

VEGETABLES

- ½ red onion, diced (½ cup)
- 1 red onion, thinly sliced
- ½ red onion, cut into large pieces for kebab
- 1 bell pepper, seeded and cut into large pieces
- 1 bell pepper, diced small (1 cup)
- 2 zucchini, ends removed, cut into thick rounds for kebabs
- 2 zucchini, spiralized into zoodles (4 cups zoodles)

FRUITS

- 3 lemons, juiced (½ cup juice)
- 1 cup cherries, pitted

MISC.

- 7 cups cooked cauliflower rice (see below)
- Kebabs should be marinated overnight (MONDAY)
- ¼ cup pantry dressing * (TUESDAY)
- Roasted red peppers, see below (see below)
- Basil aioli, see below (see below)

CAULIFLOWER RICE (MONDAY, FRIDAY)

2 heads cauliflower, florets (8 cups)
1 red onion, chopped
1 garlic clove, peeled
½ teaspoon organic sea salt
1 Tablespoon extra virgin olive oil

1. In a food processor blend all ingredients, aside from oil, until the cauliflower is roughly rice sized
2. In a skillet over medium heat, add oil and ingredients from food processor. Sautee approximately 5 minutes or until desired consistency is achieved.

ROASTED RED PEPPERS (WEDNESDAY, THURSDAY)

3 red bell peppers
1 brown paper bag

On a pre-heated grill, place whole peppers directly over flame. Roast until skin is charred on one side. Turn and repeat until peppers are blackened. Remove from heat and place into brown paper bag. Close bag and let sit for 5 minutes while peppers steam to release skin. Carefully cut open bag and transfer peppers to a bowl to cool. Remove blackened skin by peeling it away to reveal flesh. Open pepper, remove stem and scrape out seeds with a spoon. Store peppers with any juice in an air tight container in fridge until ready to use.

BASIL AIOLI (WEDNESDAY)

¼ cup store bought or homemade paleo mayonnaise *
½ lemon, juiced (1 Tablespoon)
2 cloves garlic
6 leaves fresh basil, shredded or very finely chopped

Whisk together ingredients until smooth.

the **FRESH 20**

JUNE 8, 2018

MONDAY

Grilled Chicken Kabobs with
Cherry Cauliflower Rice

TUESDAY

Pesto Shrimp Zoodles

WEDNESDAY

Grilled Steak & Eggplant Wraps

THURSDAY

Grilled Mushroom Pizza with
Watermelon

FRIDAY

Greek Rice Chopped Salad

* find pantry dressings and mayo recipe
at www.thefresh20.com/pantrydressings

Shopping List

the **FRESH 20**

(1) Grilled Chicken Kabobs (2) Pesto Shrimp Zoodles (3) Grilled Steak & Eggplant Wrap (4) Grilled Mushroom Pizza (5) Greek Rice Chopped Salad

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost * |
|----------|--------------------------|--------------|---------------------------|------------|
| 1,4 | chicken breast or thighs | 4 pounds | <i>boneless, skinless</i> | 24 |
| 2 | raw shrimp | 2 pounds | <i>peeled, tail on</i> | 16 |
| 3 | skirt steak | 1-1/2 pounds | | 9 |
| 5 | deli turkey | 1 pound | | 9 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost * |
|----------|--------------------------|----------|----------------------|------------|
| 1,5 | cauliflower | 2 heads | | 4 |
| 1,2,3,5 | red onion | 3 | | 3 |
| 1,3,4,5 | red bell pepper | 5 | | 5 |
| 1,2,3,5 | lemon | 3 | | 1.5 |
| 2,3 | basil | 1 bunch | | 1.5 |
| 1,2,5 | zucchini | 5 large | | 5 |
| 1,3 | cherries | 3 cups | <i>about 1 pound</i> | 5 |
| 2,5 | tomatoes | 4 medium | | 2 |
| 3,5 | eggplant | 2 medium | | 3 |
| 3 | butter lettuce | 1 head | | 2 |
| 4 | portobello mushroom caps | 4 large | | 6 |
| 4 | mini watermelon | 1 | | 4 |

