

## PREP GUIDE

### MEAL #1

- Make avocado dip \* *see Meal #1 for recipe*
- Marinate steak 15 minutes or up to 2 hours
- 1 large orange, juiced (¼ cup)
- 10 limes, juiced (1¼ cups) for the week
- 2 limes, zested (2 teaspoons) for the week
- Cut vegetables:
  - 1 yellow onion, cut into chunks
  - 3 green bell peppers, cut into chunks

### MEAL #2

- Make salsa 30 minutes before dinner
- Cut vegetables
  - 4 peaches, diced
  - 1 green bell pepper, diced (1 cup)

### MEAL #3

- Make roasted beet salad, up to one day in advance \* *see Meal #3 for recipe*
- Cut vegetables
  - 1 yellow onion, diced (1 cup)
  - 1 stalk celery, diced
  - 1 zucchini, diced (2 cups)
  - 1 green bell pepper diced (1 cup)
  - 5-6 beets, medium sized, trim greens & wash thoroughly ; pat dry

### MEAL #4

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - 1 green bell pepper, small dice (1 cup)
  - 2 Tablespoons diced yellow onion

### MEAL #5

- Marinate chicken thighs 15-20 minutes before dinner

## MENU

### MONDAY ①

MOJO STEAK  
Pepper & Zucchini Kabobs  
Avocado Dip

### TUESDAY ②

SRIRACHA SALMON  
Baked Sweet Potatoes  
Peach Salsa

### WEDNESDAY ③

GRILLED STEAK  
Summer Succotash  
Roast Beet Salad

### THURSDAY ④

SAUSAGE STUFFED ZUCCHINI  
Avocado & Tomato Salad  
Peaches

### FRIDAY ⑤

CILANTRO & LIME CHICKEN  
Sweet Potato Garlic Fries



PALEO Summer Sample Plan  
**Shopping List**

(1) Mojo Steak (2) Sriracha Salmon (3) Grilled Steak (4) Sausage Stuffed Zucchini (5) Chicken & Lime Chicken

| Recipe # | Meat / Seafood  | Quantity     | Notes             | Est Cost |
|----------|-----------------|--------------|-------------------|----------|
| 1, 3     | flank steak     | 2 pounds     |                   | 16       |
| 2        | salmon fillets  | 1 pound      | 4 (4 oz) fillets  | 14       |
| 4        | chicken sausage | 1-1/2 pounds |                   | 8        |
| 5        | chicken thighs  | 1-1/2 pounds | skin on, bone- in | 11       |

| Recipe # | Vegetables & Fruit | Quantity        | Notes                     | Est Cost |
|----------|--------------------|-----------------|---------------------------|----------|
| 1,4      | avocados           | 3 medium        |                           | 3        |
| 1,3      | jalepeno pepper    | 2               |                           | 1        |
| 1,2,4,5  | cilantro           | 3 bunches       |                           | 3        |
| 1,2,4,5  | limes              | 11              |                           | 7        |
| 1,3      | oranges            | 2 lg or 3 small |                           | 2.5      |
| 1,3,4    | yellow onion       | 4               |                           | 4        |
| 1,2,3,4  | green bell peppers | 6               |                           | 8        |
| 1,3,4    | zucchini           | 12              |                           | 8        |
| 2,4      | peaches            | 8               |                           | 5        |
| 2,3,4    | tomatoes           | 7               |                           | 5        |
| 2, 5     | sweet potatoes     | 7 small         | About 3/4 to 1 pound each | 6        |
| 3        | celery             | 1 stalk         |                           | 0.5      |
| 3        | edamame            | 1 cup           |                           | 3        |
| 3        | beets red or gold  | 5-6 medium      |                           | 4        |
|          |                    |                 |                           |          |
|          |                    |                 |                           |          |

| Recipe # | Misc                  | Quantity    | Notes | Est Cost |
|----------|-----------------------|-------------|-------|----------|
| 1        | wood or metal skewers | 6           |       |          |
| 2        | sriracha sauce        | 2 teaspoons |       | 2        |

