

MAKE AHEAD

Chicken Marinade

Meal #1, #3

2 pounds of boneless chicken breast, about 4 breasts (For two meals.)

2 lemons, juiced

¼ cup olive oil

4 cloves garlic, minced

1 Tablespoon fresh dill, finely chopped

2 teaspoons paprika

1 ½ teaspoons kosher salt

1 teaspoon black pepper

1. Cut 2 chicken breasts into 1-2 inch pieces. Slice the remaining 2 chicken breasts in half lengthwise. Place all the chicken into a Ziploc bag or a non reactive container with the lemon juice, olive oil, garlic, dill, paprika, and salt & pepper. Seal the bag and marinate for 20 minutes or up to 24 hours.

Cucumbers – English and Hot House cucumbers are milder tasting and have thinner skin than regular cucumbers. They also have less seeds and water content. If using regular cucumbers, be sure to peel them and remove the seeds. **To seed the cucumber, cut the cucumber in half lengthwise. With a small spoon scrape out the seeds in one smooth motion, starting from the top and scooping downwards. Lay the cucumber halves down on their flat side and slice.*

Meal #1

- 1 English cucumber, unpeeled and cut into small dice

Meal #2

- 1 English cucumber, unpeeled, and sliced 1/4-inch thick

Whole Wheat Baguette

Meal #2

- ½ whole wheat baguette cut into 1-inch cubes, about 4-5 cups
- Wrap other ½ baguette in paper towel, place in Ziploc and store in the fridge

MAKE AHEAD

- Cut bell peppers
- Remove parsley leaves and wrap in paper towel. Store in fridge in Ziploc.

MENU

MONDAY ①

LEMON GRILLED CHICKEN KABOBS
Chick pea cous cous spinach salad with cucumber and olives

TUESDAY ②

RED SNAPPER
Panzanella bread salad

WEDNESDAY ③

STUFFED GREEK PITA POCKETS
Creamy dill yogurt & broiled eggplant

THURSDAY ④

GRILLED RIB EYE STEAK
Stove top tomato sauté & grilled garlic toast

FRIDAY ⑤

EGGPLANT CAPONATA
Penne pasta & ... kitchen sink salad



Classic June 8th

Shopping List

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	boneless/skinless chicken breasts	2 pounds	about 4 organic breasts	14
2	red snapper aka rockfish	1 pound (4 fillets)	SUB: 1# boneless/skinless chicken breast	11
4	rib eye steak	1 1/4 pounds	1-1/2 if bone in	12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,3,4	lemons	8		2.5
1,3	dill	1 bunch		1.5
1,2,3	red onion	2 medium		1.5
5	yellow onion	1 small		1
1,4,5	baby spinach leaves	1/2 pound	about 4-6 cups/handfuls	3
1,2	English cucumber/hot house	2		3
1,2,4,5	Italian flat leaf parsley	1 large bunch		1.5
1,2,3,4,5	cherry tomatoes	3 pints	3 - 12oz containers	7.5
2,5	red bell peppers	3		3
3,5	Romaine lettuce	1 head		1.5
3,5	Italian eggplant	2 medium	about 2 pounds	4

Recipe #	Dairy	Quantity	Notes	Est Cost
1,2,5	feta cheese, crumbled	1 cup		3
3	thick Greek yogurt	1 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,2	chick peas/garbanzo beans	1 - 15oz can	organic	1.5
1,2,5	kalamata olives, pitted	2/3 cup	check deli or buy smallest jar	3
3	whole wheat pita bread			2
2,4	whole wheat baguette	1 long	14"	1.5
1	dried cous cous	1 cup		1.5

Fresh 20 Grocery Est 81.5
 Cost Per Dinner 16.3
 Cost Per Serving 4.075

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	dried oregano	2 teaspoons
	grapeseed oil		herbes de provence	
	balsamic vinegar	2 Tablespoon	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	3 cups	organic tomato paste	
	garlic	12 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	4 1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	3 teaspoons	whole grain pasta	12 oz
	cayenne pepper		long grain brown rice	
paprika	2 teaspoons	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



LEMON GRILLED CHICKEN KEBABS

chick pea, couscous, spinach salad w/ cucumber and olives

DIRECTIONS

For lemon grilled chicken kebabs

1. Soak 8 wooden kebab skewers in cold water- set aside.
2. Cut 2 chicken breasts into 1-2 inch pieces for kebabs. Slice the remaining 2 chicken breasts in half lengthwise into 4 pieces for the pita pockets later in the week. Place all the chicken into a Ziploc bag or a non reactive container with the lemon juice, olive oil, garlic, dill, paprika, and salt & pepper. Seal the bag and marinate for 20 minutes or up to 24 hours.
3. Heat outdoor grill
4. Remove chicken from the marinade and discard liquid.
5. Skewer the 1-2 inch chicken pieces evenly onto 8 kebabs alternating with lemon wedges and onion chunks.
6. Place the skewers onto the preheated grill along with the 4 remaining chicken pieces, and cook for about 3-4 minutes per side, rotating often so they don't burn.
7. Cooking indoors? Preheat your oven to 450 degrees and place chicken onto a lined baking sheet, cook for 12-18 minutes, turning after 10. Chicken is done when it is cooked through and no longer pink.

