

**PREP GUIDE****MEAL #1**

- Roast butternut squash\* *see below*
- Cut vegetables:
  - ½ yellow onion, diced (½ cup)
  - ½ bunch kale, chopped (2 cups)

**MEAL #2**

- 2-3" fresh ginger, grated (2 Tablespoons) *\*for the week*
- 2 lemons, juiced and zested (5 Tablespoons juice and 1 Tablespoon zest) *\*for the week*
- Cut vegetables:
  - 1 scallion, chopped (2 Tablespoons)
  - ½ head broccoli, chopped (2 cups)
  - 4 ounces shiitake mushrooms, sliced (1 cup)

**MEAL #3**

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 4 carrots, diced (2 cups)
  - 4 stalks celery, diced (2 cups)
  - 6 ounces shitake mushrooms (1½ cups)
  - ½ bunch kale, chopped (2 cups)

**MEAL #4**

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - ½ head broccoli, chopped (2 cups)
  - 1 bell pepper, diced small (1 cup)

**MEAL #5**

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 4 ounces shiitake mushrooms, sliced (1 cup)
  - 1 bunch kale, chopped (4 cups)
  - 4 scallions, chopped (½ cup)

**Butternut Squash** (Meal #1 & #4)

1 medium butternut squash, cut in half lengthwise, seeded & diced (5 cups)

2 Tablespoons olive oil

½ teaspoon kosher salt

¼ teaspoon black pepper

Heat oven to 400°F. Toss all ingredients together, put on baking sheet, and bake for about 25 minutes.

**MENU****MONDAY ①**

HERB CHICKEN  
Butternut & Kale

**TUESDAY ②**

ASIAN FISH  
Gingered Broccoli

**WEDNESDAY ③**

CHICKEN BACON SOUP

**THURSDAY ④**

SAUSAGE BROCCOLI SAUTE

**FRIDAY ⑤**

ASIAN BEEF STIR FRY



PALEO January 19, 2018

# Shopping List

(1) Herb Chicken (2) Asian Fish (3) Chicken Bacon Soup (4) Sausage Broccoli Saute (5) Asian Beef Stir Fry

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	chicken breast	3 pounds	<i>boneles, skinless</i>	12
2	fish fillets	2 pounds	<i>your choice</i>	15
3	low sodium bacon	1/3 pound		2
4	ground sausage	1 pound	<i>bulk or links removed from casings</i>	6
5	flank steak	1-1/2 pounds		7.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,4,5	yellow onion	4		4
1,3,5	kale	2 bunches		4
1,4	butternut squash	1 medium		2.5
1,3,4	lemon	2		1
2,5	scallions	1 bunch	<i>need 5 scallions</i>	1
2,5	fresh ginger	2-3"	<i>need 2 Tablespoons grated</i>	1.5
2,4	broccoli	1 head		2
2,3,5	shitake mushrooms	1 pound		10
2,4	cilantro	1 bunch	<i>need 6 Tablespoons chopped</i>	1.5
3	carrots	4		2
3	celery	4 stalks		2
4	bell pepper	1	<i>any color</i>	1

Recipe #	Misc	Quantity	Notes	Est Cost *
1	walnuts	1/2 cup		2.5
2	cashews	1 cup		5
5	bamboo shoots	1 (8 oz) can	optional	2
5	eggs	4		2

Fresh 20 Grocery Est \$86.50  
 Cost Per Dinner \$17.30  
 Cost Per Serving \$4.33

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	paprika	
	grapeseed oil	1/2 cup	dried oregano	
	coconut oil		herbes de provence	1 teaspoon
	<b>balsamic vinegar*</b>	1 Tablespoon	ground cumin	
	<b>white wine vinegar*</b>	1 Tablespoon	raw organic honey or pure maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium	4 cups (32 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	10 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	1-1/2 teaspoons	raw coconut aminos	1/4 cup
	black pepper	1-1/2 teaspoons	almond flour	1 Tablespoon
cayenne pepper	1/4 teaspoon	coconut flour		

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://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 butternut & kale

OVEN TEMPERATURE: 400°F

## MADE AHEAD

- ½ roasted butternut squash \* *see prep guide*
- Cut vegetables: onion, kale

## DIRECTIONS

### *For herb chicken*

1. Heat oven to 400°F.
2. Season chicken with oil, salt, pepper, and Herbes.
3. Put on a baking sheet and cook for about 30-40 minutes until no longer pink in the center.
4. Save half for Meal # 3, serve remaining chicken with butternut & kale.