Fresh 20 Grocery Est      \$111.00  
 Cost Per Dinner              \$22.20  
 Cost Per Serving              \$5.55

| PANTRY STAPLES | Pantry Essentials                   | Quantity          | Pantry Essentials                            | Quantity     |
|----------------|-------------------------------------|-------------------|--|--------------|
|                | olive oil                           | 3/4 cup           | paprika                                      | 1 teaspoon   |
|                | grapeseed oil                       | 1-1/2 teaspoons   | dried oregano                                |              |
|                | coconut oil                         | 2 Tablespoons     | herbes de provence                           | 1 teaspoon   |
|                | <b>balsamic vinegar*</b>            | 1/4 cup + 2 Tblsp | ground cumin                                 |              |
|                | <b>white wine vinegar*</b>          | 1/2 cup + 2 Tblsp | raw organic honey                            | 1 Tablespoon |
|                | chicken or veggie broth: low sodium | 1 cup             | organic tomato paste (no sugar or additives) |              |
|                | fresh garlic                        | 15 cloves         | Dijon mustard (gluten-free, no sugar added)  |              |
|                | organic sea salt                    | 4-1/4 teaspoons   | raw coconut aminos                           |              |
|                | black pepper                        | 3-1/4 teaspoons   | almond flour                                 |              |
| cayenne pepper | 1/4 teaspoon                        | coconut flour     |  |              |

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# (1) MOJO STEAK pepper and zucchini kabobs & avocado dip

## MAKE AHEAD

- Make avocado dip \* *see recipe below*
- Marinate steak 15 minutes or up to 2 hours
- ¼ cup orange juice
- ½ cup + 1 Tablespoon lime juice
- Cut vegetables: onion, bell pepper

## DIRECTIONS

### *For mojo steak and pepper & zucchini kabobs*

1. Combine marinade ingredients (garlic through olive oil) in a glass baking dish. Add steak and marinate for at least 15 minutes or up to 2 hours.
2. Heat an outdoor grill to medium-high heat (see Kitchen Note below).
3. Make kabobs by skewering the onion, bell pepper, and zucchini. Brush with oil and season with salt and pepper.
4. Cook steak for about 4-6 minutes per side. Cook kabobs on the cooler side of the grill for about 10 minutes, turning occasionally.
5. Save half of steak for Meal #3.
6. Let steak rest at least 5 minutes before serving with kabobs.

### *For avocado dip*

1. Using a food processor or blender, combine all ingredients and blend until smooth.
2. Serve chilled or at room temperature with kabobs.

### Kitchen Note:

Cooking Indoors? For steak: Heat a large cast iron or nonstick skillet over medium to high heat. Cook steak on each side to preferred doneness (medium rare approximately 4-5 minutes on each side). Remove from heat and allow to rest. Meanwhile, in the same pan, add 1 Tablespoon grapeseed oil and sauté vegetables until slightly tender, about 6-7 minutes. Season with salt and pepper.

## INGREDIENTS

### *For mojo steak and pepper & zucchini kabobs*

6 cloves garlic, minced  
1 small jalapeno, seeded and minced  
½ bunch cilantro, chopped (½ cup)  
½ teaspoon organic sea salt  
½ teaspoon black pepper  
3 Tablespoons lime juice  
¼ cup orange juice  
2 Tablespoons white wine vinegar  
¼ cup olive oil  
2 pound flank steak

### *For pepper & zucchini kabobs*

6 metal or wood skewers  
1 yellow onion, cut into chunks  
3 green bell peppers, cut into chunks  
3 zucchini, cut into ½" slices  
1½ teaspoons grapeseed oil  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper

