

BREAKFASTS

Strawberry Cream Smoothie x 2  
Frozen Bliss Bowl x 2  
Egg Muffins

LUNCHES

Deconstructed Nacho Salad  
Grilled Vegetable Soup  
Tuna Salad  
Avocado Hummus  
Egg Salad

DINNERS

Turkey "Rice" Bowl  
Grilled Chicken  
Primavera Rice  
Bolognese  
Tuna Cakes

SNACK SUGGESTIONS

1 banana + 2 Tablespoons cashews  
1 hardboiled eggs + ¼ avocado  
1 cup pumpkin seeds + dried apricots  
2 Tablespoons almond butter  
2 Egg Muffins  
½ cup egg salad + ¼ avocado  
1 banana blended with 1 cup cold oat milk

PREP GUIDE:

- Freeze 4 cups strawberries
- Peel, slice and freeze 8 bananas
- Boil 15 eggs
- Grill vegetables
- Grill chicken thighs and legs
- Cook ground turkey
- Cauliflower Rice
- Prepare egg muffins
- 6 Tablespoons pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

**PREP DIRECTIONS**

\* \* GRILL VEGGIES & CHICKEN AT THE SAME TIME \* \*

**GRILLED VEGETABLES**

- ½ red onion (for the grill)
- 6 medium zucchini, ends trimmed & sliced lengthwise
- 1 pint whole grape tomatoes
- 2 red onions, cut in half
- 3 ears of corn (omit if Paleo)
- 2 Tablespoons olive oil

1. Pre-heat and rub ½ an onion on the hot grill to clean and flavor the grates.
2. Brush vegetables with olive oil.
3. Use tongs to place zucchini, onions (and corn if using) on grill (next to chicken).
4. Grill (flipping once to grill both sides) about 10 minutes (corn 15 minutes).
5. For tomatoes, place in grill safe container or make one with aluminum foil. Set on grill for 10 minutes.
6. If desired, divide into recipe quantities. Store in airtight container separately.

**GRILLED CHICKEN**

- 8 chicken thighs
- 8 chicken legs
- 3 Tablespoons olive oil
- 1 Tablespoon cumin
- 1 teaspoon red chili pepper flakes
- 2 Tablespoons Italian seasoning
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon Dijon mustard

1. Put chicken in a large zip bag and coat with olive oil and mustard.
2. Combine all spices together in a small bowl.
3. Shake spices in bag so all the chicken is covered.
4. Use tongs to place chicken pieces on grill (next to vegetables).
5. Cook chicken on medium high heat (turning every few minutes) until 165°F internal temperature, about 15 minutes.
6. Store in airtight container. Used for two meals.

**PREP DIRECTIONS (continued)**

**SEASONED GROUND TURKEY**

3 pounds lean ground turkey  
½ cup water  
2 teaspoons kosher salt  
2 teaspoons black pepper  
1 teaspoon chili powder  
1 teaspoon paprika  
2 Tablespoons dried oregano  
2 cloves garlic, pressed

1. Heat a large skillet over medium heat and add ground turkey and water.
2. Using a wooden spatula, break down the ground meat into small pieces.
3. Add garlic and all spices combining with turkey.
4. Cook for about 15 - 20 minutes, or until the turkey meat is no longer pink.
5. Allow to cool before storing for meals. If desired, divide into recipe portions before storing.

**CAULIFLOWER RICE**

2 heads cauliflower, cut into florets

1. Place florets in a food processor (in batches) and pulse until rice sized. Makes about 8 cups, refrigerate until needed.
2. To cook rice, simply sauté in a large skillet over medium heat in 1 teaspoon coconut oil.
3. Cover with a lid so the cauliflower steams a little. Cook for a total of 5-8 minutes.
4. Cool and store in fridge.

**BREAKFASTS**

**(1) Strawberry Cream Smoothie x 2**

2 cups unsweetened oat or almond milk  
½ cup raw unsalted cashews, soaked  
1 teaspoon natural vanilla extract  
Pinch of kosher or sea salt  
2 cups fresh strawberries, frozen

Place all ingredients in a blender and puree on high for thirty to sixty seconds. Drink immediately.

