

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1 pound brussels sprouts, trimmed and halved (4 cups)
 - ½ yellow onion, chopped (½ cup)
 - 1 carrot, chopped or minced (½ cup)

MEAL #2

- Cut vegetable:
 - 1 bunch kale, chopped (4 cups)
 - 3 fuyu persimmons, cut into wedges

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 3 carrots, diced small (1½ cups)
 - 1 bell pepper, diced small (1 cup)
 - 1 bunch kale, chopped (4 cups)

MEAL #4

- Sweet potatoes can be cooked ahead * *see Meal #4*
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 1 bell pepper, chopped (1 cup)
 - 2 carrots, shredded (¾ cup)

MEAL #5

- 2 large zucchini, spiralized into noodles (4 cups)
- Cut vegetables:
 - ½ yellow onion, diced (½ cup)
 - 2 carrots, shredded (¾ cup)
 - 1 bell pepper, chopped (1 cup)
 - 1 bunch kale, chopped (4 cups)

MENU

MONDAY ①

MEATBALLS
Brussels Sprouts

TUESDAY ②

SCALLOPS
Warm Persimmon Salad

WEDNESDAY ③

RUSTIC SAUSAGE SOUP

THURSDAY ④

TAMALE STUFFED SWEET POTATOES

FRIDAY ⑤

CHICKEN RAGU OVER ZOODLES



PALEO February 23, 2018

Shopping List

(1) Meatballs (2) Scallops (3) Rustic Sausage Soup (4) Tamale Stuffed Sweet Potato (5) Chicken Ragu over Zoodles

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	ground beef	2-1/2 pounds		15
2	scallops	1-1/2 pounds		15
3	bulk Italian sausage	1-1/4 pounds		7
5	ground chicken or turkey	2 pounds		12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	parsley	1 bunch	need 3 Tablespoons chopped	1.5
1	brussels sprouts	1 pound		2
1,3,4,5	yellow onion	3		3
1,3,4,5	carrots	8		2
1,2,5	basil	1 bunch		1.5
2,3,5	kale	3 bunches		6
2	fuyu persimmons	3		1.5
3,4,5	bell pepper (any color)	3		3
4	sweet potatoes	4 (8 oz)		2
5	zucchini	2 large		4

Recipe #	Misc	Quantity	Notes	Est Cost *
1	eggs	2		1
1,3,4,5	whole peeled tomatoes	5 (15 oz) cans		7.5
2	cashews	1 cup		5
2	dried cranberries	1/4 cup		2
4	chili powder	1 teaspoon	optional	0.5

Fresh 20 Grocery Est \$91.50
 Cost Per Dinner \$18.30
 Cost Per Serving \$4.58

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	1/2 teaspoon
	grapeseed oil		dried oregano	2 teaspoons
	coconut oil		herbes de provence	1-1/2 teaspoons
	balsamic vinegar*	2 Tablespoons	ground cumin	1 teaspoon
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium	6 cups (48 fl oz)	organic tomato paste (no sugar or additives)	2 Tablespoons
	fresh garlic	12 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		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) MEATBALLS

brussels sprouts

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: brussels sprouts, onion, carrot

DIRECTIONS

For meatballs & brussels sprouts

1. Heat oven to 375°F.
2. In a small bowl, combine all meatball ingredients and form into golf ball sized meatballs and put in a baking dish in single layer.
3. Cook about 15-20 minutes.
4. Toss brussels sprouts with oil, salt, and pepper and put on a baking sheet.
5. Cook about 20 minutes, turning occasionally.

Meanwhile

For sauce

1. Heat a medium saucepan over medium heat.
2. Add oil, onions, carrots, and garlic and cook for 1-2 minutes.
3. Add broth or wine. Then add whole peeled tomatoes, salt, and pepper.
4. Bring to a simmer for 5 minutes.
5. Add meatballs to pan with sauce and simmer at least 5 minutes.
6. Garnish with basil and serve with brussels sprouts.

INGREDIENTS

For meatballs

- 3 cloves garlic, minced
- 1 teaspoon Herbes de Provence
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper
- 2 eggs, beaten
- 1¼ pounds ground beef
- 3 Tablespoons chopped parsley

For brussels sprouts

- 1½ Tablespoons olive oil
- 1 pound brussels sprouts, trimmed and halved (4 cups)
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper

For sauce

- 1 Tablespoon olive oil
- ½ yellow onion, chopped (½ cup)
- 1 carrot, chopped or minced (½ cup)
- 2 cloves garlic, minced
- ½ cup low sodium chicken broth or wine
- 1½ (15 oz) cans whole peeled tomatoes, crushed
- dash of salt and pepper
- ¼ cup chopped basil

Meatballs with Sauce: 450kcal, 34g Protein, 18 Carb, 770mg Sodium, 4g Fiber, 195mg Cholesterol, 28g Fat, 9g Saturated, 9g Sugar, 10% Calcium, 30% Iron

Brussels: 100kcal, 4g Protein, 9g Carb, 90mg Sodium, 5g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 2g Sugar, 2% Calcium, 6% Iron



(2) SCALLOPS

warm persimmon salad

MADE AHEAD

- Cut vegetables: kale, persimmons

DIRECTIONS

For warm persimmon salad

1. Heat a large skillet over medium heat and add oil.
2. When oil is hot add garlic, kale, salt, and pepper and cook for about 3 minutes.
3. Add persimmons and cashews and stir until warmed through.
4. Turn off heat and add cranberries, basil, and balsamic vinegar.