### *For avocado dip*

2 avocados, peeled and roughly chopped  
¼ yellow onion, diced (¼ cup)  
½ bunch cilantro (½ cup)  
3 cloves garlic, minced  
6 Tablespoons lime juice  
½ teaspoon organic sea salt  
½ teaspoon black pepper  
¼ teaspoon cayenne (optional)



## (2) SRIRACHA SALMON

### peach salsa and baked sweet potatoes

OVEN TEMPERATURE: 400°F

#### MAKE AHEAD

- Make salsa 30 minutes before dinner
- 5 Tablespoons lime juice
- 1 teaspoon lime zest
- Cut fruit & vegetables: peaches, bell pepper

#### DIRECTIONS

##### *For baked sweet potato*

1. Heat oven to 400°F. Poke sweet potatoes with holes using a fork. Rub each potato with coconut oil, season with salt and pepper, and place on a baking sheet.
2. Bake for 40-45 minutes or until tender. Serve topped with salsa.

##### *Meanwhile*

##### *For sriracha salmon*

1. Combine sriracha, lime juice & zest, honey, and salt and spread over salmon fillets.
2. Place salmon fillets in a glass baking dish. Place in oven when potatoes have cooked for 30 minutes.
3. Cook for 10-13 minutes until fish is firm and opaque.

##### *For peach salsa*

Combine all ingredients and let sit 30 minutes for flavors to develop if time permits.

#### INGREDIENTS

##### *For baked sweet potatoes*

4 small sweet potatoes (about  $\frac{3}{4}$  -1 pound each), washed and dried  
1 Tablespoon coconut oil  
 $\frac{1}{2}$  teaspoon organic sea salt  
 $\frac{1}{2}$  teaspoon black pepper

##### *For sriracha salmon*

2 teaspoons sriracha sauce  
2 Tablespoons lime juice  
1 teaspoon lime zest  
1 Tablespoon honey  
 $\frac{1}{4}$  teaspoon organic sea salt  
1 pound (4 fillets) salmon  
(sub equal amount of chicken breast)

##### *For peach salsa*

4 peaches, diced  
1 green bell pepper, diced (1 cup)  
2 tomatoes, diced (2 cups)  
 $\frac{1}{2}$  bunch cilantro, chopped ( $\frac{1}{2}$  cup)  
Dash of organic sea salt  
3 Tablespoons lime juice



## (3) GRILLED STEAK SUMMER SUCCOTASH roasted beet salad

OVEN TEMPERATURE: 400°F

### MAKE AHEAD

- 1 pound sliced Mojo steak \* *from Meal #1*
- Make roasted beet salad, up to one day in advance
- Cut vegetables: onion, celery, zucchini, bell pepper, beets

### DIRECTIONS

#### *For grilled steak and summer succotash*

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot, add onion, garlic, celery, zucchini and bell pepper.
3. Cook for about 3-4 minutes then add jalapeno, tomatoes, edamame, Herbes, salt, and pepper and cook an additional 3-4 minutes until heated through.
4. Serve warm with sliced steak on top.

#### *For roasted beet salad*

1. Preheat oven to 400°F. Place prepared beets in a deep baking dish, add 1 cup of water and cover.
2. Bake until tender, about 30-40 minutes. Let cool and peel; roughly chop into a large serving bowl.
3. Add remaining ingredients and marinate at least 10-15 minutes before serving. Can be made the day ahead.