Smoothie: 287kcal, 6.2g protein, 26.5g Carb, 302mg Sodium, 5.1g Fiber, 0mg Cholesterol, 19.4g Fat, 3.4g Saturated, 10.7g Sugar, 26% Calcium, 20% Iron

**(2) Frozen Bliss Bowl x2**

4 (peeled) frozen bananas  
1 cup unsweetened oat or almond milk  
1 cup fresh strawberries, sliced  
½ cup walnuts

Place frozen bananas and milk into a high-speed blender. Puree until thick like ice cream. Transfer to bowls with a spoon if necessary. Top with fresh strawberry slices and walnut pieces.

Bowl: 342kcal, 10.1g protein, 38.8g Carb, 28mg Sodium, 6.4g Fiber, 0mg Cholesterol, 19.6g Fat, 1.2g Saturated, 21.3g Sugar, 9% Calcium, 9% Iron

**(3) Egg Muffins**

1 Tablespoon olive or coconut oil  
8 eggs  
1 Tablespoon water  
½ teaspoon kosher salt  
½ teaspoon black pepper  
2 green onions, chopped  
1 medium (raw) zucchini, chopped  
1 tomato, chopped  
1 cup cooked seasoned ground turkey (see prep)

1. Preheat oven to 375°F.
2. Grease 12-cup muffin tin with olive or coconut oil (use muffin tin liners for easy grab and go).
3. Crack eggs in a large bowl and whisk with water until frothy.
4. Season with salt and pepper.
5. Fold in remaining ingredients until blended.
6. Spoon the egg mixture into the muffin tin, filling them almost full (they will puff up while cooking).
7. Place in the oven and bake for 15 to 20 minutes. Remove and allow to cool slightly before serving or storing. Sealed tightly, these will keep for up to five days.

2 muffins: 312kcal, 32g protein, 5.8g Carb, 979mg Sodium, 1.1g Fiber, 397mg Cholesterol, 18.2g Fat, 5.8g Saturated, 3.1g Sugar, 6% Calcium, 24% Iron

## LUNCHES

### **(1) Deconstructed Nacho Salad**

1 head romaine lettuce, chopped  
¼ cup pantry dressing  
1 avocado, mashed  
½ teaspoon kosher salt  
½ lemon, juiced to yield 1 Tablespoon  
2 tomatoes, chopped  
2 medium grilled zucchini, chopped  
2 cups cooked seasoned ground turkey, heated  
2 green onions, chopped  
1 cup fresh Italian parsley leaves

Optional:

CLASSIC: 1 can (14oz) pinto beans

PALEO: ½ cup pumpkin seeds

1. Toss lettuce in your choice of pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)).
2. Layer lettuce on serving platter.
3. Toss avocado with lemon juice and salt.
4. Drop dollops of mashed avocado over lettuce.
5. Arrange the remaining ingredients on platter nacho style.

CLASSIC: 360kcal, 25.2g protein, 21.3g Carb, 1050mg Sodium, 8.1g Fiber, 81mg Cholesterol, 19.5g Fat, 5.2g Saturated, 7.3g Sugar, 8% Calcium, 34% Iron

PALEO: 416kcal, 27.2g protein, 17.7g Carb, 952mg Sodium, 7.3g Fiber, 81mg Cholesterol, 27.4g Fat, 6.7g Saturated, 7.1g Sugar, 6% Calcium, 45% Iron

### **(2) Grilled Vegetable Soup**

¼ cup olive or coconut oil  
2 garlic cloves  
½ cup fresh Italian Parsley, chopped  
1 pint grilled grape tomatoes (from prep)  
1 grilled red onion, chopped (from prep)  
2 grilled zucchini, chopped (from prep)  
2 ears grilled fresh corn, kernels removed (from prep, omit if Paleo)  
4 cups low sodium vegetable broth  
1 lemon, cut in quarters  
4 hard boiled eggs

1. Heat oil in 8 quart stock pot.
2. Add garlic and parsley, sautéing for a minute or so.
3. Add in tomatoes, red onion, zucchini, and corn. Stir to combine.
4. Pour in broth and bring to simmer until heated through.
5. Season with a squeeze of fresh lemon juice and black pepper.
6. Serve with one boiled egg per person.

