

PREP GUIDE

MEAL #1

- 2 zucchini, spiralized into zucchini noodles (4 cups)
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest) *
for the week
- Cut vegetables:
 - 6 ounces mushrooms, sliced (2 cups)
 - 1 bunch asparagus (16 spears), trimmed and cut in 1" pieces (3 cups)

MEAL #2

- 8 cups cooked cauliflower (see below) * *for the week*
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables and fruit:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - ½ small pineapple, cored & diced with juice (about 2 cups)

MEAL #3

- Cut vegetables:
 - 1 bunch asparagus, ends trimmed (16 spears)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, sliced (1 cup)
 - 2 bell peppers, sliced (2 cups)
 - 4 ounces mushrooms, quartered (1½ cups)

MEAL #5

- Cut fruit:
 - ½ small pineapple, cored & sliced

Cauliflower Rice (Meals #2 & #4)

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. Sauté approximately 5 minutes or until golden brown.

MENU

MONDAY ①

CHICKEN with ASPARAGUS
& Zoodles

TUESDAY ②

SWEET & SOUR SHRIMP

WEDNESDAY ③

HAM & EGG QUICHE
Roasted Asparagus

THURSDAY ④

CHICKEN FAJITAS

FRIDAY ⑤

TUNA AVOCADO BOATS



PALEO March 16, 2018

Shopping List

(1) Chicken & Asparagus (2) Sweet & Sour Shrimp (3) Ham Quiche (4) Chicken Fajitas (5) Avocado Tuna Boats

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	chicken breast	3-1/2 pounds	<i>boneless, skinless</i>	17.5
2	shrimp	2 pounds	<i>peeled & deveined</i>	20
3	deli ham, thin sliced	1 pound		8
5	white albacore tuna	16 ounces		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
2,4	cauliflower	2 heads		4
2,4	yellow onion	3		3
1,4	mushrooms	2/3 pound	<i>brown or button</i>	3
1,3	asparagus	2 bunches	<i>16 spears/bunch</i>	4
1	zucchini	2 medium		2
1,5	lemon	1		0.5
2,4	bell peppers	4	<i>any color</i>	4
2	snow peas	1/4 pound		1.5
2,5	pineapple	1 small		2.5
2	fresh ginger	1-2"	<i>optional - need 1 Tablespoon grated</i>	1
3,5	tomatoes	5		2.5
4	lime	1		0.5
4,5	avocado	4		4

Recipe #	Misc	Quantity	Notes	Est Cost *
1,2	whole cashews	1-1/2 cups		7.5
1	nutritional yeast	1/4 cup		3
3	eggs	12		4
5	mayonnaise	3 Tablespoons	<i>store bought or homemade</i>	1.5

Fresh 20 Grocery Est \$100.00
 Cost Per Dinner \$20.00
 Cost Per Serving \$5.00

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	6 Tablespoons	paprika	
	grapeseed oil	1/4 cup	dried oregano	
	coconut oil		herbes de provence	
	balsamic vinegar*		ground cumin	1 teaspoon
	white wine vinegar*	2 Tablespoons	raw organic honey or pure maple syrup	2-1/2 Tablespoons
	chicken or veggie broth: low sodium	1/4 cup (2 fl oz)	organic tomato paste (no sugar or additives)	1 Tablespoon
	fresh garlic	3 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	1-1/2 teaspoons	raw coconut aminos	1-1/2 Tablespoons
	black pepper	1 teaspoon	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) CHICKEN with ASPARAGUS & ZOODLES

MADE AHEAD

- 2 zucchini spiralized into zucchini noodles (4 cups)
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: mushrooms, asparagus

DIRECTIONS

For chicken with asparagus & zoodles

1. Heat a large skillet over medium-high heat and add oil.
2. Add chicken and sear until browned and almost cooked through.
3. Add garlic, mushrooms, asparagus, salt, and pepper and continue cooking for about 2-3 minutes.
4. Lower heat and add zoodles, cashews, and broth and stir until warmed through.
5. Garnish with lemon zest and nutritional yeast.

INGREDIENTS

For chicken with asparagus & zoodles

- 2 Tablespoons olive oil
- 2 pounds boneless, skinless chicken breast, sliced thin
- 2 cloves garlic, minced
- 6 ounces mushrooms, sliced (2 cups)
- 1 bunch asparagus, cut in 1" pieces (3 cups)
- ¼ teaspoon organic sea salt
- dash of black pepper
- 4 cups zucchini noodles
- ½ cup whole cashews
- ¼ cup low-sodium chicken broth or white wine
- 1 Tablespoon lemon zest
- ¼ cup nutritional yeast

Chicken Asparagus Pasta: 500kcal, 60g Protein, 16g Carb, 270mg Sodium, 4g Fiber, 165mg Cholesterol, 21g Fat, 4g Saturated, 6g Sugar, 6% Calcium, 25% Iron



(2) SWEET AND SOUR SHRIMP

MADE AHEAD

- 4 cups cooked cauliflower * see prep guide
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables & fruit: onion, bell peppers, pineapple

DIRECTIONS

For sweet and sour shrimp

1. Heat a large non-stick skillet over medium-high heat and add 1 Tablespoon grapeseed oil. When oil is hot add shrimp and cook 1-2 minutes until almost done. Remove from pan and set aside.
2. Put skillet back on medium heat and add 1 Tablespoon oil.
3. Add onion and bell peppers and sauté for 2-3 minutes.
4. Add snow peas, pineapple, ginger, tomato paste, vinegar, raw coconut aminos, maple syrup, and pepper. Cook for about 2 minutes.
5. Add shrimp back to pan with cashews to heat through, about 1 minute.
6. Serve over warmed cauliflower rice.