### *For butternut & kale*

1. Heat a large non-stick skillet over medium heat and add oil, onion, and garlic and sauté for 1-2 minutes.
2. Add kale and cook for another 1-2 minutes until wilted then add squash, salt, pepper, and walnuts and stir until heated through.

## INGREDIENTS

### *For herb chicken*

- 3 pounds boneless, skinless chicken breast
- 2 Tablespoons olive oil
- ¼ teaspoon organic sea salt
- ½ teaspoon black pepper
- 1 teaspoon Herbes de Provence

### *For butternut & kale*

- 2 Tablespoons olive oil
- ½ yellow onion, diced (½ cup)
- 2 cloves garlic, minced
- ½ bunch kale, chopped (2 cups)
- ½ roasted butternut squash (2½ cups cubed) \* *see prep guide*
- ¼ teaspoon organic sea salt
- dash of black pepper
- ½ cup walnuts, chopped

Herb Chicken: 240kcal, 33g Protein, 0g Carb, 380mg Sodium, 0g Fiber, 160mg Cholesterol, 11g Fat, 2.5g Saturated, 0g Sugar, 2% Calcium, 8% Iron

Butternut & Kale: 280kcal, 5g Protein, 24g Carb, 380mg Sodium, 5g Fiber, 0mg Cholesterol, 21g Fat, 2.5g Saturated, 5g Sugar, 15% Calcium, 10% Iron



## (2) ASIAN FISH gingered broccoli

### MADE AHEAD

- 1 lemon, juiced (2 Tablespoons juice)
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: scallion, broccoli, mushrooms

### DIRECTIONS

#### *For Asian fish*

1. Heat a large skillet over medium-high heat and add oil.
2. Season fish with black pepper.
3. Add fish to skillet and cook about 2-3 minutes per side until firm and opaque (chicken will take longer to cook, depending on thickness, about 4-5 minutes per side).
4. Top cooked fish with cayenne, lemon juice, aminos, and scallions and serve over broccoli.

#### Meanwhile

#### *For gingered broccoli*

1. Heat a large non-stick skillet over medium heat and add oil, garlic, and ginger and sauté for 1 minute.
2. Add broccoli and mushrooms and sauté for 2-3 minutes until starting to soften. Add coconut aminos, cashews, and cilantro and stir to warm through.

### INGREDIENTS

#### *For Asian fish*

2 Tablespoons grapeseed oil  
2 pounds fish fillets, your choice (sub  
2 pounds chicken breast)  
dash of black pepper  
dash of cayenne pepper  
2 Tablespoons lemon juice  
1 Tablespoon raw coconut aminos  
1 scallion, chopped (2 Tablespoons)

#### *For gingered broccoli*

2 Tablespoons grapeseed or sesame  
oil  
2 cloves garlic, minced  
1 Tablespoon ginger, grated  
½ head broccoli, chopped (2 cups)  
4 ounces shiitake mushrooms, sliced  
(1 cup)  
1 Tablespoon raw coconut aminos  
1 cup whole cashews  
2 Tablespoons chopped cilantro

Asian Fish: 270kcal, 42g Protein, 2g Carb, 240mg Sodium, 0g Fiber, 110mg Cholesterol, 10g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 2% Iron

Gingered Broccoli: 250kcal, 7g Protein, 14g Carb, 105mg Sodium, 2g Fiber, 105mg Cholesterol, 19g Fat, 3g Saturated, 3g Sugar, 4% Calcium, 15% Iron

### MADE AHEAD

- 1½ pounds cooked chicken \* *from Meal #1*
- 1 lemon, juiced (3 Tablespoons juice)
- Cut vegetables: onions, carrots, celery, mushrooms, kale

### DIRECTIONS

#### *For chicken bacon soup*

1. Heat a large pot over medium heat and add oil.
2. Add bacon and cook 2-3 minutes.
3. Add onions and garlic and cook for 1-2 minutes.
4. Add carrots, celery, and mushrooms and cook for 2-3 minutes.
5. Add salt, pepper, and almond flour and cook for 1 minute.
6. Add broth, lemon juice, chicken, and kale and bring to a simmer for 5 minutes.