| Recipe # | Misc | Quantity | Notes | Est Cost * |
|----------|------------------|------------|----------------------|------------|
| 3 | paleo mayonnaise | 1/4 cup | | 2 |
| 1 | 12" skewers | 16 | <i>wood or metal</i> | 2 |
| 2,5 | walnuts | 1-1/2 cups | | 7.5 |
| 2 | cashews | 1/2 cup | | 2.5 |

Fresh 20 Grocery Est \$114.00
 Cost Per Dinner \$22.80
 Cost Per Serving \$5.70

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|----------------|-------------------------------------|-----------------|--|--------------|
| | olive oil | 1-1/4 cups | paprika | 1/2 teaspoon |
| | grapeseed oil | | dried oregano | 2 teaspoons |
| | coconut oil | | herbes de provence | |
| | balsamic vinegar* | | ground cumin | 1/2 teaspoon |
| | white wine vinegar* | 2/3 cup | raw organic honey or pure maple syrup | 1 teaspoon |
| | chicken or veggie broth: low sodium | 1 cup (8 fl oz) | organic tomato paste (no sugar or additives) | |
| | fresh garlic | 7 cloves | Dijon mustard (gluten-free, no sugar added) | |
| | organic sea salt | 1 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) MONDAY

GRILLED CHICKEN KABOBS with Cherry Rice

MONDAY PREP

- **Marinate chicken overnight**
- 3 cups cooked cauliflower rice (see prep guide)
- ½ lemon, juiced (1½ Tablespoons)
- ½ red onion, cut into large pieces for kebab
- ¼ red onion, diced (¼ cup)
- 1 bell pepper, seeded and cut into large pieces
- 2 zucchini, ends removed, cut into thick rounds for kebabs
- 1 cup cherries, pitted

FOR MARINADE

- ½ cup white vinegar
- ½ teaspoon cumin
- 2 cloves garlic, minced
- ½ lemon, juiced (1½ Tablespoons)
- ¼ teaspoon black pepper

FOR KABOBS

- 4 pounds boneless, skinless chicken breasts or thighs, cut into large cubes
- 16 (12") skewers for kebabs
- ½ red onion, cut into large pieces for kebab
- 1 red bell pepper, seeded, cut into large pieces
- 2 zucchini, ends removed, cut into thick rounds for kebabs
- 2 Tablespoons extra virgin olive oil (for grill)

1. DAY AHEAD: Combine marinade ingredients in a glass baking dish or re-sealable bag. Add chicken, seal, and marinate overnight.
2. On dinner night, remove chicken from liquid and discard marinade. Place half the chicken on skewers (for Thursday). With remaining chicken, alternate chicken, red onion, bell pepper, and zucchini onto skewers.
3. Brush grill with a little oil. Arrange ALL kebabs on grill over medium heat. Cook for 20 minutes, turning occasionally.
4. For chicken only skewers, remove meat and set aside to cool, refrigerate for Thursday. For remaining skewers, remove meat and veggies, serve with cauliflower rice.

FOR RICE

- 2 Tablespoon extra virgin olive oil
- ¼ red onion, diced (¼ cup)
- 1 cup cherries, pitted
- 1 teaspoon maple syrup
- 3 cups cooked cauliflower rice (see prep guide)
- ½ teaspoon black pepper

1. Add olive oil to a medium saucepan.
2. Add onions and sauté over medium heat until soft, about 4 minutes. Stir in cherries and maple syrup and cook for 3-4 minutes.
3. Add cauliflower rice and black pepper & cook until rice is warm.

