

PREP AHEAD OF TIME

**Grilled Chicken**

- 2 pounds chicken breasts (about 4-5)
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon oregano
- 2 Tablespoons olive oil

Slice chicken breast in half, length wise to form thin, long, 1" pieces. Preheat an outdoor grill or indoor grill pan. Combine seasonings until well blended. Lightly coat chicken with oil and dust with seasoning. Arrange chicken on grill or pan. Do not crowd. Grill each side for 5-7 minutes before flipping. Time will really depend on how thin you slice your chicken breast. Chicken is done when no pink is visible in center.

Reserve 4 breast pieces in an airtight container for Bruschetta night. Chop the rest of the chicken and store for Alfredo night.

**Cut Carrot and Celery Sticks**

- 4 carrots, peeled and cut into 2-inch spears
- 4 celery stalks, cut into 2-inch spears

**Marinate Cucumbers**

- 2 English cucumber,  
peeled & thinly sliced lengthwise to form long ribbons
- 3 Tablespoons rice wine vinegar
- ½ teaspoon salt
- 2 Tablespoons water

Marinate cucumber slices in vinegar, salt and water. Place in airtight container and refrigerate until ready to use.

MENU:

**MONDAY**

- No Meat Monday!
- Black Bean Soup  
w/ Simple Salad

**TUESDAY**

- Bruschetta Platter
- Grilled Chicken
- Fresh Strawberries

**WEDNESDAY**

- Sweet Ginger Pork Chops
- Braised Collards
- Marinated Cucumber

**THURSDAY**

- Chicken Mushroom Alfredo
- Basil and Strawberry Salad

**FRIDAY**

- Cuban Pork Sandwich
- Carrot and Celery Sticks



May 6th

# Shopping List

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	chicken breast	2 pounds	about 4 organic breasts	18
	pork loin chops	8	2" thick, bonless	16
	low sodium ham (optional)	1 thick slice	ask deli to cut you a 1" slice	4

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	avocado	one half	use other half for salad	1
	green leaf lettuce	1 head		2
	English cucumber	2 medium		2
	red bell pepper	2		2
	tomato	6 roma		4
	collard greens	2 bunches	to yield 4-5 cups chopped	4
	mushrooms	16 oz		3
	fresh ginger	1 Tablespoon		1
	fresh basil	1 bunch		2
	fresh thyme	1 bunch		2
	strawberries	2 pints		6
	navel oranges	2 large		2
	carrots	4 medium		2

Got it!	Dairy	Quantity	Notes	Est Cost
	swiss cheese	8 slices	from deli	2
	half and half	1/2 cup		2

Got it!	Bakery	Quantity	Notes	Est Cost
	whole wheat baguette	1 (20")	from bakery	2
	egg noodles	12 oz		3

Fresh 20 Grocery Est      80  
 Cost Per Dinner      16  
 Cost Per Serving      4

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	extra virgin olive oil	3/4 cup	chicken broth (or vegetable)	28 oz.
	garlic	2 cloves	black beans	3-14oz cans
	onions	1 medium red	Dijon mustard	1/4 cup
	dried oregano	1 teaspoon	balsamic vinegar	1+ Tablespoon
	cumin	3/4 teasppon	whole wheat flour	1 Tablespoon
	sea salt	2-1/2 teaspoons	pantry dressings	1/4 cup
	black pepper	1 teaspoon	soy sauce, reduced sodium	1 teaspoon
	red chili flakes/powder	1/2 teaspoon	natural brown sugar	2 Tablespoons
			rice wine vinegar	3 Tablespoons

## BLACK BEAN SOUP w/ simple salad

*Dinner doesn't get much easier than this soup and salad combination.*

### INSTRUCTIONS:

Combine beans, tomatoes, water, cumin and black pepper in blender or food processor until liquefied.

Pour into stockpot and simmer on medium-low heat for 5 minutes.

Add thyme. If desired, add ham and heat through.

Divide between bowls. (1 cup kids, 2 cups adults)

Garnish with chopped tomatoes, red onion and avocado.

Serve soup with tossed simple salad w/ cucumber.

### INGREDIENTS

28oz prepared black beans, rinsed and drained

1 tomato, cut in half

1 cup water

½ teaspoon cumin

½ teaspoon black pepper

1 teaspoon fresh thyme

#### Optional:

1 cup lean, low sodium ham, diced

#### Garnish:

½ avocado, pitted and diced

1 tomato chopped

¼ red onion, finely chopped

#### Salad:

1 head green leaf lettuce, chopped

1 cucumber, sliced

Misc vegetables on hand in fridge.

¼ cup pantry dressing

[www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

# BRUSCHETTA PLATTER

w/ grilled chicken

## INSTRUCTIONS:

Preheat oven to 375° F.

Brush bread with tablespoon of olive oil on one side of each slice.  
Toast in oven for 5 minutes, depending on desired crunchiness.

### *For bruschetta topping*

Toss all the ingredients together in a bowl. Refrigerate for at least 15-20 minutes before serving.

### *For black bean topping*

Combine beans, vinegar, cayenne, bell pepper and olive oil.

Serve bread on a platter with the bowl of bruschetta & the black bean topping with the fresh strawberries in another bowl on the side.

Serve chicken on each individual plate and let everyone build their own bruschetta.

