon organic sea salt
½ teaspoon black pepper
½ teaspoon Herbes de Provence
3 garlic cloves, peeled
1 Tablespoon chopped rosemary
1 Tablespoon lemon zest

For zucchini pilaf

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 garlic cloves, minced
2 large zucchini, diced (4 cups)
¼ teaspoon organic sea salt
dash of black pepper
4 cups cauliflower rice
½ cup slivered almonds

Roast Pork: 230kcal, 36g Protein, 1g Carb, 240mg Sodium, 0g Fiber, 110mg Cholesterol, 9g Fat, 2g Saturated, 0g Sugar, 2% Calcium, 10% Iron

Zucchini Pilaf: 270 kcal, 9g Protein, 23g Carb, 400mg Sodium, 7g Fiber, 0mg Cholesterol, 17g Fat, 2g Saturated, 10g Sugar, 10% Calcium, 10% Iron

MADE AHEAD

- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For shrimp fajitas

1. Heat a large skillet over medium heat and add oil.
2. When oil is hot add onion and garlic and sauté for 1-2 minutes. Add bell peppers and mushrooms and sauté an additional 2 minutes.
3. Set veggies aside and put skillet back on medium-high heat.
4. Add shrimp and cook for 2-3 minutes until pink and opaque. Add salt, pepper, cumin, and chili powder.
5. Add veggies back to pan and reduce heat to medium-low.
6. Add lime juice and cilantro and stir until warmed through. Serve in avocado halves with a side of sliced oranges.

INGREDIENTS

For shrimp fajitas

- 3 Tablespoons grapeseed oil
- 1 yellow onion, sliced (1 cup)
- 2 cloves garlic, minced
- 2 bell peppers, sliced (2 cups)
- 8 ounces mushrooms, quartered (3 cups)
- 2 pounds peeled and deveined shrimp
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper
- ½ teaspoon cumin
- ½ teaspoon chili powder
- 2 Tablespoons lime juice
- ¼ cup chopped cilantro

2 avocados, halved

4 oranges, sliced

Fajitas: 460kcal, 36g Protein, 22g Carb, 1450mg Sodium, 9g Fiber, 285mg Cholesterol, 27g Fat, 3.5g Saturated, 6g Sugar, 15% Calcium, 10% Iron

Oranges: 70kcal, 1g Protein, 21g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 4% Calcium, 0% Iron



(3) CHICKEN DRUMSTICKS broccoli stir-fry

OVEN TEMPERATURE: 375°F

MADE AHEAD

- 4 cups cooked cauliflower rice * *see prep guide*
- 2 oranges, juiced (½ cup juice)
- Cut vegetables: broccoli

DIRECTIONS

For chicken drumsticks

1. Heat oven to 375°F.
2. In a medium bowl, combine aminos, garlic, orange juice, honey, oil, and pepper. Add drumsticks and toss well to coat.
3. Place drumsticks on a rimmed sheet pan or in a baking dish.
4. Bake for about 40 minutes, turning occasionally.

For broccoli stir fry

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add broccoli and cook for 3-4 minutes.
3. Add cauliflower rice, aminos, almonds, and pepper and stir to combine. Cook an additional 3-4 minutes until heated through and broccoli is tender.
4. Serve with chicken.

INGREDIENTS

For chicken drumsticks

8 chicken drumsticks
2 Tablespoons raw coconut aminos
3 cloves garlic, minced
½ cup orange juice
1 Tablespoon honey
1 Tablespoon grapeseed or sesame oil
¼ teaspoon black pepper

For broccoli stir fry

2 Tablespoons grapeseed or sesame oil
2 cloves garlic, minced
1 small head broccoli, chopped (3½ cups)
4 cups cooked cauliflower rice
2 Tablespoons raw coconut aminos
¼ cup slivered almonds
dash of black pepper

Chicken Drumsticks: 360kcal, 48g Protein, 10g Carb, 450mg Sodium, 0g Fiber, 215mg Cholesterol, 13g Fat, 2.5g Saturated, 7g Sugar, 4% Calcium, 10% Iron

Broccoli Stir Fry: 170kcal, 6g Protein, 17g Carb, 430mg Sodium, 6g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 5g Sugar, 8% Calcium, 8% Iron

MADE AHEAD

- 1½ pounds cooked pork * *from Meal #1*
- 1 lime, zested and juiced (2 Tablespoons juice, 2 teaspoons zest)
- Cut vegetables: onion, bell pepper, jalapeno, tomatillos

DIRECTIONS

For chili verde

1. Heat a large pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add bell pepper, jalapeño, and tomatillos and cook for 2-4 minutes.
4. Add broth and bring to a simmer for about 10 minutes.
5. Crush up tomatillos with fork.
6. Add cumin, chili powder, salt, pepper, pork, and beans and bring to a simmer.
7. Add in cilantro and lime.
8. Serve topped with diced avocado.

INGREDIENTS

For chili verde

- 2 Tablespoons grapeseed oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 bell pepper, minced (1 cup)
- 1 jalapeno, minced (1-2 Tablespoons)
**optional*
- 8 tomatillos, diced (4 cups)
- 4 cups low sodium chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper
- 1½ pounds cooked pork tenderloin,
chopped * *from Meal #1*
- ½ cup chopped cilantro
- 2 Tablespoons lime juice
- 2 teaspoons lime zest

- 2 avocados, diced

Chili Verde: 540kcal, 42g Protein, 25g Carb, 470mg Sodium, 11g Fiber, 110mg Cholesterol, 32g Fat, 5g Saturated, 9g Sugar, 6% Calcium, 20% Iron



(5) BEEF & VEGGIE SAUTE

MADE AHEAD

- Cut vegetables: onion, carrot, bell pepper, mushrooms, broccoli

DIRECTIONS

For beef & veggie sauté

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add beef and sauté 2-3 minutes.
3. Add onion and garlic and sauté for 1 minute.
4. Add carrots, bell pepper, mushrooms, and broccoli and cook for 3-5 minutes.
5. Add salt, pepper, cilantro, and almonds.

INGREDIENTS

For beef & veggie sauté

- 2 Tablespoons olive oil
- 1½ pounds beef cube steak, sliced
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 carrots, sliced (1 cup)
- 1 bell pepper, diced (1 cup)
- 4 ounces mushrooms, sliced (1½ cups)
- 1 small head broccoli, chopped (3½ cups)
- ¼ teaspoon organic sea salt
- dash of black pepper
- ¼ cup chopped cilantro or basil
- ¼ cup slivered almonds

Sauté: 540kcal, 41g Protein, 18g Carb, 280mg Sodium, 6g Fiber, 105mg Cholesterol, 35g Fat, 11g Saturated, 6g Sugar, 15% Calcium, 25% Iron