(2) TUESDAY

PESTO SHRIMP ZOODLES with Tomato Salad

TUESDAY PREP

- ¼ red onion, diced (¼ cup)
- ½ lemon, juiced (1½ Tablespoons)
- 2 zucchini, spiralized into zoodles (4 cups zoodles)
- ¼ cup pantry dressing (www.thefresh20.com/pantrydressings)

FOR SHRIMP ZOODLES

- 2 Tablespoon extra virgin olive oil
- 2 cloves garlic, minced
- 2 pounds raw shrimp, peeled, tail on
(can sub 2 pound chicken tenders)
- 1 cup low sodium chicken or vegetable broth
- 2 large zucchini, spiralized into zoodles (4 cups)
- ½ teaspoon black pepper
- ¾ cup pesto sauce (see below)

1. Heat olive oil in a large sauté pan. Add minced garlic and sauté for 1 minute.
2. Add shrimp and sauté for 2 minutes. Add broth and let simmer for 2 minutes.
3. Add zoodles and pepper and stir to heat through.
4. Divide into bowls and top with pesto.

FOR TOMATO SALAD

- 2 medium tomatoes, sliced
- ¼ red onion, diced (¼ cup)
- 6 leaves basil finely chopped
- ¼ cup pantry dressing
(www.thefresh20.com/pantrydressings)

1. Arrange tomatoes on a serving platter. Top with red onions and basil.
2. Drizzle tomatoes with pantry dressing. Chill until ready to serve.

FOR PESTO

- ½ cup extra virgin olive oil
- ½ cup whole walnuts
- ½ bunch fresh basil
- ½ cup cashews
- ¼ teaspoon organic sea salt
- ½ lemon, juiced (1½ Tablespoons)

1. Combine olive oil and walnuts in a food processor or blender until smooth.
2. Add in basil, cashews, and salt. Pulse until well combined.
3. Add lemon juice and pulse a few seconds more. Transfer to airtight container and refrigerate. Yields 1½ cups, save half for Thursday.

(3) WEDNESDAY
GRILLED STEAK & EGGPLANT WRAPS

WEDNESDAY PREP

- Make roasted red peppers (see prep guide)
- Make basil aioli (see prep guide)
- 1 red onion, thinly sliced

FOR EGGPLANT

2 medium eggplant, cut into ½" slices to yield at least 8 eggplant rounds
2 Tablespoons extra virgin olive oil

1. Sprinkle eggplant with salt and set aside in a colander for 15 minutes.
2. Rinse and pat dry. Lightly brush with oil and grill or broil eggplant until tender but not mushy, about 5-7 minutes per side. Save half for Friday.

FOR MARINATED ONION

1 red onion, thinly sliced
1 Tablespoon white wine vinegar
1 Tablespoon extra virgin olive oil
1 teaspoon dried oregano

Toss red onion in vinegar, oil, and oregano; set aside. Save half for Friday, use remaining onions in wraps.

FOR STEAK

1½ pounds skirt steak
¼ teaspoon organic sea salt
¼ teaspoon black pepper
½ teaspoon paprika

1. Heat outdoor grill or indoor grill pan over medium high heat.
2. Season steak with salt, pepper, and paprika and cook about 2-3 minutes per side.
3. Remove from heat and let rest 3-4 minutes before cutting in thin strips across the grain.

FOR WRAPS

1 head butter lettuce, separated into whole leaves
2 roasted red bell peppers, finely chopped
Marinated onions
Basil aioli

1. Fill butter lettuce wraps with red bell peppers, onions, steak, and eggplant.
2. Drizzle with basil aioli and serve with fresh cherries.

2 cups fresh cherries

(4) THURSDAY

GRILLED MUSHROOM PIZZAS with Watermelon

THURSDAY PREP

- 1 roasted red bell pepper, diced (see prep)

FOR MUSHROOM PIZZAS

4 large portobello mushroom caps, wiped clean,
stem removed

1 teaspoon olive oil

½ cup pesto (from TUESDAY)

1 roasted red bell pepper, diced (see prep)

2 pounds grilled chicken, chopped (from MONDAY)

1 mini watermelon or ½ medium watermelon,
cut into cubes or wedges

1. Pre-heat grill or broiler to medium heat.
2. Brush smooth side of mushroom caps with olive oil then turn over and arrange gill side up on a large sheet of aluminum foil.
3. Spread pesto on each mushroom. Top with roasted peppers and chicken.
4. Place mushrooms on foil onto grill over indirect heat or under broiler for 5 minutes until mushroom is soft.
5. Serve with a side of watermelon.

