

PREP GUIDE

MEAL #1

- 2 lemons, zested and juiced (6 Tablespoons juice, 2 Tablespoons zest) * *for the week*
- Cut vegetables:
 - 1 yellow onion, wedges (1 cup)
 - 2 carrots, chunks (1 cup)

MEAL #2

- 2 large zucchini, spiralized into noodles (4 cups)
- Cut vegetables:
 - 1 head broccoli, small florets (4 cups)

MEAL #3

- Cut vegetables:
 - 1 bell pepper, diced (1 cup)
 - 1 Portobello mushroom, diced (1 cup)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 3 carrots, diced (1½ cups)
 - 3 stalks celery, diced (1½ cups)
 - 1 bell pepper, diced (1 cup)
 - 1 head cauliflower, florets (4 cups)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 carrots, shredded (¾ cup)
 - 1 bell pepper, diced small (1 cup)

MENU

MONDAY ①

ROAST CHICKEN
Sweet Potato Medley

TUESDAY ②

SHRIMP BROCCOLI ALFREDO

WEDNESDAY ③

SEARED LAMB CHOPS
Mediterranean Medley

THURSDAY ④

CHICKEN & ROSEMARY
CAULIFLOWER

FRIDAY ⑤

STEAK & PORTOBELLOS



PALEO February 9, 2018

Shopping List

(1) Roast Chicken (2) Shrimp Broccoli Alfredo (3) Seared Lamb Chops (4) Chicken & Rosemary Cauliflower (5) Steak & Portobellos

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	whole chicken	1 (4-5 pound)		10
2	medium shrimp	2 pounds	<i>peeled & deveined</i>	20
3	lamb rib chops	1-1/4 pounds		10
5	flank steak	1 pound		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	rosemary	few sprigs	need 4 teaspoons chopped	1
1,2,3	lemon	2		1
1,4,5	yellow onion	3		3
1	sweet potatoes	1 pound		1.5
1,4,5	carrots	7		2
1	apples	2	<i>your choice</i>	1
2	broccoli	1 head		2
2	zucchini	2 large		2
2,3	fresh dill	1 small bunch	need 2 Tablespoons chopped	1.5
3,4,5	bell pepper	3	any color	3
3,5	portobello mushroom caps	9 large caps		15
4	celery	3 stalks		1
4	cauliflower	1 head		2

Recipe #	Misc	Quantity	Notes	Est Cost *
2,3	cashews	1 cup		5
2	unsweetened coconut milk	1-1/2 cups		3
3,5	artichoke hearts	2 (15 oz) cans		3
3	olives (green or black)	1/4 cup	<i>optional</i>	1.5
5	fire roasted tomatoes	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$98.00
 Cost Per Dinner \$19.60
 Cost Per Serving \$4.90

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	paprika	1/4 teaspoon
	grapeseed oil	1 Tablespoon	dried oregano	
	coconut oil		herbes de provence	1-1/2 teaspoons
	balsamic vinegar*		ground cumin	
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium	2-1/2 cups (20 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	11 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2 teaspoons	raw coconut aminos	
	black pepper	2 teaspoons	almond flour	3 Tablespoons
	cayenne pepper		coconut flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

*Prices are based on an 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 CHICKEN

sweet potato medley

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, carrots

DIRECTIONS

For roast chicken & sweet potato medley

1. Heat oven to 400°F.
2. In a small bowl, combine olive oil, salt, pepper, Herbes, garlic, rosemary, and lemon.
3. Rub oil mixture over chicken and place in a roasting pan.
4. Cook about 25-30 minutes then add the onions, sweet potatoes, carrots, and apples to pan.
5. Cook for another 30-40 minutes until chicken juices run clear (internal temperature 165°F).
6. Reserve half of the chicken meat for Meal #4.

INGREDIENTS

For roast chicken & sweet potato medley

- 1 (4-5) pound chicken
- 2 Tablespoons olive oil
- $\frac{3}{4}$ teaspoon organic sea salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- 3 garlic cloves, peeled
- 1 Tablespoon chopped rosemary
- 1 Tablespoon lemon zest
- 1 yellow onion, wedges (1 cup)
- 1 pound sweet potatoes, chunks
- 2 carrots, chunks (1 cup)
- 2 apples, cored, in wedges

Chicken Dinner: 530kcal, 58g Protein, 41g Carb, 720mg Sodium, 7g Fiber, 180mg Cholesterol, 15g Fat, 3g Saturated, 16g Sugar, 10% Calcium, 20% Iron



(2) SHRIMP BROCCOLI ALFREDO

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 2 large zucchini, spiralized into noodles (4 cups)
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: broccoli

DIRECTIONS

For shrimp broccoli alfredo

1. Heat oven to 400°F.
2. Mix olive oil, pepper, and paprika.
3. Put broccoli on a baking sheet and mix with half of oil mixture.
4. Roast broccoli for about 4 minutes. While broccoli is cooking toss shrimp with remaining oil mixture.
5. Remove broccoli from oven and add shrimp to the baking sheet. Return to oven for 6-7 minutes until shrimp about done (pink and opaque).

Meanwhile

1. Boil cashews for 60 seconds. Drain well and puree in food processor with ½ cup coconut milk.
2. Heat a large pot over medium heat and add olive oil and garlic and sauté for 1 minute. Add flour and cook 2 minutes. Turn heat to low and whisk in broth and remaining coconut milk.
3. Simmer until thickened slightly.
4. Stir in pepper, zoodles, shrimp, and broccoli and stir until warmed through.
5. Garnish with chopped dill and a squeeze of lemon juice.