2 cups soup: 190kcal, 5.5g protein, 32.9g Carb, 873mg Sodium, 8.1g Fiber, 0mg Cholesterol, 3.8g Fat, .8g Saturated, 10.5g Sugar, 7% Calcium, 26% Iron

**LUNCHES**

**(3) Tuna Salad**

- 2 (5 oz) cans solid white albacore tuna
- 1 lemon, juice to yield 2 Tablespoons
- 2 Tablespoons olive or coconut oil
- 1 teaspoon Dijon mustard
- 2 green onions, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon paprika
- ½ teaspoon black pepper

Serve with:

- 2 cucumbers, sliced
- 2 tomatoes, sliced thick
- 2 Tablespoons pumpkin seeds

Combine all ingredients in a medium bowl. Chill until ready to serve.

½ cup salad with cucumber slices and tomatoes:

234kcal, 23.3 protein, 10.8g Carb, 638mg Sodium, 2.4g Fiber, 36mg Cholesterol, 11.8g Fat, 7g Saturated, 4.7g Sugar, 4% Calcium, 13% Iron

**(4) Avocado Hummus**

- 2 medium grilled zucchini (from prep)
- 2 avocado, peeled, pit removed
- 2 Tablespoons olive oil
- 1 teaspoon lemon juice
- ½ teaspoon cumin
- 1 clove garlic, minced or pressed
- ½ cup tahini
- 1 teaspoon kosher salt

1. Trim the ends off the zucchini and cut into 4 pieces.
2. Add all ingredients to the bowl of a food processor or high-speed blender.
3. Puree on high until smooth.
4. Refrigerate for a few hours before serving.
5. Serve with sliced vegetables of choice.

½ cup hummus: 483kcal, 10.2 protein, 16.3g Carb, 613mg Sodium, 11.9g Fiber, 0mg Cholesterol, 46.8g Fat, 8.2g Saturated, 2.3g Sugar, 2% Calcium, 16% Iron

**LUNCHES**

**(5) No Mayo Egg Salad**

*For salad*

- 11 hard boiled eggs
- 1 pint grape tomatoes, cut in half
- 2 green onions, chopped (whites and green)
- 1 head romaine lettuce, chopped
- 2 cucumbers, cut into ½" rounds

*For dressing*

- ½ teaspoon Dijon or yellow mustard
- ¼ cup olive or coconut oil
- ½ teaspoon paprika
- 2 Tablespoons white wine vinegar
- 1 teaspoon kosher salt

1. Whisk dressing ingredients together until smooth.
2. With a fork, mash eggs in a medium bowl.
3. Mix eggs and green onions with 2 Tablespoons dressing.
4. Toss romaine in remaining dressing and divide into serving bowls.
5. Place a ⅓ cup scoop of egg salad, ¼ cup tomatoes and 5-6 cucumber rounds over romaine.
6. Save 1 cup of egg salad for tomorrow's afternoon snack.

240 kcal, 11g Protein, 29g Carb, 180mg Sodium, 10g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 1g Sugar, 8% Calcium, 15% Iron

**DINNERS**

**(1) Turkey “Rice” Bowls**

- 1 head romaine lettuce, chopped
- ½ red onion, finely chopped
- 2 green onions, chopped
- 2 cups seasoned ground turkey, cooked
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon kosher salt
- 2 cups cauliflower rice (see prep)

1. In a medium bowl, toss together cauliflower rice, chili, cumin, oregano and salt. If desired heat, otherwise serve room temp.
2. Toss lettuce gently with dressing.
3. Layer bowls with lettuce, onions, turkey, and seasoned cauliflower rice.