INGREDIENTS

For sweet and sour shrimp

2 Tablespoons grapeseed oil, divided
2 pounds peeled and deveined shrimp (sub 2 pounds chicken tenders)
1 yellow onion, diced (1 cup)
2 bell peppers, diced (2 cups)
¼ pound snow peas (1 cup)
½ small pineapple, cored, diced with juice (2 cups)
1 Tablespoon grated ginger, optional
1 Tablespoon tomato paste
2 Tablespoons white vinegar
1½ Tablespoons raw coconut aminos
2½ Tablespoons maple syrup
dash of black pepper
1 cup cashews, crushed

4 cups cooked cauliflower rice, warmed

Shrimp: 500kcal, 38g Protein, 34g Carb, 1430mg Sodium, 4g Fiber, 285mg Cholesterol, 25g Fat, 4g Saturated, 17g Sugar, 20% Calcium, 20% Iron

Rice: 70kcal, 3g Protein, 10g Carb, 240mg Sodium, 3g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 4g Sugar, 4% Calcium, 4% Iron



(3) HAM & EGG QUICHE roasted asparagus

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: asparagus

DIRECTIONS

For ham & egg quiche

1. Heat oven to 375°F.
2. Grease a glass pie dish with oil.
3. Whisk eggs and pepper together and pour into baking dish.
4. Gently add ham and tomatoes to egg mixture.
5. Bake for 35-45 minutes, or until eggs have set.
6. Serve with roasted asparagus

Meanwhile

For roasted asparagus

1. Lay asparagus on a baking sheet and drizzle with oil, salt, and pepper.
2. Roast in 375°F oven for about 6-9 minutes, depending on thickness, until just tender and lightly browned.

INGREDIENTS

For ham & egg quiche

1 Tablespoon olive oil
12 eggs, whisked
dash of pepper
1 pound thin sliced deli ham
2 tomatoes, diced

For roasted asparagus

1 bunch asparagus, trimmed (16 spears)
1½ Tablespoons olive oil
pinch of salt and pepper

Quiche: 420kcal, 41g Protein, 10g Carb, 1850mg Sodium, 1g Fiber, 645mg Cholesterol, 21g Fat, 4g Saturated, 9g Sugar, 2% Calcium, 10% Iron

Asparagus: 70kcal, 2g Protein, 4g Carb, 40mg Sodium, 2g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 2g Sugar, 2% Calcium, 10% Iron

MADE AHEAD

- 4 cups cooked cauliflower rice * *see prep guide*
- Cut vegetables: onion, bell pepper, mushrooms

DIRECTIONS

For chicken fajitas

1. Heat a large skillet over medium-high heat and add oil.
2. When oil is hot add chicken, salt, pepper, and cumin. Sauté until chicken is cooked through, about 5 minutes. Set aside.
3. Put skillet back on heat and add onions, bell peppers, and mushrooms; sauté for about 3 minutes until tender.
4. Add chicken back to skillet. Serve over warmed cauliflower rice with a squeeze of lime. Top with sliced avocado.

INGREDIENTS

For chicken fajitas

2 Tablespoons grapeseed oil
1½ pounds boneless, skinless chicken breast, sliced thin
¼ teaspoon organic sea salt
Dash of black pepper
1 teaspoon cumin
1 yellow onion, sliced (1 cup)
2 bell peppers, sliced (2 cups)
4 ounces mushrooms, quartered (1½ cups)
1 lime, wedges
2 avocados, sliced

4 cups cooked cauliflower rice, warmed

Chicken Fajitas: 470kcal, 42g Protein, 18g Carb, 240mg Sodium, 9g Fiber, 125mg Cholesterol, 26g Fat, 4g Saturated, 5g Sugar, 4% Calcium, 10% Iron

Rice: 70kcal, 3g Protein, 10g Carb, 240mg Sodium, 3g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 4g Sugar, 4% Calcium, 4% Iron



(5) TUNA AVOCADO BOATS

MADE AHEAD

- 1 lemon, juiced (3 Tablespoons)
- Cut fruit: pineapple

DIRECTIONS

For tuna avocado boats

1. Halve avocados and remove pits, set aside.
2. Mash tuna with mayonnaise, lemon, salt, and pepper.
3. Serve tuna mixture in avocado halves and top with sliced tomatoes.
4. Pair with a side of sliced pineapple.

INGREDIENTS

For tuna avocado boats

2 avocados, halved

16 ounces white albacore tuna

3 Tablespoons mayonnaise *

3 Tablespoons lemon juice

Salt & pepper to taste

3 tomatoes, sliced

½ small pineapple, cored & sliced

** can use store bought or find a recipe at www.thefresh20.com/pantrydressings*

Avocado Boats: 500kcal, 28g Protein, 29g Carb, 610mg Sodium, 9g Fiber, 60mg Cholesterol, 33g Fat, 5g Saturated, 8g Sugar, 4% Calcium, 15% Iron

Pineapple: 70kcal, 1g Protein, 17g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 0% Calcium, 0% Iron