

PREP GUIDE

MEAL #1

- Marinate chicken up to 24 hours
- 8 cups cooked cauliflower rice prepared according to prep guide directions (see below) * *for the week*
- 3-4 lemons, zested and juiced (9 Tablespoons juice, 3½ Tablespoons zest) * for the week
- Cut vegetables:
 - 1 head broccoli, chopped (4 cups)

MEAL #2

- Cut vegetables:
 - 1 cup artichoke hearts, diced

MEAL #3

- Cut vegetables:
 - ½ yellow onion, diced (½ cup)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 4 carrots, diced (2 cups)
 - 4 celery, diced (2 cups)
 - 6 ounces mushrooms, quartered (2 cups)

MEAL #5

- Cut vegetables:
 - 1½ heads cauliflower, large florets (6 cups)

Cauliflower Rice (Meals #1 & #3)

2 heads cauliflower, florets

1 yellow onion, chopped (1 cup)

Pinch of salt & pepper

1 Tablespoon olive oil

Place cauliflower, onion, salt, and pepper in a food processor and pulse until cauliflower is rice sized.

Heat oil in a large skillet over medium heat. Add contents of food processor and sauté 3-4 minutes until golden brown.

MENU

MONDAY ①

PEPPERED CHICKEN
Broccoli Cauliflower Rice

TUESDAY ②

LEMON SALMON
Artichoke Tahini

WEDNESDAY ③

BACON CAULIFLOWER SALAD

THURSDAY ④

CHICKEN STEW

FRIDAY ⑤

ROASTED PORK & CAULIFLOWER
Tahini Sauce



PALEO March 2, 2018

Shopping List

(1) Peppered Chicken (2) Lemon Salmon (3) Bacon Cauliflower Salad (4) Chicken Stew (5) Roasted Pork & Cauliflower

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	boneless skinless chicken thighs	4 pounds		20
2	salmon fillets	1-1/2 pounds		15
3	low sodium bacon	12 ounces		4
5	pork tenderloin	1-1/2 pounds		12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,5	cauliflower	4 heads		8
1,2,3,4	yellow onion	3		3
1,2,4,5	lemons	3-4		1.5
1	broccoli	1 head		2
1,3,5	basil	1 bunch	<i>need 1/2 cup chopped</i>	1.5
2	artichoke hearts	1 cup	<i>frozen or canned in water</i>	1.5
2,3,4	spinach	1 pound		5
3	tomatoes	3		1.5
3,4	avocado	2		2
4	carrots	4		1
4	celery stalks	4		1
4	mushrooms	6 ounces	<i>brown or button</i>	5

Recipe #	Misc	Quantity	Notes	Est Cost *
1	cashews	1/2 cup		2.5
2,5	tahini	3/4 cup		3
5	unsweetened dairy free milk	2 Tablespoons		1

Fresh 20 Grocery Est \$90.50
 Cost Per Dinner \$18.10
 Cost Per Serving \$4.53

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	paprika	2 teaspoons
	grapeseed oil	3 Tablespoons	dried oregano	
	coconut oil		herbes de provence	2 teaspoons
	balsamic vinegar*	1 Tablespoon	ground cumin	
	white wine vinegar*		raw organic honey	
	chicken or veggie broth: low sodium	5-1/2 cups (44 fl oz)	organic tomato paste (no sugar or additives)	
	fresh garlic	13 cloves	Dijon mustard (gluten-free, no sugar added)	
	organic sea salt	2 teaspoons	raw coconut aminos	
	black pepper	2 teaspoons	almond flour	1 Tablespoon
	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) PEPPERED CHICKEN

broccoli cauliflower rice

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Marinate chicken up to 24 hours ahead
- 4 cups cooked cauliflower rice * *see prep guide*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: broccoli

DIRECTIONS

For peppered chicken

1. Combine all ingredients and marinate at least 10 minutes, overnight if possible.
2. Heat oven to 375°F.
3. Remove chicken from marinade and discard any remaining liquid. Put chicken on a rimmed baking sheet and cook about 35 minutes, until internal temperature reaches 165°F.
4. Save half the chicken for Meal #4.
5. Serve remaining chicken over broccoli cauliflower rice.