### INGREDIENTS

#### *For summer succotash*

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 stalk celery, diced
- 1 zucchini, diced (2 cups)
- 1 green bell pepper, diced (1 cup)
- 1 small jalapeno, seeded and chopped (optional)
- 3 tomatoes, diced (3 cups)
- 1 cup shelled edamame
- 1 teaspoon Herbes de Provence
- ½ teaspoon organic sea salt
- ¼ teaspoon black pepper
- 1 pound sliced mojo steak, warmed

#### *For roasted beet salad*

- 5-6 beets, medium sized; trim greens and wash thoroughly, pat dry
- 1 orange, peeled and sectioned
- ¼ cup balsamic vinegar
- 1 Tablespoon olive oil
- ¼ teaspoon organic sea salt
- ¼ teaspoon black pepper



## (4) SAUSAGE STUFFED ZUCCHINI avocado and tomato salad & peaches

OVEN TEMPERATURE: 375°F

### MAKE AHEAD

- 2 Tablespoons lime juice
- Cut vegetables: onion, bell pepper

### DIRECTIONS

#### *For sausage stuffed zucchini*

1. Heat oven to 375°F.
2. Combine uncooked sausage, onion, garlic, bell pepper, salt, and pepper; fill the center of each zucchini and place on baking sheet.
3. Cover with foil and cook about 20 minutes then uncover and cook 5-10 minutes more.

#### *For avocado and tomato salad*

Combine all ingredients in a medium serving bowl. Serve with stuffed zucchini and sliced peaches.

### INGREDIENTS

#### *For sausage stuffed zucchini*

1½ pounds chicken sausage  
¼ yellow onion, diced (¼ cup)  
2 cloves garlic, minced  
1 green bell pepper, small dice (1 cup)  
¼ teaspoon black pepper  
8 medium zucchini, cut lengthwise and center scooped out

#### *For avocado and tomato salad*

½ Tablespoons olive oil  
2 Tablespoons balsamic vinegar  
2 Tablespoons lime juice  
1 avocado, diced  
2 tomatoes, diced  
2 Tablespoons diced yellow onion  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper  
3 Tablespoons finely chopped cilantro

4 peaches, washed and sliced



## (5) CILANTRO & LIME CHICKEN

### sweet potato garlic fries

OVEN TEMPERATURE: 425°F

#### MAKE AHEAD

- Marinate chicken thighs 15-20 minutes
- ¼ cup lime juice, 1 teaspoon lime zest

#### DIRECTIONS

##### *For cilantro & lime chicken*

1. In a medium bowl or deep dish, combine chicken thighs, oil, lime juice and zest, broth, white wine vinegar, paprika, salt and pepper. Allow to marinate in the refrigerator for 15-20 minutes.
2. Heat an outdoor grill to medium-high heat (see Kitchen Note).
3. Place thighs on grill and cook until juices are clear, about 10-11 minutes.
4. Remove from grill, serve topped with fresh cilantro.

##### *For sweet potato garlic fries*

1. Preheat oven to 425°F. In a large bowl, gently toss sweet potatoes, oil, garlic, salt, and pepper. Arrange fries on a baking sheet in a single layer to reduce steam and soggy fries.
2. Bake until crispy, about 25-30 minutes. Serve hot with chicken.

#### Kitchen Note:

Cooking Indoors? In a large cast iron or nonstick skillet, over medium-high heat, add marinated chicken thighs and all of marinade to pan. Bring to high-simmer for 5 minutes. Then lower heat and cook until thoroughly cooked, juices run clear when poked with a knife or fork.

#### INGREDIENTS

##### *For cilantro & lime chicken*

1½ pounds chicken thighs, bone in, skin on  
1½ Tablespoons olive oil  
¼ cup lime juice  
1 teaspoon lime zest  
1 cup low sodium chicken broth  
½ cup white wine vinegar  
1 teaspoon paprika  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper  
½ bunch cilantro chopped (½ cup)

##### *For sweet potato garlic fries*

3 small sweet potatoes, washed and cut into ½" fries  
2 teaspoons coconut oil  
2 cloves garlic, minced  
½ teaspoon organic sea salt  
½ teaspoon black pepper



