



CLASSIC FEBRUARY 17th

PREP AHEAD OF TIME

Chimichurri Sauce

5 Tablespoons finely chopped parsley
½ cup olive oil
1 ¼ teaspoons kosher salt
2 cloves garlic, pressed
1 teaspoon red pepper flakes (reduce amount if preferred)

1. Combine parsley, olive oil, salt, garlic and red pepper flakes in air tight container. Cover and refrigerate for up to 3 days.

Par-baked Potatoes

6 large Russet potatoes, peeled (or well scrubbed, if prefer skin on)

1. Preheat oven to 425°F.
2. Using a fork, pierce the skin of each potato a few times all over.
3. Place potatoes on a baking sheet and bake for 25-30 minutes. Remove from the oven and set aside to cool. Once cool, store potatoes in the refrigerator for use later in the week.

MENU

MONDAY ①

Chimichurri Steak
Steamed Potato Rounds
Broccoli Side Salad

TUESDAY ②

Oven Baked Fish Sticks
Steamed Carrots
Couscous

WEDNESDAY ③

Honey Mustard Chicken Drumsticks
Oven-Roasted French Fries

THURSDAY ④

Flank Steak
Thai Peanut Noodles
Fresh Asian Pear Wedges

FRIDAY ⑤

Crustless Broccoli Cheese Quiche
Tri-Color Pepper Salad



DATE: February 17th

Classic Shopping List

1-Chimichurri Steak, 2-Baked Fish Sticks, 3-Honey Mustard Chicken Legs, 4-Flank Steak & Thai Noodles, 5-Crustless Broccoli Quiche

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	flank steak	2 pounds		18
3	chicken legs	8		8
2	cod	1-1/2 pounds	sub: 1 pound chicken tenders	12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2, 5	broccoli	1 head		2
1, 4	carrots	4		2
4, 5	red/yellow bell peppers	3		3
4, 5	green bell peppers	2		2
1, 4	green onions	1 bunch		1.5
1, 3	Russet potatoes	6		3
1, 3, 5	parsley	1 bunch	to yield 9 Tablespoons	1.5
4	Asian pears	3		4
5	red onion	1/2		1

Recipe #	Dairy	Quantity	Notes	Est Cost
5	raw milk cheddar cheese	4 ounces		3
5	butter	1/2 Tablespoon	organic recommended	1
5	nonfat milk	1/2 cup	organic recommended	1
2, 5	eggs	8	organic recommended	3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	panko bread crumbs	2-1/2 cups		3
4	peanut butter	2 Tablespoons		3
5	black beans	1 15-oz. can		1
2	couscous	1 cup	check bulk bin	2

Fresh 20 Grocery Est	75
Cost Per Dinner	15
Cost Per Serving	3.75

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	15 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil	1-1/2 Tablespoons	red pepper flakes	1-1/3 Tbsp
	balsamic vinegar		ground cumin	1/2 teaspoon
	white wine vinegar	2-1/2 teaspoons	raw honey	5 Tablespoons
	chicken/vegetable broth	3/4 cup	organic tomato paste	
	garlic	2 cloves	Dijon mustard	3 Tablespoons
	kosher salt	5 1/2 teaspoons	low sodium soy sauce	
	black pepper	2-1/4 teaspoons	pasta (spaghetti)	10 ounces
	cayenne pepper	1 teaspoon	long grain brown rice	
	paprika	1 1/8 teaspoons	pantry dressing	1/4 cup

CHIMICHURRI STEAK

steamed potato rounds and broccoli side salad

DIRECTIONS

Made Ahead

- Chimichurri
- Par-baked Potatoes (3)

For chimichurri steak

1. Rinse and pat steak with a paper towel. Sprinkle with black pepper.
2. Heat large, dry skillet on medium-high. Spoon enough chimichurri sauce onto bottom of skillet to accommodate size of steak. Lay steak over the sauce and cook for 8 minutes before flipping to other side. Note: When you flip, make sure the spatula gets under the chimichurri crust so that it remains intact with one side of the steak.
3. Cook an additional 5-6 minutes until the inside is pale pink (medium).
4. Remove from pan and transfer to serving platter. Tent with foil until ready to serve. Set aside half of steak and store this portion in an airtight container to be served on Thursday.

For steamed potato rounds

1. Slice potatoes into rounds.
2. Bring broth to a simmer on stovetop. Add potatoes and seasonings and cover.
3. Cook for 10 minutes until potatoes are fork tender. If desired, you can toss potatoes in any extra chimichurri sauce.

For broccoli side salad

1. Toss broccoli florets and green onions with pantry dressing. Top with any leftover fresh herbs in the fridge.
2. Sprinkle with black pepper.

INGREDIENTS

For chimichurri steak

- 2 pounds beef flank steak
- $\frac{1}{2}$ teaspoon black pepper
- Chimchurri, already made

For steamed potato rounds

- 3 par-baked potatoes, already made
- $\frac{1}{2}$ cup chicken broth or water
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper

For broccoli side salad

- $\frac{1}{2}$ head broccoli, chopped into florets
- 2 stalks green onions, chopped crosswise
- $\frac{1}{4}$ cup pantry dressing (www.thefresh20.com/pantrydressings)
- Black pepper to taste



OVEN-BAKED FISH STICKS

steamed carrots and couscous

DIRECTIONS

For oven-baked fish sticks

1. Preheat oven to 375°F.
2. Brush a non-stick baking sheet (9x13) with olive oil.
3. In a shallow bowl, combine the panko crumbs, salt, cayenne, and black pepper.
4. Beat eggs and water (or milk) together in a medium bowl.
5. Dip fish pieces in liquid and then roll in crumb mixture.
6. Place fish sticks on oiled baking sheet.
7. Bake at 375° for 10-15 minutes, or until fish flakes easily with a fork. (Cooking time for alternative chicken nuggets is 15-18 minutes.)