Meanwhile

For broccoli cauliflower rice

1. Heat a large non-stick skillet over medium heat and add oil and garlic and sauté for 1 minute.
2. Add broccoli, salt, and pepper and cook for about 4-5 minutes.
3. Add in cauliflower rice and stir until heated through.
4. Toss in basil and cashews before serving.

INGREDIENTS

For peppered chicken

- 4 pounds boneless skinless chicken thighs
- ½ teaspoon organic sea salt
- ½ teaspoon black pepper
- 2 cloves garlic, minced
- 1 teaspoon paprika
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest

For broccoli cauliflower rice

- 2 Tablespoons olive oil
- 1 garlic clove, minced
- 1 head broccoli, chopped (4 cups)
- dash of sea salt and pepper
- 4 cups cooked cauliflower rice
- 2 Tablespoons chopped basil
- ½ cup chopped cashews

Chicken: 270kcal, 44g Protein, 1g Carb, 350mg Sodium, 0g Fiber, 215mg Cholesterol, 9g Fat, 2.5g Saturated, 0g Sugar, 2% Calcium, 10% Iron

Broccoli Rice: 280kcal, 10g Protein, 24g Carb, 270mg Sodium, 7g Fiber, 0mg Cholesterol, 19g Fat, 3g Saturated, 7g Sugar, 6% Calcium, 15% Iron



(2) LEMON SALMON artichoke tahini

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 1 lemon, juiced and zested (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: artichoke hearts

DIRECTIONS

For lemon salmon

1. Heat oven to 400°F.
2. Combine oil, salt, pepper, garlic, and lemon.
3. Place fish on a baking sheet and drizzle with oil mixture.
4. Cook for about 15 minutes until fish is opaque and flaky. Chicken may take longer depending on thickness; cook until no longer pink in the center.

For artichoke tahini

1. Heat a large skillet over medium heat and add oil, onions, and garlic and cook for 2 minutes.
2. Add artichokes and spinach and cook for 2 minutes and then add tahini.
3. Add little water or broth to thin if necessary. Serve over salmon.

INGREDIENTS

For lemon salmon

2 Tablespoons olive oil
Dash of organic sea salt
dash of black pepper
1 clove garlic, minced
3 Tablespoons lemon juice
1 Tablespoon lemon zest
1½ pounds salmon fillets (sub 1½ pounds chicken breast)

For artichoke tahini

2 Tablespoons olive oil
½ yellow onion, diced (½ cup)
2 cloves garlic, minced
1 cup artichoke hearts, diced
5 ounces spinach leaves (3 cups)
3 Tablespoons tahini

Salmon: 310kcal, 34g Protein, 1g Carb, 150mg Sodium, 0g Fiber, 95mg Cholesterol, 18g Fat, 2.5g Saturated, 0g Sugar, 2% Calcium, 8% Iron

Artichoke Tahini: 250kcal, 6g Protein, 17g Carb, 160mg Sodium, 7g Fiber, 0mg Cholesterol, 20g Fat, 3g Saturated, 3g Sugar, 8% Calcium, 15% Iron



(3) BACON CAULIFLOWER SALAD

MADE AHEAD

- 4 cups cooked cauliflower rice * *see prep guide*
- Cut vegetables: onion

DIRECTIONS

For bacon cauliflower salad

1. Heat a large non-stick skillet over medium heat and add bacon, onions, and garlic and sauté for 5-7 minutes until bacon is just crispy. Drain off excess grease.
2. Add cauliflower rice and broth to pan and cook for about 3-4 minutes.
3. Add spinach and pepper and cook until spinach begins to wilt.
4. Remove from heat and stir in tomatoes, basil, balsamic vinegar, and avocado.