Reserve chicken breasts for Meal #3. Store cooled chicken in a Ziploc bag or in an airtight container.

For chick pea cous cous

1. In a large bowl combine the chick peas, spinach, cucumber, onion, parsley, dill, tomato, olives, feta cheese, lemon juice, lemon zest, salt & pepper, and olive oil, stir to combine – set aside.
2. In a small sauce pot with a lid, bring the broth to a boil with the clove of garlic and olive oil.
3. Once boiling, turn off the heat, stir in the cous cous, and cover with the lid. Allow the couscous to absorb the liquid, about 7 minutes.
4. Remove the garlic clove and lightly fluff the couscous with a fork, cool slightly.
5. Once the cous cous is cooled add it to the large bowl of vegetables and stir to combine.

Serve warm chicken kebabs over cous cous. Grilled lemons can be squeezed over the chicken for added flavor.

INGREDIENTS

For lemon grilled chicken kebabs

2 pounds of organic chicken breast,
about 4 boneless skinless breasts (For two meals)
2 lemons, juiced
¼ cup olive oil
4 garlic cloves, minced
1 Tablespoon fresh dill, chopped
finely
2 teaspoons paprika
1 teaspoon kosher salt
1 teaspoon black pepper
1 medium red onion cut into large
chunks for kebabs
2 lemons washed and cut into
fourths for kebabs

For chick pea couscous salad

½ of a 15oz can of chick peas,
drained (reserve the other half for
Panzanella bread salad)
2 cups baby spinach, about 2
handfuls
1 English cucumber, cut into small
dice
¼ red onion, cut into small dice
¼ of a bunch flat Italian parsley,
roughly chopped
1 Tablespoon dill, chopped finely
6 oz cherry tomatoes, halved, about
1 full cup
1/3 cup kalamata olives, pitted and
roughly chopped
1/3 cup feta cheese, about 2 oz,
crumbled
1 lemon, juiced and zested
½ teaspoon kosher salt
¼ black teaspoon black pepper
2 Tablespoons olive oil

1 ½ cups of low sodium chicken
broth
1 garlic clove, whole
1 Tablespoon of olive oil
1 cup dried cous cous



RED SNAPPER panzanella bread salad

DIRECTIONS

For the vinaigrette

In a small bowl mix together vinegar, garlic, oregano, Dijon, salt & pepper. Slowly whisk in the olive oil in a thin stream until smooth.

Or

Mix all the ingredients in a jar with a lid (Mason jar) and shake well.

For the panzanella salad

1. Heat a large nonstick sauté pan over medium/high heat; add in 2 Tablespoons of olive oil, once hot add in the bread, sprinkle lightly with kosher salt.
2. Stir the bread for 5-6 minutes, until lightly browned and toasted on all sides.
3. In a large salad bowl combine the cucumber, red pepper, tomatoes, red onion, olives and chick peas.
4. Pour the vinaigrette over the vegetables, stir to combine. Add the feta, parsley, and bread cubes to the vegetables and stir lightly to combine
5. Set aside for 20 minutes for the flavors to blend. Toss again before serving.

For Red Snapper AKA Rockfish (chicken can be substituted)

1. Season the red snapper fillets with salt and pepper on both sides.
2. Heat a large nonstick sauté pan over medium/high heat; add in oil, and once hot, add the snapper fillets.
3. Cook about 2 minutes on each side or until the fish flakes with a fork. **(For chicken, cook 3-4 minutes per side, chicken is done when it is no longer pink in the middle)*
4. Squeeze fresh lemon juice over the top and serve warm with 2 cups salad.