*For dressing*

- 1 lemon to yield 2 Tablespoons juice
- 2 Tablespoon olive or coconut oil
- ¼ cup chopped Italian parsley (¼ bunch)
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- Dash of organic sea salt
- Dash of black pepper

Whisk together all ingredients. Chill until ready to serve.

241 kcal, 31.8g Protein, 4.2g Carb, 424mg Sodium, 1.2g Fiber, 116mg Cholesterol, 12.8g Fat, 2.1g Saturated, 1.4g Sugar, 4% Calcium, 24% Iron

**(2) Grilled Chicken**

See prep guide for recipe and directions.

Serve with 3 ears grilled corn, cut from the cob & cucumber salad.

- 2 cucumbers, peeled and sliced into half moons
- 2 Tablespoons white wine vinegar
- 1 Tablespoon chopped parsley
- ¼ teaspoon red chili pepper flakes
- salt and pepper to taste

Combine all ingredients in a medium bowl and chill until ready to serve.

415 kcal, 47g Protein, 12.5g Carb, 248mg Sodium, 3.2g Fiber, 182mg Cholesterol, 20.5g Fat, 5.5g Saturated, 6.4g Sugar, 5% Calcium, 16% Iron



**DINNERS**

**(3) Primavera Rice**

- ½ teaspoon dried oregano
- 2 garlic cloves
- 1 grilled red onion, finely chopped (from prep)
- 2 medium grilled zucchini, sliced (from prep)
- 1 ear grilled fresh corn, kernels removed (from prep, omit if Paleo)
- 4 cups cauliflower rice (see prep)
- 2 tomatoes, chopped
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

Toppings

- 1 avocado, pitted and sliced
- ½ cup pumpkin seeds

Combine all ingredients in a large bowl until well blended. Serve cold with avocado slices & pumpkin seeds on top.

302 kcal, 10.7g Protein, 29.2g Carb, 412mg Sodium, 9.8g Fiber, 0mg Cholesterol, 18.5g Fat, 3.7g Saturated, 9.2g Sugar, 6% Calcium, 23% Iron

**(4) Bolognese**

- 1 Tablespoon olive oil
- 1 medium red onion
- 6 ounces tomato paste
- 2 cups seasoned ground turkey (see prep)
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 2 cups chicken or vegetable broth
- 1 lemon, juiced
- 2 cups cauliflower rice (see prep guide)

1. Heat olive oil in medium skillet. Sauté onions for two minutes.
2. Stir in tomato paste and cook until color of paste darkens slightly.
3. Add seasoned turkey, salt and pepper. Heat through.
4. Pour in broth and lemon juice.
5. Simmer for five minutes.
6. Serve over cauliflower rice or leftover grilled zucchini.

Sauce: 302 kcal, 33.4g Protein, 12.2g Carb, 746mg Sodium, 2.8g Fiber, 116mg Cholesterol, 16.2g Fat, 2.6g Saturated, 6.7g Sugar, 4% Calcium, 21% Iron

**DINNERS**

**(5) Tuna Cakes**

2 (5 oz) cans solid white albacore tuna

1 egg

½ cup almond flour

2 green onions, chopped

2 teaspoons Dijon mustard

1 teaspoon hot sauce

1 lemon, juiced

½ teaspoon kosher salt

1 teaspoon black pepper

2 Tablespoons coconut oil for sautéing

*For salad*

1 head of romaine, chopped

2 Tablespoons pantry dressing

1. Drain tuna and add to a medium mixing bowl.
2. Add remaining ingredients to combine. It's best to use clean hands to mix.
3. Divide into four balls and flatten into patties (or 8 smaller if preferred).
4. Heat coconut oil in skillet on medium-high.
5. Place patties in pan and brown about 3-4 minutes on each side.
6. Serve with simple romaine salad.