INGREDIENTS

For bacon cauliflower salad

12 ounces low sodium bacon, diced
½ yellow onion, diced (½ cup)
1 clove garlic, minced
4 cups cooked cauliflower rice
¼ cup low-sodium chicken broth
6 ounces spinach (4 cups)
dash of black pepper
3 tomatoes, chopped (2¼ cups)
2 Tablespoons basil chopped
1 Tablespoon balsamic vinegar
1 avocado, diced

Bacon Cauliflower Salad: 530kcal, 21g Protein, 27g Carb, 750mg Sodium, 10g Fiber, 0mg Cholesterol, 41g Fat, 1g Saturated, 10g Sugar, 15% Calcium, 20% Iron

MADE AHEAD

- 2 pounds cooked chicken * *from Meal #1*
- ½ lemon, zested (½ Tablespoon)
- Cut vegetables: onion, carrots, celery, mushrooms

DIRECTIONS

For chicken stew

1. Heat a large pot over medium heat. Add oil, then add onion and garlic and sauté for 1 minute.
2. Add carrots, celery, and mushrooms and cook for 3 minutes.
3. Add almond flour, salt, pepper, and Herbes and cook for 1 minute.
4. Add chicken and broth and bring to a simmer for a few minutes.
5. Add the spinach and stir well.
6. Garnish with zest and avocado.

INGREDIENTS

For chicken stew

- 2 Tablespoons olive oil
- 1 yellow onion, chopped (1 cup)
- 2 cloves garlic, minced
- 4 carrots, diced (2 cups)
- 4 celery stalks, diced (2 cups)
- 6 ounces mushrooms, quartered (2 cups)
- 1 Tablespoon almond flour
- ¼ teaspoon organic sea salt
- dash of black pepper
- 1 teaspoon Herbes de Provence
- 2 pounds cooked chicken, diced **from Meal #1*
- 5 cups low-sodium chicken broth
- 3 ounces spinach leaves (2 cups)
- ½ Tablespoon lemon zest
- 1 avocado, diced

Chicken Stew: 510kcal, 50g Protein, 21g Carb, 690mg Sodium, 7g Fiber, 215mg Cholesterol, 25g Fat, 4.5g Saturated, 7g Sugar, 10% Calcium, 20% Iron



(5) ROASTED PORK & CAULIFLOWER tahini sauce

OVEN TEMPERATURE: 425°F

MADE AHEAD

- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: cauliflower

DIRECTIONS

For roast pork tenderloin

1. Heat oven to 425°F. Season tenderloins with salt, pepper, and paprika.
2. Heat an oven proof skillet over medium-high heat and add oil. When oil is hot add pork and sear on each side (about 2 minutes per side). Put seared pork into oven and cook for about 20 minutes, turning once, until internal temperature reaches 145°F.
3. Let the tenderloins rest 5-10 minutes before slicing.

For roasted cauliflower

1. Toss cauliflower with remaining ingredients and put on a baking sheet.
2. Cook in oven with pork for 10-12 minutes or until fork tender.
3. Serve cauliflower with pork drizzled with sauce.

Meanwhile

Whisk sauce ingredients together.

INGREDIENTS

For roast pork tenderloin

1½ pounds pork tenderloin
¼ teaspoon organic sea salt
¼ teaspoon black pepper
1 teaspoon paprika
3 Tablespoon grapeseed oil

For roasted cauliflower

2 Tablespoons olive oil
1½ heads cauliflower, cut in large florets (6 cups)
½ teaspoon organic sea salt
¼ teaspoon black pepper
4 cloves garlic, minced
1 teaspoon Herbes de Provence

For tahini sauce

½ cup tahini
3 Tablespoons lemon juice
1 Tablespoon lemon zest
3 Tablespoons chopped basil
2 Tablespoons unsweetened dairy free milk of choice

Roasted Pork: 300kcal, 35g Protein, 1g Carb, 1250mg Sodium, 0g Fiber, 110mg Cholesterol, 16g Fat, 3g Saturated, 0g Sugar, 2% Calcium, 10% Iron

Roasted Cauliflower with Sauce: 290kcal, 9g Protein, 16g Carb, 360mg Sodium, 5g Fiber, 0mg Cholesterol, 24g Fat, 3.5g Saturated, 3g Sugar, 10% Calcium, 10% Iron