# Nutrition Information

| Mojo Steak             |          | Serves: 4 |        |
|------------------------|----------|-----------|--------|
| Serving Size: 4 ounces |          |           |        |
| Calories               | 250 kcal | Fat       | 15 g   |
| Protein                | 24 g     | Saturated | 4 g    |
| Carbohydrate           | 2 g      | Sugar     | 1 g    |
| Sodium                 | 180 mg   | Calcium   | 4 %DV  |
| Fiber                  | 0 g      | Iron      | 10 %DV |
| Cholesterol            | 75 mg    |           |        |

| Pepper & Zucchini Kabobs            |          | Serves: 4 |         |
|-------------------------------------|----------|-----------|---------|
| Serving Size: 1 1/2 prepared kebabs |          |           |         |
| Calories                            | 127 kcal | Fat       | 6.1 g   |
| Protein                             | 4.4 g    | Saturated | 0.8 g   |
| Carbohydrate                        | 17 g     | Sugar     | 10.7 g  |
| Sodium                              | 122 mg   | Calcium   | 6 %DV   |
| Fiber                               | 5.2 g    | Iron      | 7.8 %DV |
| Cholesterol                         | 0 mg     |           |         |

| Avocado Dip           |          | Serves: 4 |         |
|-----------------------|----------|-----------|---------|
| Serving Size: 1/4 cup |          |           |         |
| Calories              | 125 kcal | Fat       | 10.3 g  |
| Protein               | 1.7 g    | Saturated | 1.4 g   |
| Carbohydrate          | 9.4 g    | Sugar     | 1 g     |
| Sodium                | 202 mg   | Calcium   | 1.8 %DV |
| Fiber                 | 4.9 g    | Iron      | 2.7 %DV |
| Cholesterol           | 0 mg     |           |         |

| Sriacha Salmon         |          | Serves: 4 |       |
|------------------------|----------|-----------|-------|
| Serving Size: 4 ounces |          |           |       |
| Calories               | 180 kcal | Fat       | 7 g   |
| Protein                | 25 g     | Saturated | 1.5 g |
| Carbohydrate           | 4 g      | Sugar     | 3 g   |
| Sodium                 | 170 mg   | Calcium   | 4 %DV |
| Fiber                  | 0 g      | Iron      | 4 %DV |
| Cholesterol            | 50 mg    |           |       |

| Peach Salsa              |          | Serves: 4 |       |
|--------------------------|----------|-----------|-------|
| Serving Size: 2 1/4 cups |          |           |       |
| Calories                 | 110 kcal | Fat       | 0 g   |
| Protein                  | 4 g      | Saturated | 0 g   |
| Carbohydrate             | 25 g     | Sugar     | 17 g  |
| Sodium                   | 65 mg    | Calcium   | 6 %DV |
| Fiber                    | 5 g      | Iron      | 6 %DV |
| Cholesterol              | 0 mg     |           |       |



| <b>Baked Sweet Potato</b>                               |          | <b>Serves: 4</b> |          |
|---|----------|------------------|----------|
| Serving Size: 1 sweet potato prepared (about 3/4 pound) |          |                  |          |
| Calories  | 336 kcal | Fat              | 3.9 g    |
| Protein   | 6.8 g    | Saturated        | 3.1 g    |
| Carbohydrate  | 70.5 g   | Sugar            | 22 g     |
| Sodium  | 369 mg   | Calcium          | 13 %DV   |
| Fiber   | 11.2 g   | Iron             | 13.1 %DV |
| Cholesterol   | 0 mg     |                  |          |

| <b>Grilled Steak Summer Succotash</b> |          | <b>Serves: 4</b> |          |
|---------------------------------------|----------|------------------|----------|
| Serving Size: 1 cup                   |          |                  |          |
| Calories                              | 443 kcal | Fat              | 29.3 g   |
| Protein                               | 33.2 g   | Saturated        | 9.4 g    |
| Carbohydrate                          | 11.7 g   | Sugar            | 7.1 g    |
| Sodium                                | 394 mg   | Calcium          | 4.7 %DV  |
| Fiber                                 | 3.2 g    | Iron             | 25.8 %DV |
| Cholesterol                           | 82 mg    |                  |          |

