

MAKE AHEAD

Meal #2, #3

- BROWN RICE to yield 3 cups
 - 1-1/2 cups long grain brown rice
 - 3 cups water (or broth)
 - 1/2 teaspoon kosher salt (only if using water)
 1. Pour all ingredients into a medium stockpot. Bring to boil, cover and reduce heat to simmer for 25 minutes until liquid has absorbed.
 2. To re-heat on dinner night. Add 2-3 Tablespoons water to prepared rice and heat on stovetop, stirring to fluff.

Meal #1

- Breadcrumbs

Cut 1 wheat bun into toaster size pieces, toast until crispy. Crumble in blender until mealy in texture. Can be made ahead and stored in an airtight container for up to a week.

CARROTS

Meal #1

- 8 medium carrots – shredded. Store carrots in a Ziploc bag or airtight container with a damp paper towel. 2 carrots are for the burger and 6 for the carrot slaw.

Meal #2

- 2 medium carrots cut into matchsticks. Store carrots in a Ziploc bag or airtight container with a damp paper towel.

Meal #3

- 2 medium carrots, chopped into small dice

BROCCOLI

Meal #3, #5

- 2 pounds of broccoli, chopped into small florets, about 8 cups total. Store broccoli in a Ziploc bag or in an airtight container with a damp paper towel.

MENU

MONDAY ①

The Fresh 20 Turkey Burger
Carrot slaw

TUESDAY ②

Seared halibut
Shitake stir fry
Brown rice

WEDNESDAY ③

Lemon Garlic Chicken
Vegetable Fried Rice

THURSDAY ④

Green bean summer salad
Lemon vinaigrette

FRIDAY ⑤

Chicken broccoli linguine
Simple salad & pantry dressing



May 25th

Shopping List

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	lean ground turkey	1 pound		6
2	halibut	1 pound= 4 fillet	sub: any thick white fish fillet	16
3, 5	chicken thighs	2 pounds	boneless, skinless	14

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,4	lemons	4 medium		2
1,2,4	carrots	12 medium		3
1, 2	fresh basil	1 bunch		2
1,3,4	romaine lettuce	3 heads		4.5
2	shitake mushrooms	1/4 pound	2-3 portobello caps	4
2,3,4	red bell pepper	3 medium		3
3, 5	broccoli florets	2 pounds		3
3,5	cherry tomatoes	8 oz	sub: grape tomatoes	4
3, 4	fresh thyme	1 bunch		2
4	baby red or gold potatoes	1/2 pound		2
4	green beans	1/2 pound		2

Recipe #	Dairy	Quantity	Notes	Est Cost
1	sliced provolone cheese	4 slices	from the deli	2
3, 4	parmesan wedge	4 ounces		4
3	unsalted butter	2 Tablespoons		1
4	eggs	4		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	5 whole wheat ham buns	5	sub: fresh bakery rolls	3.5

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

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 Tablespoon	dried oregano	2 teaspoons
	grapeseed oil	8 Tablespoons	herbes de provence	1 teaspoon
	balsamic vinegar	4 Tablespoons	ground cumin	
	white wine vinegar	2 teaspoons	100% maple syrup / honey	2 T / 4 teaspoon
	chicken or vegetable broth	1 cup (8oz)	organic tomato paste	
	garlic	7 cloves	Dijon mustard	1 1/4 teaspoons
	kosher salt	2-1/2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	2 1/2 teaspoons	whole wheat pasta	12 oz linguini
	cayenne pepper	1/4 teaspoon	long grain brown rice	1 1/2 cups
	paprika		pantry dressing	1/4 cup

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



THE FRESH 20 TURKEY BURGER

carrot slaw

Our turkey burger recipe is a fan favorite. Kids love the cheesy center surprise of these burgers. A sweet dressing replaces conventional ketchup.

DIRECTIONS:

For breadcrumbs

Cut 1 wheat bun into toaster size pieces, toast until crispy. Crumble in blender until mealy in texture. Can be made ahead and stored in an airtight container for up to a week.

For dressing

Whisk together all ingredients until smooth. Use as condiment.

For Burgers

Heat outdoor grill

1. Combine turkey, breadcrumbs, lemon juice, shredded carrots, basil, oregano, and salt & pepper in large bowl, mix well.
2. Lay out a large piece of plastic wrap or foil and divide turkey mixture into 8 equal portions. Form 8 thin, individual patties.
3. Place one slice of provolone in middle of a turkey patty; place a second patty on top of cheese. Seal patties at edges to enclose cheese. Repeat to form remaining 3 burgers.
4. Place burgers on preheated grill brushed with oil and cook about 5 minutes per side or until cooked through and juices are no longer pink. Do not try to turn too early or they will stick. (Cooking indoors? Heat a grill pan or large nonstick sauté pan over high heat; once hot, add in 1 Tablespoon of grapeseed oil and cook burgers until they are cooked through and juices are no longer pink.)
5. Toast hamburger buns. Spread a Tablespoon of dressing onto toasted bun. Top with turkey burger garnish with lettuce leaf.