For steamed carrots

1. Combine carrots and seasonings and heat in small pot over medium-high heat on stovetop or in microwave bowl for 3-4 minutes with 1/3 cup water.

For couscous

1. Bring 3 cups water to a boil.
2. Add in oil. Pour in couscous and stir to prevent lumps. Remove from heat and let sit for five minutes.
3. Fluff with a fork, and season with cayenne and salt.

INGREDIENTS

For oven-baked fish sticks

Olive oil (for prepping pan)
2 ½ cups panko crumbs
½ teaspoon kosher salt
¼ teaspoon cayenne pepper
¼ teaspoon black pepper
2 large eggs
1 cup water (or nonfat milk if in fridge)
1 ½ pounds cod or tilapia fillets, cut into long strips for fish sticks
(Or 1 pound chicken tenders cut into 1-inch nuggets)

For steamed carrots

3 medium carrots, chopped into sticks
¼ teaspoon kosher salt
1/8 teaspoon cayenne pepper
1/3 cup water

For couscous

3 cups water
1 Tablespoon olive oil
1 cup dry couscous
¼ teaspoon cayenne pepper
¼ teaspoon kosher salt



HONEY MUSTARD CHICKEN DRUMSTICKS

oven-roasted French fries

DIRECTIONS

Made Ahead

- Parbaked Potatoes (3)

For honey mustard chicken drumsticks

1. Preheat oven to 350 ° F.
2. Sprinkle chicken legs with salt and pepper, and place in a lightly greased 9x13 inch baking dish.
3. In a small bowl, combine the honey, mustard, paprika, red pepper flakes, and parsley. Mix well. Rub 2/3 marinade over chicken until well coated.
4. Bake for 20 minutes. Turn chicken legs over and brush with the remaining 1/3 of the honey mustard mixture.
5. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear.

For oven-roasted French fries

6. Meanwhile, slice potatoes into eighths then toss in olive oil until well coated. Sprinkle with salt and paprika.
7. Arrange on a foil lined baking sheet.
8. Bake for 12-15 minutes turning once at halfway point for even crispness.

INGREDIENTS

For honey mustard chicken drumsticks

- 8 chicken legs
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- Olive oil, for greasing baking dish
- 3 Tablespoons raw honey
- 3 Tablespoons Dijon mustard
- ½ teaspoon paprika
- 1 Tablespoon red pepper flakes
- 2 Tablespoons fresh chopped parsley

For oven-roasted French fries

- 3 parbaked potatoes, already made
- ¼ cup olive oil
- 1 teaspoon kosher salt
- ½ teaspoon paprika



FLANK STEAK & THAI PEANUT NOODLES

fresh Asian pear wedges

DIRECTIONS

For flank steak

1. Set flank steak out 30 minutes before dinner.
2. When noodles are almost ready, reheat flank steak in a pan over medium low heat to finish cooking through. Serve with Asian pears.

For Thai peanut noodles

1. Cook spaghetti according to instructions. Rinse and drain well.
2. Whisk peanut butter, white wine vinegar, and raw honey until well incorporated. Season with cayenne pepper. Drizzle in grapeseed oil and whisk. Pour in chicken broth. Season with salt.
3. Toss spaghetti and vegetables with peanut dressing.
4. Drizzle in more chicken broth if the sauce is too thick; toss spaghetti and vegetables again. Repeat if necessary to reach a smoother consistency.

INGREDIENTS

For flank steak

Flank steak, already prepared

For Thai peanut noodles

10 ounces whole wheat spaghetti
2 Tablespoons natural peanut butter (if preferred, substitute for another nut butter like almond)
2 $\frac{1}{2}$ teaspoons white wine vinegar
1 Tablespoon raw honey
 $\frac{1}{4}$ teaspoon cayenne pepper
1 $\frac{1}{2}$ Tablespoons grapeseed oil
3 Tablespoons + extra chicken/vegetable broth
Kosher salt to taste
1 medium carrot, peeled and finely shredded
1 red bell pepper, finely sliced
1 green bell pepper, finely sliced
2 stalks green onions, sliced into thin strips

3 fresh Asian pears, cored and sliced into wedges



CRUSTLESS BROCCOLI CHEESE QUICHE

tri-color pepper salad

DIRECTIONS

For crustless broccoli cheese quiche

1. Preheat oven to 350°F
2. Butter an 8x8 glass baking pan or a pie pan; set aside.
3. In a medium bowl, whisk together eggs, milk (or water), salt, black pepper and paprika.
4. Stir in broccoli and cheese.
5. Pour into prepared pan. Bake 30 minutes until golden brown.

For tri-color pepper salad

1. Whisk together oil, oregano, honey, cumin, black pepper, and salt in a medium bowl until well incorporated.
2. Toss with remaining ingredients and chill until ready to serve.

INGREDIENTS

For crustless broccoli cheese quiche

- ½ Tablespoon butter, for greasing baking pan
- 6 large eggs
- ½ cup nonfat milk (or water)
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1/8 teaspoon paprika
- 2 cups broccoli florets, chopped
- 4 oz raw milk cheddar cheese

For tri-color pepper salad

- 2 Tablespoons olive oil
- 1 teaspoon dried oregano
- 1 Tablespoon raw honey
- ½ teaspoon cumin
- ½ teaspoon black pepper
- ½ teaspoon kosher salt
- 1 red bell pepper, cut into long slices
- 1 green bell pepper, cut into long slices
- 1 yellow bell pepper (or another red if preferred), cut into long slices
- ½ red onion, thinly sliced
- 1 can black beans (15oz) drained and rinsed
- 2 Tablespoons freshly chopped parsley