INGREDIENTS

For shrimp broccoli alfredo

3 Tablespoons olive oil
¼ teaspoon black pepper
¼ teaspoon paprika
1 head broccoli, small florets (4 cups)
2 pounds shrimp, peeled and deveined (sub 2 pounds cubed chicken breast)

½ cup cashews
1½ cups unsweetened coconut milk, divided
2 Tablespoons olive oil
2 cloves garlic, minced
3 Tablespoons almond flour
½ cup low-sodium chicken broth
dash of pepper
4 cups zucchini noodles
1 Tablespoon chopped dill
3 Tablespoons lemon juice

Shrimp Alfredo: 540kcal, 39g Protein, 22g Carb, 1360mg Sodium, 5g Fiber, 285mg Cholesterol, 35g Fat, 8g Saturated, 7g Sugar, 20% Calcium, 15% Iron



(3) SEARED LAMB CHOPS

Mediterranean medley

MADE AHEAD

- 1 lemon, juiced and zested (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: bell pepper, mushrooms

DIRECTIONS

For seared lamb chops

1. Heat a skillet over medium-high heat and add grapeseed oil.
2. Season chops with salt and pepper.
3. Sear on each side for about 3 minutes depending on thickness and desired doneness (145°F recommended internal temperature).

For Mediterranean Medley

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add bell pepper, mushrooms, artichokes, salt, and pepper and stir to combine. Cook an additional 3-4 minutes until heated through.
3. Add olives, dill, lemon, and cashews.
4. Serve with lamb chops.

INGREDIENTS

For seared lamb chops

1¼ pounds lamb rib chops
¼ teaspoon organic sea salt
¼ teaspoon black pepper
1 Tablespoon grapeseed oil

For Mediterranean Medley

2 Tablespoons olive oil
2 cloves garlic, minced
1 bell pepper, diced (1 cup)
1 Portobello mushroom cap, diced (1 cup)
1 (15 oz) can artichoke hearts, diced
dash of salt and pepper
¼ cup olives, sliced (green or black), optional
1 Tablespoon chopped dill
3 Tablespoons lemon juice
1 Tablespoon lemon zest
½ cup crushed cashews

Lamb Chops: 270kcal, 19g Protein, 0g Carb, 200mg Sodium, 0g Fiber, 75mg Cholesterol, 21g Fat, 8g Saturated, 0g Sugar, 2% Calcium, 6% Iron

Mediterranean Medley: 230kcal, 6g Protein, 17g Carb, 700mg Sodium, 3g Fiber, 0mg Cholesterol, 17g Fat, 2.5g Saturated, 4g Sugar, 4% Calcium, 15% Iron



(4) CHICKEN & ROSEMARY CAULIFLOWER

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 1½ pounds cooked chicken * *from Meal #1*
- Cut vegetables: onion, carrots, celery, bell pepper, cauliflower

DIRECTIONS

For chicken

1. Heat a large pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add carrots, celery, and bell pepper and cook for 2-4 minutes.
4. Add broth, salt, pepper, Herbes, and chicken and bring to a simmer for about 5 minutes.
5. Turn heat to low, cover, and let cook about 10-12 minutes until thickened.
6. Serve over or with rosemary cauliflower.

Meanwhile

For rosemary cauliflower

1. Heat oven to 400°F.
2. Toss cauliflower with oil, salt, pepper, and rosemary.
3. Put on a baking sheet. Bake about 20 minutes until tender.

INGREDIENTS

For chicken

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
3 carrots, diced (1½ cups)
3 stalks celery, diced (1½ cups)
1 bell pepper, diced (1 cup)
2 cups low-sodium chicken broth
dash of organic sea salt and pepper
½ teaspoon Herbes de Provence
1½ pounds cooked chicken, diced *
from Meal #1

For rosemary cauliflower

1 head cauliflower, florets (4 cups)
2 Tablespoons olive oil
½ teaspoon organic sea salt
¼ teaspoon black pepper
1 teaspoon chopped rosemary

Chicken: 420kcal, 57g Protein, 13g Carb, 450mg Sodium, 4g Fiber, 180mg Cholesterol, 15g Fat, 3g Saturated, 5g Sugar, 8% Calcium, 15% Iron

Cauliflower: 100kcal, 3g Protein, 8g Carb, 340mg Sodium, 3g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 3g Sugar, 4% Calcium, 4% Iron



(5) STEAK AND PORTOBELLOS

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: onion, carrot, bell pepper

DIRECTIONS

For steak and Portobellos

1. Heat oven to 375°F.
2. Place mushrooms on a baking sheet and cook about 10-15 minutes until almost tender.
3. Meanwhile, heat large non-stick skillet over medium heat and add oil, onions, and garlic and sauté for 2 minutes.
4. Add steak and sauté for 2 minutes.
5. Add bell pepper, carrots, and artichokes and cook for 2-3 minutes.
6. Add tomatoes and cook until warmed through.
7. Top mushrooms with steak mixture and bake another 5 minutes.

INGREDIENTS

For steak and Portobellos

8 large Portobello mushrooms caps

3 Tablespoons olive oil

1 yellow onion, diced (1 cup)

2 cloves garlic, minced

1 pound flank steak, thinly sliced
across the grain

1 bell pepper, diced small (1 cup)

2 carrots, shredded ($\frac{3}{8}$ cup)

1 (15 oz) can artichoke hearts,
chopped

1 (15 ounce) can fire roasted diced
tomatoes, drained

Steak and Portobello: 500kcal, 44g Protein, 27g Carb,
680mg Sodium, 8g Fiber, 110mg Cholesterol, 23g Fat,
7g Saturated, 12g Sugar, 10% Calcium, 30% Iron