

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 egg + ¼ avocado
1 cup pumpkin seeds + dried apricots
2 Tablespoons almond butter
2 Egg Muffins
½ cup egg salad + ¼ avocado
1 banana + one cup cold oat milk

PREP GUIDE:

- Freeze 1 cup strawberries
- Peel, slice and freeze 2 bananas
- Boil 4 eggs
- Grill vegetables
- Grill chicken thighs and legs
- Cook ground turkey
- Cauliflower Rice
- Prepare egg muffins
- 2 Tablespoons pantry dressing
(www.thefresh20.com/pantrydressings)

PREP DIRECTIONS

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

GRILLED VEGETABLES

2 medium zucchini, sliced lengthwise
½ cup whole grape tomatoes
½ red onion
2 ears of corn (omit if Paleo)
½ Tablespoon olive oil

1. Pre-heat grill (optional: 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 and store separately.

GRILLED CHICKEN (Used for two meals)

2 chicken thighs
2 chicken legs
2 teaspoons olive oil
¾ teaspoon cumin
¼ teaspoon red chili pepper flakes
½ Tablespoon Italian seasoning
¼ teaspoon kosher salt
¼ teaspoon black pepper
optional: ¼ 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. Store in airtight container.

PREP DIRECTIONS (continued)

SEASONED GROUND TURKEY

¾ pound lean ground turkey
2 Tablespoons water
½ teaspoon kosher salt
½ teaspoon black pepper
¼ teaspoon chili powder
¼ teaspoon paprika
½ Tablespoon dried oregano
½ clove garlic, pressed

1. Heat a 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

1 small head cauliflower, cut into florets
(sub 2 cups premade cauliflower rice, in produce department or frozen vegetable aisle)

1. Place florets in a food processor (in batches) and pulse until rice sized. Makes about 2 cups, refrigerate until needed.
2. To cook rice, simply sauté in a large skillet over medium heat in ½ teaspoon coconut oil.
3. Cover with a lid so the cauliflower steams a little. Cook for a total of 4-5 minutes.
4. Cool and store in fridge.

BREAKFASTS

(1) Strawberry Cream Smoothie x 2

- ½ cup unsweetened oat or almond milk
- 2 Tablespoons raw unsalted cashews, soaked
- ¼ teaspoon natural vanilla extract
- Pinch of kosher or sea salt
- ½ cup 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

- 1 (peeled) frozen banana
- 1/3 cup unsweetened oat or almond milk
- ¼ cup fresh strawberries, sliced
- 2 Tablespoons walnuts

Place frozen bananas and milk into a high-speed blender. Puree until thick like ice cream. Transfer to a bowl and 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

- ¾ teaspoon olive or coconut oil
- 2 eggs
- 1 teaspoon water
- ½ teaspoon kosher salt
- ⅛ teaspoon black pepper
- 1 green onion, chopped
- ¼ medium (raw) zucchini, chopped
- 1 small tomato, chopped
- ¼ cup cooked seasoned ground turkey (see prep)

1. Preheat oven to 375°F.
2. Grease 3-cup muffin tin with olive or coconut oil (use muffin tin liners for easy grab and go).
3. Crack eggs in a 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

- ¼ head romaine lettuce, chopped (1 cup)
- 1 Tablespoon pantry dressing
- ¼ avocado, mashed
- ⅛ teaspoon kosher salt
- ¾ teaspoon lemon juice
- 1 small tomato, chopped
- ½ medium grilled zucchini, chopped
- ½ cup cooked seasoned ground turkey, heated
- 1 green onion, chopped
- ¼ cup fresh Italian parsley

Optional:

CLASSIC: ¼ can (14oz) pinto beans

PALEO: 2 Tablespoons pumpkin seeds

1. Toss lettuce in your choice of pantry dressing (www.thefresh20.com/pantrydressings).
2. Layer lettuce on serving plate.
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

- 1 Tablespoon olive or coconut oil
- ½ garlic clove
- 2 Tablespoons fresh Italian Parsley, chopped
- ½ cup grilled grape tomatoes (from prep)
- ¼ grilled red onion, chopped (from prep)
- 1 grilled zucchini, chopped (from prep)
- ½ ear grilled fresh corn, kernels removed (from prep, omit if Paleo)
- 1 cup low sodium vegetable broth
- 1 lemon wedge

1. Heat oil in small stock pot.
2. Add garlic and parsley, sautéing for a minute or so.
3. Add in tomatoes, red onion, zucchini, and (if using) 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 hard boiled egg.