INGREDIENTS

For the vinaigrette

1/4 cup balsamic vinegar
2 garlic cloves, minced
1 teaspoon dried oregano
1 teaspoon Dijon mustard
½ teaspoon kosher salt
½ teaspoon black pepper
1/3 cup olive oil

For the panzanella salad

1 Tablespoon olive oil
½ whole wheat baguette cut into 1 inch cubes, about 4-6 cups
¼ teaspoon kosher salt
1 English cucumber, unpeeled and sliced 1/4-inch thick
2 red bell peppers, seeded and cut into large dice
6 oz cherry tomatoes, about 1 cup
1/2 medium red onion, thinly sliced
1/3 cup Kalamata olives, pitted and roughly chopped, some left whole.
½ of a 15 oz can of chick peas, drained (reserved from previous dinner)
1/3 cup feta cheese, about 2 oz crumbled
¼ bunch Italian flat parsley, roughly chopped

For the red snapper

4 red snapper fillets (AKA rock fish or any white fish of your choice), about 1 ¼ pound **1 pound of chicken breast can be substituted (2 breasts sliced in half lengthwise)*
½ teaspoon kosher salt
½ teaspoon black pepper
1 Tablespoon olive oil
½ lemon, juiced



STUFFED GREEK PITA POCKETS

creamy dill yogurt & eggplant

DIRECTIONS

MADE AHEAD

Chicken *See Meal #1 - Lemon grilled chicken kabobs for directions

For pita pockets

1. Fill each half pita with 4 ounces of made ahead chicken and top with lettuce, tomato, and onion slices. Serve with a dollop of creamy dilled yogurt. Chicken can be served cold or can be warmed in a sauté pan over low heat.

For creamy dill yogurt

1. In a small bowl combine yogurt, lemon juice, dill, and feta cheese – stir to combine

For broiled eggplant

1. Preheat broiler and adjust the oven rack into the middle of the broiler, usually 1 notch below. You don't want the eggplant directly underneath the broiler.
2. Line a baking sheet and lay out the eggplant slices. Brush with olive oil on 1 side and sprinkle with salt & pepper (optional red pepper flakes).
3. Place into the broiler and broil for 8-12 minutes or until the eggplant is cooked through and lightly browned. Check on the eggplant after 5 minutes to make sure it doesn't burn.
4. Remove from the broiler and squeeze fresh lemon juice over the top. Serve warm with 1 cup of leftover couscous or bread salad.

INGREDIENTS

For Greek chicken pita pocket

Made ahead

1 pound made ahead chicken breasts, cut into bite size pieces.

* See Meal #1 – Lemon grilled chicken kabobs for directions

2 whole wheat pitas, (4 halves)

½ head Romaine lettuce, cut into thin shreds

6 oz cherry tomatoes, halved, about 1 full cup

¼ red onion, cut into slices

For creamy dill yogurt

1 cup thick Greek yogurt

½ lemon, juiced

1 Tablespoon fresh dill, roughly chopped

1/3 cup feta cheese, about 1.5 oz crumbled

For broiled eggplant

1 Italian eggplant about 1 pound, stem removed and cut lengthwise into ½ inch thick slices.

2 Tablespoons olive oil

½ teaspoon kosher salt

½ teaspoon black pepper

½ lemon, juiced

* Optional, sprinkle of red pepper flakes

4 cups leftover salad



GRILLED RIB EYE STEAK

stove top tomato sauté & grilled garlic toast

DIRECTIONS

For grilled rib eye

1. Heat outdoor grill
2. Remove steak from the refrigerator about 20 minutes before grilling. This will allow the steak to cook more evenly. Season the steak with salt and black pepper on both sides.
3. Place rib eye onto the preheated grill and cook for 3-4 minutes per side, or until desired doneness is achieved. Timing is for 1" thick. Adjust accordingly.
4. Remove from the grill and allow the steak to rest five minutes before slicing.

For grilled garlic toast

1. Brush sliced bread with olive oil and place slices onto the grill.
2. Grill the bread for about 1 minute per side or until bread is slightly charred and toasted.
3. Remove bread from the grill and while steak is resting, rub each piece of bread with the garlic clove.

For stove top tomato sauté

1. Heat a large nonstick sauté pan over medium/high heat; add in oil, and once hot, add in tomatoes.
2. Stir to coat with olive oil and then add in the lemon zest, lemon juice, garlic, and salt & pepper. Sauté for 4-5 minutes until tomatoes are heated through and begin to become soft and the skins split.
3. Finish the tomatoes by stirring in the fresh parsley and spinach leaves. Sauté for 1-2 more minutes until the spinach is wilted.

Serve 4 ounces of steak per person on top of the grilled bread with warm tomato sauté and spinach.