Tuna cakes: 236 kcal, 21.4 Protein, 3g Carb, 403mg Sodium, 1.2g Fiber, 63mg Cholesterol, 15.5g Fat, 7.5g Saturated, .8g Sugar, 2% Calcium, 7% Iron

Balsamic Dressing: 56 kcal, 2g Protein, 6.6g Carb, 166mg Sodium, 0g Fiber, 0mg Cholesterol, 3.4g Fat, .3g Saturated, 2.9g Sugar, 0% Calcium, 0% Iron

Meat & Seafood	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
lean ground turkey	3 pounds	1.5 pounds	3/4 pound	\$13.50	
white albacore tuna	4 (5 oz) cans	2 (5 oz) cans	1 (5 oz) can	\$12.00	
chicken thighs	8	4	2	\$5.00	
chicken legs	8	4	2	\$5.00	

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
zucchini	10 medium	5 medium	3 medium	\$9.00	
grape tomatoes	2 pints	1 pint	1/2 pint	\$6.00	
red onion	4	2	1	\$4.00	
corn (omit for Paleo)	6 ears	3 ears	2 ear	\$3.00	
cauliflower	2 heads	1 head	1 small head	\$3.00	<i>need 8 cups cauliflower rice</i>
strawberries	1-1/2 pounds	3/4 pound	1/2 pound	\$6.00	<i>about 3 pints - need 6 cups</i>
bananas	8	4	2	\$4.00	<i>plus some for snacks</i>
green onions	12	10	6	\$2.00	
tomato	7	4 medium	4 small	\$3.50	
romaine	4 heads	2 heads	1 head	\$8.00	
avocado	4 medium	3.00	2.00	\$6.00	<i>plus some for snacks</i>
lemon	6	3	2	\$3.00	<i>plus some for water</i>
fresh parsley	2 bunches	1 bunch	1 small bunch	\$3.00	
cucumbers	6 medium	3 medium	2 medium	\$6.00	<i>plus some for water</i>

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
eggs	2 dozen	1 dozen	1/2 dozen	\$8.00	
hot sauce	1 teaspoon	1/2 teaspoon	1/4 teaspoon	\$1.00	
almond flour	1/2 cup	1/4 cup	2 Tablespoons	\$2.00	
Italian seasoning	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	\$1.00	
oat or almond milk	6 cups (48 fl oz)	3 cups (24 fl oz)	1.5 cups (12 fl oz)	\$7.00	<i>unsweetened</i>
unsalted cashews	1 cup	1/2 cup	1/4 cup	\$7.00	
natural vanilla extract	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	
walnuts	1 cup	1/2 cup	1/4 cup	\$7.00	<i>plus some for snacks</i>
pinto beans (omit if Paleo)	1 (14 oz) can	1 (14 oz) can	1 (14 oz) can	\$1.50	<i>optional</i>
pumpkin seeds	2/3 cup	1/3 cup	3 Tablespoons	\$3.00	
tahini	1/2 cup	1/4 cup	2 Tablespoons	\$3.00	

**PANTRY INGREDIENTS**

olive oil	1-1/4 cups	2/3 cup	1/3 cup		
coconut oil	2 Tablespoons	1 Tablespoons	1/2 Tablespoon		
balsamic vinegar					
white wine vinegar	2 Tablespoons	1 Tablespoons	1/2 Tablespoon		
chicken or vegetable broth	6 cups (48 fl oz)	3 cups (24 fl oz)	1.5 cups (12 fl oz)		low sodium
garlic cloves	7 cloves	4 cloves	2 cloves		
organic sea salt	10 teaspoons	5 teaspoons	2.5 teaspoons		
black pepper	7 teaspoons	3.5 teaspoons	2 teaspoons		
chili powder	3 teaspoons	1-1/2 teaspoons	1 teaspoon		
paprika	2 teaspoons	1 teaspoon	1/2 teaspoon		
dried oregano	7 teaspoons	3.5 teaspoons	2 teaspoons		
herbes de provence					
ground cumin	5 teaspoons	2.5 teaspoons	1.5 teaspoons		
red chili flakes	2 teaspoons	1 teaspoon	1/2 teaspoon		
organic tomato paste	6 ounces	3 ounces	1.5 ounces		
Dijon mustard	4 teaspoons	2 teaspoons	1 teaspoon		
low sodium soy sauce					