(5) FRIDAY

GREEK RICE CHOPPED SALAD

FRIDAY PREP

- 2 tomatoes, diced small (1½ cups)
- 1 zucchini, diced small (2 cup)
- 1 bell pepper, diced small (1 cup)
- 4 cups cooked cauliflower rice (see PREP GUIDE)
- 1 lemon, juiced (3 Tablespoons)

GREEK RICE CHOPPED SALAD

½ marinated red onion, chopped (from WEDNESDAY)

1 eggplant, broiled and diced (from WEDNESDAY)

2 tomatoes, diced small (1½ cups)

1 zucchini, diced small (2 cups)

16 ounces deli turkey, diced small

1 red bell pepper, diced small (1 cup)

4 cups cooked cauliflower rice (see PREP GUIDE)

1 cup walnuts, crushed

1 lemon, juiced (3 Tablespoons)

2 Tablespoons white vinegar

1 Tablespoon extra virgin olive oil

1 teaspoon dried oregano

Dash of salt and pepper

Toss all ingredients together.

NUTRITION

(1) MONDAY

Serving Size: 8 ounces chicken, ½ cup vegetables, ¾ cup rice

Chicken: 370kcal, 46g protein, 7g carb, 230mg sodium, 2g fiber, 215mg cholesterol, 17g fat, 3.5g sat fat, 4g sugar, 4%DV calcium, 15%DV iron.

Rice: 150kcal, 4g protein, 15g Carb, 240mg Sodium, 4g fiber, 0mg cholesterol, 10g fat, 1.5g Sat fat, 5g Sugar, 4% calcium, 4% iron

(2) TUESDAY

Serving Size: 2 ½ cups prepared zoodles and shrimp, ½ cup salad

Zoodles: 420kcal, 35g Protein, 9g carb, 1370mg sodium, 2g Fiber, 285mg cholesterol, 29g fat, 4g Sat fat, 3g Sugar, 15% calcium, 8% Iron

Salad: 60kcal, 1g protein, 6g carb, 120mg sodium, 1g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Sat fat, 3g Sugar, 2% Calcium, 2% Iron

(3) WEDNESDAY

Serving Size: 1 prepared wrap, ½ cup cherries

Wrap: 550kcal, 39g Protein, 25g Carb, 270mg Sodium, 10g fiber, 130mg cholesterol, 34g fat, 15g sat fat, 13g sugar, 8% calcium, 25% iron

Cherries: 45kcal, 1g Protein, 11g Carb, 0mg Sodium, 2g Fiber, 0g Cholesterol, 0g Fat, 0g Sat Fat, 9g Sugar, 0% Calcium, 0% Iron

(4) THURSDAY

Serving Size: 1 prepared mushroom pizza, ½ cup watermelon

Mushroom pizza: 490kcal, 49g Protein, 8g Carb, 280mg Sodium, 2g Fiber, 215mg Cholesterol, 29g Fat, 5g Sat fat, 4g Sugar, 4% Calcium, 15% Iron

Watermelon: 25kcal, 0g protein, 6g carb, 0mg Sodium, 0g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 5g Sugar, 0% Calcium, 0% Iron

(5) FRIDAY

Serving Size: 2 ½ cups prepared salad

Salad: 520kcal, 32g Protein, 31g Carb, 1460mg Sodium, 11g Fiber, 60mg Cholesterol, 33g Fat, 5g Saturated, 13g Sugar, 10% Calcium, 25% Iron