| <b>Roasted Beet Salad</b> |          | <b>Serves: 4</b> |         |
|---------------------------|----------|------------------|---------|
| Serving Size: 3/4 cup     |          |                  |         |
| Calories                  | 132 kcal | Fat              | 3.7 g   |
| Protein                   | 3.1 g    | Saturated        | 0.5 g   |
| Carbohydrate              | 22.7 g   | Sugar            | 16.9 g  |
| Sodium                    | 233 mg   | Calcium          | 4.5 %DV |
| Fiber                     | 5.5 g    | Iron             | 8.4 %DV |
| Cholesterol               | 0 mg     |                  |         |

| <b>Sausage Stuffed Zucchini</b>   |          | <b>Serves: 4</b> |          |
|-----------------------------------|----------|------------------|----------|
| Serving Size: 2 prepared zucchini |          |                  |          |
| Calories                          | 428 kcal | Fat              | 19.8 g   |
| Protein                           | 41.5 g   | Saturated        | 18 g     |
| Carbohydrate                      | 24 g     | Sugar            | 18.3 g   |
| Sodium                            | 177 mg   | Calcium          | 13 %DV   |
| Fiber                             | 7.5 g    | Iron             | 22.7 %DV |
| Cholesterol                       | 121 mg   |                  |          |

| <b>Avocado and Tomato Salad</b> |         | <b>Serves: 4</b> |         |
|---------------------------------|---------|------------------|---------|
| Serving Size: 1/4 cup           |         |                  |         |
| Calories                        | 84 kcal | Fat              | 7 g     |
| Protein                         | 1.2 g   | Saturated        | 1 g     |
| Carbohydrate                    | 5.9 g   | Sugar            | 1.9 g   |
| Sodium                          | 103 mg  | Calcium          | 1.2 %DV |
| Fiber                           | 3 g     | Iron             | 2.2 %DV |
| Cholesterol                     | 0 mg    |                  |         |

| <b>Peaches</b>                 |         | <b>Serves: 4</b> |       |
|--------------------------------|---------|------------------|-------|
| Serving Size: 1 peach (medium) |         |                  |       |
| Calories                       | 59 kcal | Fat              | 0 g   |
| Protein                        | 1 g     | Saturated        | 0 g   |
| Carbohydrate                   | 15 g    | Sugar            | 13 g  |
| Sodium                         | 0 mg    | Calcium          | 1 %DV |
| Fiber                          | 2 g     | Iron             | 2 %DV |
| Cholesterol                    | 0 mg    |                  |       |

| <b>Cilantro &amp; Lime Chicken</b>                      |          | <b>Serves: 4</b> |         |
|---|----------|------------------|---------|
| Serving Size: 1 cup prepared (about 5-6 ounces chicken) |          |                  |         |
| Calories  | 427 kcal | Fat              | 33.3 g  |
| Protein   | 28.7 g   | Saturated        | 8.4 g   |
| Carbohydrate  | 1.7 g    | Sugar            | 0 g     |
| Sodium  | 276 mg   | Calcium          | 1.7 %DV |
| Fiber   | 0 g      | Iron             | 6.9 %DV |
| Cholesterol   | 167 mg   |                  |         |

| <b>Sweet Potato Fries</b> |          | <b>Serves: 4</b> |         |
|---------------------------|----------|------------------|---------|
| Serving Size: 3/4 cup     |          |                  |         |
| Calories                  | 249 kcal | Fat              | 3.5 g   |
| Protein                   | 4 g      | Saturated        | 3 g     |
| Carbohydrate              | 51.3 g   | Sugar            | 10.7 g  |
| Sodium                    | 484 mg   | Calcium          | 7.7 %DV |
| Fiber                     | 7.7 g    | Iron             | 8.7 %DV |
| Cholesterol               | 0 mg     |                  |         |