For scallops

1. Heat a large skillet over medium-high heat and add oil.
2. Season scallops with salt and pepper.
3. Cook about 2 minutes per side depending on size and desired doneness (chicken will take longer, about 3 minutes per side depending on thickness).
4. Serve with warm persimmon salad.

INGREDIENTS

For warm persimmon salad

- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 1 bunch kale, chopped (4 cups)
- ¼ teaspoon organic sea salt
- dash of black pepper
- 3 fuyu persimmons, cut into wedges
- 1 cup whole cashews
- ¼ cup dried cranberries
- 2 Tablespoons chopped basil
- 2 Tablespoons balsamic vinegar

For scallops

- 2 Tablespoons olive oil
- 1½ pounds scallops (sub 1½ pounds chicken breast cut into 1-2" chunks)
- dash of salt and pepper

Warm Persimmon Salad: 330kcal, 9g Protein, 29g Carb, 180mg Sodium, 4g Fiber, 0mg Cholesterol, 23g Fat, 4g Saturated, 9g Sugar, 15% Calcium, 20% Iron

Scallops; 180kcal, 21g Protein, 5g Carb, 810mg Sodium, 0g Fiber, 40mg Cholesterol, 8g Fat, 1g Saturated, 0g Sugar, 2% Calcium, 4% Iron



(3) RUSTIC SAUSAGE SOUP

MADE AHEAD

- Cut vegetables: onion, carrots, bell pepper, kale

DIRECTIONS

For rustic sausage soup

1. Heat a large pot over medium heat and add oil, then onion and garlic; sauté for 1 minute.
2. Add sausage and crumble as it cooks.
3. Add carrots, bell pepper, salt, pepper, and Herbes and cook for 3-4 minutes.
4. Add broth, kale, and tomatoes and bring to a simmer for 5-10 minutes.

INGREDIENTS

For rustic sausage soup

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
1¼ pounds bulk Italian sausage
3 carrots, diced small (1½ cups)
1 bell pepper, diced small (1 cup)
dash of organic sea salt and pepper
½ teaspoon Herbes de Provence
5 cups low-sodium chicken broth
1 bunch kale, chopped (4 cups)
½ (15 oz) can whole peeled tomatoes, crushed

Soup: 550kcal, 24g Protein, 25g Carb, 1210mg Sodium, 8g Fiber, 80mg Cholesterol, 38g Fat, 13g Saturated, 10g Sugar, 15% Calcium, 15% Iron



(4) TAMALE STUFFED SWEET POTATOES

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Sweet potatoes can be baked ahead
- Cut vegetables: onion, bell pepper, carrots

DIRECTIONS

For baked sweet potato

Wrap sweet potatoes in foil and place in 375°F oven for 45 minutes to an hour (based on size and shape) until fork tender.

For tamale filling

1. Heat a large oven proof skillet over medium heat.
2. Add oil and onion and sauté for 1 minute.
3. Add bell pepper and carrots and cook for 2-4 minutes.
4. Add ground beef, salt, pepper, paprika, cumin, oregano, and chili powder and crumble meat while cooking.
5. Add in tomatoes.
6. Cook for an additional 5-10 minutes until thick.
7. Serve baked sweet potatoes topped with tamale filling.

INGREDIENTS

For baked sweet potato

4 medium (8 oz) sweet potatoes, scrubbed clean

For tamale filling

2 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
1 bell pepper, chopped (1 cup)
2 carrots, shredded ($\frac{2}{3}$ cup)
1 $\frac{1}{4}$ pounds ground beef
 $\frac{1}{4}$ teaspoon organic sea salt
dash of black pepper or cayenne
 $\frac{1}{2}$ teaspoon paprika
1 teaspoon cumin
1 teaspoon oregano
1 teaspoon chili powder, optional
1 (15 oz) can whole peeled tomatoes, crushed

Tamale Stuffed Sweet Potato: 540kcal, 30g Protein, 39g Carb, 330mg Sodium, 7g Fiber, 95mg Cholesterol, 29g Fat, 9g Saturated, 12g Sugar, 10% Calcium, 25% Iron



(5) CHICKEN RAGU OVER ZOODLES

MADE AHEAD

- 2 large zucchini, spiralized into noodles (4 cups)
- Cut vegetables: onion, carrot, bell pepper, kale

DIRECTIONS

For chicken ragu over zoodles

1. Heat a large pot over medium heat and add oil.
2. Add onions, garlic, and carrots and cook for 2-3 minutes.
3. Add bell pepper and kale and cook for 2 minutes then add ground chicken, tomatoes, tomato paste, broth, salt, pepper, and oregano.
4. Bring to a simmer for at least 5 minutes.
5. Heat zoodles in a skillet until warmed.
6. Serve ragu over warm zoodles topped with basil.

INGREDIENTS

For chicken ragu over zoodles

- 2 Tablespoons olive oil
- ½ yellow onion, diced (½ cup)
- 3 cloves garlic, minced
- 2 carrots, shredded (⅔ cup)
- 1 bell pepper, chopped (1 cup)
- 1 bunch kale, chopped (4 cups)
- 2 pounds ground chicken (or turkey)
- 1½ (15 oz) cans whole peeled tomatoes, crushed
- 2 Tablespoons tomato paste
- ½ cup water or low sodium broth
- ¼ teaspoon organic sea salt
- dash of black pepper
- 1 teaspoon oregano

2 large zucchini, spiralized into zoodles, warmed (4 cups)

½ cup chopped basil

Chicken Ragu over Zoodles: 520kcal, 46g protein, 26g carb, 370mg sodium, 7g Fiber, 195mg Cholesterol, 27g Fat, 6g Saturated, 12g Sugar, 20% Calcium, 25% Iron