For carrot slaw

1. In medium bowl combine garlic, white wine vinegar, Herbes de Provence, honey, grapeseed oil, salt & pepper – stir to combine.
2. Add in shredded carrots and toss to combine.
3. Taste and adjust salt & pepper.

INGREDIENTS

For dressing

4 Tablespoons balsamic vinegar
2 Tablespoons 100% maple syrup
1/4 teaspoon Dijon mustard
1/4 teaspoon cayenne pepper

For turkey burgers

1 pound lean ground turkey
1 whole wheat hamburger bun for breadcrumbs
½ lemon, juiced (1 Tablespoon)
2 medium carrots, shredded
4 fresh basil leaves, roughly chopped
2 teaspoons dried oregano
½ teaspoon kosher salt
½ teaspoon ground black pepper
4 slices Provolone cheese
4 whole wheat hamburger buns
4 romaine lettuce leaves, whole
1 Tablespoon grapeseed oil

For carrot slaw

1 garlic clove, minced
1 Tablespoon white wine vinegar
1 teaspoon Herbes de Provence
2 teaspoons honey
2 Tablespoons grapeseed oil
½ teaspoon kosher salt
¼ teaspoon black pepper
6 medium carrots, peeled and shredded



SEARED HALIBUT shitake stir fry & brown rice

DIRECTIONS:

MADE AHEAD

Brown rice

For seared halibut

Lightly dry off the halibut with paper towels.

Season both sides of the fish with salt and pepper.

Preheat oven to 375 degrees

Heat a large nonstick oven-proof sauté pan over medium high heat; add in oil and once hot, (but not smoking) add in fish and sear on both sides until golden brown – about 2 minutes per side. Remove fish from the pan and set aside.

Add grapeseed oil to the pan and add in shitake mushrooms, carrots, red peppers, garlic and pepper. Stir to combine and sauté for 3-4 minutes.

Stir in white wine vinegar, and soy sauce. Place fish on to the top of the vegetables and place into preheated oven for 7-10 minutes. Fish is done when flaky and translucent in the middle.

For brown rice

Heat a small saucepot (with a lid) over low heat; add in rice, fresh basil and 2 Tablespoons of water.

Cover with a lid and warm through, fluff with a fork, 5-7 minutes

Serve each fillet over ½ cup of brown rice with shitake stir fry over the top.

INGREDIENTS

For roasted halibut & shitake stir-fry

1 Tablespoon grapeseed oil

4 halibut fillets, about 1-1/4 pounds
(any white fish of your choice may be substituted)

¾ teaspoon kosher salt

½ teaspoon black pepper

1 Tablespoon grapeseed oil

¼ pound shitake mushrooms, wiped clean with damp paper towel

2 medium carrots cut into matchsticks

1 red bell pepper, thinly sliced

2 garlic cloves, minced

½ teaspoon black pepper

1 Tablespoon white wine vinegar

1 Tablespoon soy sauce

For brown rice

2 cups prepared brown rice

6 leaves basil, chopped



GARLIC LEMON CHICKEN

vegetable fried rice

DIRECTIONS:

For garlic lemon chicken

1. Rinse and pat dry chicken thighs. Heat a large, frying pan over medium heat. Add the oil and 1 Tablespoon butter.
2. Generously season the chicken with salt and pepper.
3. When the butter is foaming, drop in the thighs, and fry (rotating all sides) until lightly browned. Reduce heat to medium-low.
4. Cover the casserole with a lid or foil and leave the chicken to fry gently for 10-15 minutes, turning once or twice.
5. Melt 1 Tablespoon butter in small microwave dish. Mince or press garlic and add to melted butter. Add lemon juice to butter. Remove stems from thyme by pulling upwards on the sprig. Once off stem, give the thyme a little chop with a sharp knife.
6. Stir thyme into liquid mix. Pour liquid over chicken.
7. Remove from heat and let sit five minutes.
8. Reserve $\frac{3}{4}$ pound meat for future dinner.
9. Serve with 1 cup veggie rice.

For vegetable fried rice

1. Heat a large nonstick skillet over medium/high heat; add in oil and once the oil is hot, add in and garlic, stir to prevent burning. Once fragrant, about 15 seconds, add carrots, broccoli, and red peppers, sauté for 3-4 minutes.
2. Add brown rice. Stir to combine the rice and cook for 5-6 minutes or until heated through.
3. Finish with soy sauce.

INGREDIENTS

For garlic lemon chicken

- 2 pounds chicken thighs, Boneless & skinless
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{4}$ cup olive oil
- 2 Tablespoons butter, unsalted
- 2 garlic cloves, minced or pressed
- 10 sprigs thyme
- 2 lemons, juiced

Vegetable fried rice

- 1 cup made ahead brown rice
- 2 teaspoons grapeseed oil
- 1 garlic clove, minced
- 2 carrots, chopped into small dice
- $\frac{1}{2}$ pound broccoli florets, chopped into small dice, about 2 cups
- 1 red bell pepper, chopped into small dice
- 1 teaspoons soy sauce

DIRECTIONS:

For vinaigrette

In a small bowl combine lemon juice, garlic, honey, Dijon, Herbes, salt & pepper - whisk to combine. Whisk in olive oil in a thin stream and set aside.