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

- ½ (5 oz) can solid white albacore tuna
- ½ Tablespoon lemon juice
- ½ Tablespoon olive or coconut oil
- ¼ teaspoon Dijon mustard
- 1 green onion, chopped
- ⅛ teaspoon kosher salt
- ⅛ teaspoon paprika
- ⅛ teaspoon black pepper

Serve with:

- ½ cucumber, sliced
- 1 small tomato, sliced thick
- ½ Tablespoon pumpkin seeds

Combine all ingredients in a serving 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

- ½ medium grilled zucchini (from prep)
- ½ avocado, peeled, pit removed
- ½ Tablespoon olive oil
- ¼ teaspoon lemon juice
- ⅛ teaspoon cumin
- ½ clove garlic, minced or pressed
- 2 Tablespoons tahini
- ¼ teaspoon kosher salt

1. Trim the ends off the zucchini and cut into 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

- 2 hardboiled eggs
- ½ cup grape tomatoes, cut in half
- 1 green onion, chopped (whites and green)
- ¼ head romaine lettuce, chopped (1 cup)
- ½ cucumber, cut into ½" rounds

For dressing

- ⅛ teaspoon Dijon or yellow mustard
- 1 Tablespoon olive or coconut oil
- ⅛ teaspoon paprika
- ½ Tablespoon white wine vinegar
- ¼ 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 ½ Tablespoon dressing.
4. Toss romaine in remaining dressing and divide into serving bowls.
5. Place a scoop of egg salad, tomatoes, and cucumber rounds over romaine.

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

¼ head romaine lettuce, chopped (1 cup)
2 Tablespoons finely diced red onion
1 green onion, chopped
½ cup seasoned ground turkey, cooked
¼ teaspoon chili powder
¼ teaspoon ground cumin
⅛ teaspoon dried oregano
⅛ teaspoon kosher salt
½ cup cauliflower rice (see prep)

1. In a small 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 teaspoons juice
¾ teaspoon olive or coconut oil
1 Tablespoon chopped Italian parsley
Pinch of cumin
Pinch of chili powder
Pinch of organic sea salt
Pinch 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 ½ ear grilled corn and cucumber slices.

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

- ¼ teaspoon dried oregano
- ½ garlic clove
- ¼ grilled onion, finely chopped (from prep)
- ½ medium grilled zucchini, sliced (from prep)
- ½ ear grilled fresh corn, kernels removed (from prep, omit if Paleo)
- 1 cup cauliflower rice (see prep)
- 1 small tomato, chopped
- ¼ teaspoon kosher salt
- ¼ 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

- ¾ teaspoon olive oil
- ¼ medium red onion
- 1½ ounces tomato paste
- ½ cup seasoned ground turkey (see prep)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ cup chicken or vegetable broth
- 2 teaspoons lemon juice
- ½ cup cauliflower rice (see prep)

1. Heat olive oil in medium skillet. Sauté onions for one minute.
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

- ½ (5 oz) can solid white albacore tuna
- 1 egg white
- 2 Tablespoons almond flour
- 1 green onion, chopped
- ½ teaspoon Dijon mustard
- ¼ teaspoon hot sauce
- 2 teaspoons lemon juice
- ⅛ teaspoon kosher salt
- ¼ teaspoon black pepper

½ Tablespoon coconut oil for sautéing

For salad

- ¼ head of romaine, chopped (1 cup)
- ½ Tablespoon pantry dressing

1. Drain tuna and add to a mixing bowl.
2. Add remaining ingredients to combine. It's best to use clean hands to mix.
3. Form mixture in a ball and flatten into a patty (or 2 smaller if preferred).
4. Heat coconut oil in skillet on medium-high.
5. Place patty 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					