INGREDIENTS

For grilled rib eyes

1 ¼ to 1 ½ pounds of rib eye steak (bone in for more flavor or boneless for more steak for you money)

1 teaspoon kosher salt

½ teaspoon black pepper

For grilled garlic toast

½ whole wheat baguette, thinly sliced on the bias (cut on the diagonal into longer slices)

1 Tablespoon olive oil

1 large garlic clove

For stove top tomato sauté

1 ½ Tablespoons olive oil

12 oz cherry tomatoes

1 lemon, zested

½ lemon, juiced to yield 1 Tablespoon

1 garlic clove, minced

½ teaspoon kosher salt

¼ teaspoon black pepper

1 Tablespoon parsley, roughly chopped

2 cups baby spinach leaves, about 2 handfuls



EGGPLANT CAPONATA

penne pasta & ... kitchen sink salad

DIRECTIONS

If you have picky eaters, be sure to cut your vegetables into smaller pieces, so that the vegetables will cook down quickly and become more sauce like. I like to leave my vegetable pieces a little larger for a chunky texture.

For caponata

1. Heat a large nonstick sauté pan over medium/high heat; add in olive oil and once hot, the onions and eggplant. Sweat the onions and eggplant stirring often for 3-4 minutes or until they become soft.
2. Add in garlic, tomatoes, broth, peppers, balsamic vinegar, oregano, parsley, and salt & pepper. Stir to combine, reduce heat to low/medium and simmer for 15-20 minutes.
3. Heat a large sauce pot with 4 quarts of water and 2 teaspoons of salt.
4. Boil pasta for 8-10 minutes or until al dente, drain. Do not rinse
5. Serve warm pasta topped with warm caponata.

For ... the Kitchen sink salad

In a large bowl toss together lettuce, spinach, tomato, and any other leftover salad ingredients. Serve with your choice of pantry dressing.

INGREDIENTS

For eggplant caponata

- 3 Tablespoons olive oil
- 1 small yellow onion, cut into small dice
- 1 Italian eggplant about 1 pound, cut into ½" pieces (The smaller the pieces the quicker the skin will become soft while cooking)
- 3 garlic cloves, minced
- 1 pint cherry tomatoes, chopped
- 1 ½ cups chicken or vegetable broth
- 1 red bell peppers, seeded and cut into small dice
- 2 Tablespoons balsamic vinegar
- 2 teaspoons dried oregano
- ¼ bunch Italian flat leaf parsley, roughly chopped
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

For pasta

- 4 quarts water
- 12oz penne whole grain pasta

...the Kitchen sink salad

- ½ head romaine lettuce, chopped
- Any leftover spinach
- 6oz cherry tomatoes, about 1 cup
- Olives
- Feta
- Red onion
- ¼ cup your choice pantry dressing
- Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



Nutrition Information

Lemon Grilled Chicken, CousCous/Spinach Salad			Serves: 4
Serving Size: 2 kebobs, 1-1/2 cups salad			
Calories	560	Fat	27.6g
Protein	39g	Saturated	4.4g
Carbohydrate	49g	Sugars	3.3g
Sodium	750mg	Calcium	19%dv
Fiber	11.5g	Iron	22.8%dv
Cholesterol	72mg		

Red Snapper and Panzanella Salad			Serves: 5
Serving Size: 4oz red snapper, 2 cups salad			
Calories	479	Fat	28g
Protein	30.6g	Saturated	4.1g
Carbohydrate	25.8g	Sugars	5g
Sodium	811mg	Calcium	10%dv
Fiber	4.2g	Iron	12.8%dv
Cholesterol	45.6mg		

Stuffed Greek Pita, dill yogurt, eggplant, leftover salad			Serves: 4
Serving Size: 1 pita, 1/4 eggplant, 1/4 cup dressing, 1 cup leftover salad			
Calories	465	Fat	13g
Protein	39g	Saturated	3.2g
Carbohydrate	31.5g	Sugars	3.9g
Sodium	534mg	Calcium	18.5%dv
Fiber	7.8g	Iron	12%dv
Cholesterol	79.7mg		

Ribeye, Grilled garlic toast, tomato/spinach saute			Serves: 4
Serving Size: 4 ounces sliced steak, 2 slices garlic toast, 3/4 cup saute			
Calories	480	Fat	23.8g
Protein	38g	Saturated	5.8g
Carbohydrate	25.8g	Sugars	5.5g
Sodium	692mg	Calcium	6.8%dv
Fiber	5.2g	Iron	34%dv
Cholesterol	95mg		

Eggplant Caponata Pasta			Serves: 4
Serving Size: 2 full cups pasta with sauce			
Calories	449	Fat	12g
Protein	13g	Saturated	1.5g
Carbohydrate	60g	Sugars	5.3g
Sodium	457mg	Calcium	4.2%dv
Fiber	15g	Iron	22.9%dv
Cholesterol	0		