Or

Combine all ingredients in a jar with a lid (Mason jar) and shake.

For green beans

Bring a large pot of water to a boil with 1 teaspoon of salt.

Add in green beans and cook for 2 minutes, remove (keep water) with a slotted spoon and drain – set aside.

For potatoes

Add potatoes to boiling water and cook until tender, about 15 minutes. Remove with a slotted spoon (keep water) and drain – set aside.

For hard boiled eggs

Fill a small saucepot with eggs and cover with cold water.

Place over medium heat and bring to a boil, set a time for 6 minutes once the water begins to boil.

Drain and allow eggs to cool before peeling.

For salad

In a large bowl combine green beans, potatoes, romaine, tomatoes, and red pepper- dress with vinaigrette to taste.

Serve salad with 1 hard boiled egg and parmesan garnish.

INGREDIENTS:

For lemon vinaigrette

2 Tablespoons grapeseed oil
2 lemons, juiced to yield ¼ cup
1 garlic clove, minced
2 teaspoons honey
1 teaspoon Dijon mustard
2 teaspoons fresh thyme, finely chopped
½ teaspoon kosher salt
½ teaspoon black pepper

For Salad

Salt for water
½ pound green beans, ends trimmed
½ pound baby red or gold potatoes, boiled until fork tender and cut in half
1-1/2 heads of romaine lettuce, rinsed-dried-chopped
4 oz cherry tomatoes, about 1 cup
1 red bell pepper, thinly sliced
4 eggs, hard boiled-peeled-chopped
2 oz parmesan cheese, grated, about ¼ cup

Bowl dinners are big hits in our house. This dish is wonderful with basil but works well with fresh thyme as well.

DIRECTIONS:

MADE AHEAD

- Lemon garlic chicken

For broccoli chicken linguine

1. In a large spaghetti pot, bring 4 quarts of salty water to a boil.
2. Cook pasta according to package instructions adding broccoli in the last 2 minutes of cooking. *This is a great technique for keeping it a simple, one pot meal.*
3. Drain pasta and broccoli, do not rinse. Return to pot, and toss pasta with chicken, olive oil, Parmesan, broth, salt & pepper, and lemon juice. Kitchen tongs work best when tossing pasta.

For side salad

In a salad bowl, combine lettuce, tomatoes, and carrots.
Toss with pantry dressing to combine.

INGREDIENTS:

For broccoli chicken linguine

12 oz linguine pasta (whole wheat)
3/4 pound made ahead cooked lemon garlic chicken, cut into 2" pieces
2 cups broccoli florets, chopped
1 Tablespoon olive oil
2 Tablespoons Parmesan, grated
1 cup low sodium chicken or vegetable broth
½ teaspoon kosher salt
1/8 teaspoon black pepper
½ lemon, juiced to yield 1 Tablespoon

Side salad

1 head of romaine lettuce, roughly chopped
½ cup cherry tomatoes
1 medium carrot, shredded or chopped

¼ cup Pantry dressing of your choice
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Classic/Gluten Free May 25th

Nutrition Information

Fresh 20 Turkey Burger, Carrot Slaw		Serves 4	
Serving Size: 1 burger, 1/2 cup slaw			
Calories	559	Fat	18.3g
Protein	40g	Saturated	6.1g
Carbohydrate	61g	Sugars	21g
Sodium	1029mg	Calcium	31%dv
Fiber	5.7g	Iron	21%dv
Cholesterol	64.6mg		

Seared Halibut, Shitake Stirfry, Brown Rice		Serves 4	
Serving Size: 4 oz fish fillet, 1/2 cup brown rice, 1/3 cup stir fry with juices			
Calories	400	Fat	11.5g
Protein	35g	Saturated	1.4g
Carbohydrate	40g	Sugars	4.4g
Sodium	685mg	Calcium	8.9%dv
Fiber	5g	Iron	12%dv
Cholesterol	46.5mg		

Broccoli Chicken Linguine		Serves 4	
Serving Size: 2 cups prepared pasta, 2 cups salad			
Calories	503	Fat	14.8g
Protein	30g	Saturated	2.6g
Carbohydrate	71g	Sugar	2.7g
Sodium	838mg	Calcium	10%dv
Fiber	12.6g	Iron	27%dv
Cholesterol	73.6mg		

Lemon Garlic Chicken, Veggie Fried Rice		Serves 4	
Serving Size: 4oz chicken, 1 cup veggie rice			
Calories	393	Fat	25g
Protein	21g	Saturated	6.6g
Carbohydrate	23g	Sugar	1.4g
Sodium	447g	Calcium	7%dv
Fiber	4.8g	Iron	12%dv
Cholesterol	87mg		

Green Bean Salad		Serves 4	
Serving Size: 4 cups salad			
Calories	346	Fat	13.6g
Protein	19.2g	Saturated	4.7g
Carbohydrate	44g	Sugar	5.6g
Sodium	684mg	Calcium	33.5%dv
Fiber	9.9g	Iron	26%dv
Cholesterol (high due to)	196mg		