### INGREDIENTS

#### *For chicken bacon soup*

2 Tablespoons olive oil  
½ pound low sodium bacon, diced  
1 yellow onion, diced (1 cup)  
2 cloves garlic, minced  
4 carrots, diced (2 cups)  
4 stalks celery, diced (2 cups)  
6 ounces shitake mushrooms  
(1½ cups)  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper  
1 Tablespoon almond flour  
4 cups low-sodium chicken broth  
3 Tablespoons lemon juice  
1½ pounds cooked chicken, diced  
\**from Meal #1*  
½ bunch kale, chopped (2 cups)

Chicken Bacon Soup: 560kcal, 45g Protein, 20g Carb,  
1030mg Sodium, 5g Fiber, 160mg Cholesterol, 34g  
Fat, 3.5g Saturated, 7g Sugar, 15% Calcium, 15% Iron



## (4) SAUSAGE BROCCOLI SAUTE

### MADE AHEAD

- ½ roasted butternut squash \* *see prep guide*
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, broccoli, bell pepper

### DIRECTIONS

*For sausage broccoli sauté*

1. Heat a large skillet over medium heat and add oil.
2. When oil is hot add onions and garlic and cook for 1 minute.
3. Add sausage and crumble while cooking, about 4-5 minutes.
4. Add broccoli, bell pepper, butternut squash, salt, and pepper and cook for 2-3 minutes.
5. Add cilantro/basil and lemon zest and stir to warm through.

### INGREDIENTS

*For sausage broccoli sauté*

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 pound ground sausage
- ½ head broccoli, chopped (2 cups)
- 1 bell pepper, diced small (1 cup)
- ½ roasted butternut squash (2½ cups)  
\* *see prep guide*
- dash of organic sea salt and pepper
- ¼ cup chopped cilantro or basil
- 1 Tablespoon lemon zest

Sausage Broccoli Sautee: 500kcal, 20g Protein, 29g Carb, 1100mg Sodium, 7g Fiber, 60mg Cholesterol, 35g Fat, 11g Saturated, 8g Sugar, 10% Calcium, 10% Iron



## (5) ASIAN BEEF STIR FRY

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, mushroom, kale, scallions

### DIRECTIONS

#### *For Asian beef stir fry*

1. Heat a large pan over medium heat and add oil, onions, garlic, and ginger; sauté for 1 minute.
2. Add mushrooms and bamboo shoots and cook 1-2 minutes.
3. Add the flank steak and cook 2-3 minutes.
4. Add kale, vinegars, cayenne, black pepper, aminos, and maple syrup and sauté for 5 minutes.
5. Stir in eggs until they are cooked through.
6. Remove from heat and add scallions.

### INGREDIENTS

#### *For Asian beef stir fry*

- 2 Tablespoons grapeseed or sesame oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 Tablespoon ginger, grated
- 4 ounces shiitake mushrooms, sliced (1 cup)
- 1 (8 ounce) can bamboo shoots, drained and sliced, optional
- 1½ pounds flank steak, sliced
- 1 bunch kale, chopped (4 cups)
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon white or rice vinegar
- dash of cayenne pepper
- dash of black pepper
- 2 Tablespoon raw coconut aminos
- 1 Tablespoon maple syrup
- 4 eggs, beaten
- 4 scallions, chopped (½ cup)

Asian Beef Stir Fry: 490kcal, 48g Protein, 19g Carb, 370mg Sodium, 4g Fiber, 305mg Cholesterol, 24g Fat, 7g Saturated, 8g Sugar, 15% Calcium, 25% Iron