## INGREDIENTS

½ loaf of whole wheat bakery baguette, sliced crosswise into about twenty ½" pieces

1 Tablespoon of olive oil

### *For bruschetta topping:*

4 tomatoes, chopped

1 garlic clove, minced

¼ cup of basil leaves, chopped

¼ cup of olive oil

½ teaspoon of salt

### *For bean topping:*

14 oz can black beans, rinsed and drained

1 Tablespoon rice wine vinegar

1/8 teaspoon cayenne

1 bell pepper, finely chopped

1 teaspoon olive oil

4 grilled chicken breasts

12 fresh strawberries (1 pint)

## INSTRUCTIONS:

Pour 1 Tablespoon olive oil in a large skillet over medium heat. Add the onions and sauté until softened for about 5 minutes. Remove onions and set aside. Do not rinse skillet. Heat 1 Tablespoon olive oil in skillet. There may still be some bits and pieces from the onions. That's okay. Season pork chops with salt and black pepper.

Once oil is hot, place chops into skillet, browning on one side for 4 minutes before flipping. Cook for an additional 3 minutes. Cover and remove from heat. The pork will continue to cook once covered. Let pork chops sit for 5 minutes before removing lid or foil. Reserve 4 pieces of pork for another dinner.

While pork is resting, add reserved onions, chicken stock, fresh ginger, cayenne and brown sugar to the pan drippings. Combine well and heat through. Pour liquid over pork before serving.

### *For greens:*

Sauté onion in olive oil for a minute over medium heat. Add bell peppers and sauté for 2-3 minutes. Add cumin and stir to coat.

Once the vegetables soften, add salt, cayenne. Allow flavors to combine for a minute. Add stock and bring to boil. Add collards, stir to coat greens. Cover with lid, lower heat to medium-low, and cook for 15 minutes.

### *For marinated cucumber:*

Combine cucumber slices with vinegar, salt and water. Chill for at least 15 minutes. Reserve a 1 cup for Cuban sandwiches.

## INGREDIENTS

2 Tablespoons olive oil (divided in half)

½ red onion, minced

¾ teaspoon salt

½ teaspoon black pepper

8 pork loin chops (2" thick, boneless)  
 \*\*\*Half of pork is reserved for another recipe

1 cup chicken or vegetable stock

1 Tablespoon fresh ginger, grated

1/8 teaspoon cayenne

1 Tablespoon natural brown sugar

### *For braised greens:*

1 Tablespoon of olive oil

½ red onion, chopped

1 bell pepper, chopped

¼ teaspoon of cumin

½ teaspoon of salt

¼ teaspoon of cayenne

1 ½ cups of chicken or vegetable stock

2 bunches collard(or mustard) greens,  
 chopped to yield 5 cups

### *For marinated cucumber:*

2 English cucumber, peeled & thinly  
 sliced lengthwise to form long ribbons

3 Tablespoons rice wine vinegar

½ teaspoon salt

2 Tablespoons water

## CHICKEN MUSHROOM ALFREDO w/ strawberry basil salad

### INSTRUCTIONS

Boil water for pasta. Cook egg noodles as instructed on package. Drain; do not rinse.

#### *For mushroom alfredo sauce*

Heat olive oil in a medium-sized pan. Add garlic and heat through for a few seconds before adding mushrooms in pan. Sauté garlic and mushrooms for 2-3 minutes. Sprinkle salt to pan and sauté for another minute. Add flour and stir to coat through. Allow the flour to cook for 2 minutes. Add half and half, stirring to mix through. Add thyme to sauce.

For each serving, ladle sauce over noodles. Top with warm grilled chicken. Serve with parsley leaves on top, if desired.

#### *For strawberry basil salad*

Whisk together balsamic vinegar, olive oil, honey, and salt. Toss strawberries and basil with dressing. Serve salad alongside pasta.

- Dairy Free version:  
Substitute vegetable stock for half and half.  
Use rice noodles instead of egg noodles.

### INGREDIENTS

2 cups chicken, diced & warmed

12oz egg noodles

#### *For mushroom alfredo sauce*

1 ½ Tablespoons olive oil

1 clove garlic, minced

2 cups mushrooms, sliced

¼ teaspoon salt

2 Tablespoons flour

½ cup half and half (nonfat)

1 cup vegetable stock

1 teaspoon of fresh thyme, chopped

#### *For strawberry basil salad*

1 ¼ tablespoons of balsamic vinegar

1 Tablespoon of olive oil

1 Tablespoon of brown sugar (or honey)

1/8 teaspoon of salt

2 cups of fresh strawberries, sliced

¼ cup of basil leaves, shredded

## INSTRUCTIONS

Ahead of time:

Marinate cucumber slices in vinegar, salt and water. Place in airtight container and refrigerate until ready to use.

Preheat broiler.

Slice bread into two equal pieces and then slice in half length-wise so you have 4 long pieces. Spread mustard on each piece. Spread  $\frac{1}{4}$  cup black beans on each piece. Layer pork on top of black beans, followed by marinated cucumbers. Layer Swiss cheese across the top of each sandwich.

Place all 4 sandwiches on baking sheet under broiler until cheese melts, about 3-5 minutes.

Slice each open face sandwich in half. Serve with carrot and celery sticks and orange slices for tasty garnish.

## INGREDIENTS

1/2 loaf of fresh 20" wheat baguette

1 cup prepared black beans (leftover)

$\frac{1}{4}$  cup of Dijon mustard

2 cups shredded pork (leftover from previous dinner)

8 slices of Swiss cheese

1  $\frac{1}{2}$  tablespoons of olive oil

Leftover marinated cucumber

*Sides:*

4 carrots, cut into sticks

2 navel oranges, cut into slices for garnish