

MAKE AHEAD

2 cups cooked brown rice for Meal # 1

- 1 cup long grain brown rice
- 2 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 - 30 minutes until liquid has been absorbed, uncover and steam for an additional 5 minutes.

MENU

MONDAY ①

ASIAN TURKEY MEATBALLS
Pineapple broccoli fried rice

TUESDAY ②

TILAPIA
Green bean & tomato quinoa salad

WEDNESDAY ③

MEATBALL LETTUCE WRAPS
Peanut sauce
Sesame broccoli slaw

THURSDAY ④

GRILLED NEW YORK STRIP STEAKS
Boiled potatoes and garlicky lemon
green beans

FRIDAY ⑤

PEANUT NOODLE SALAD
Sesame dressing & fresh pineapple



Classic Shopping July 20th

Shopping List

1-Asian Turkey Meatballs 2-Tilapia/Tomato Quinoa Salad 3-Meatball Lettuce Wraps 4-Grilled Steak/Potatoes 5-Peanut Noodle Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 3	lean ground turkey	2 pounds		10
2	Tilapia	4 fillets	(about 1-1/4 pounds)	12
4	New York strip steak	1-1/2 pounds		18

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	ginger	6" piece		1.5
1,3,5	cilantro	1 bunch		1.5
1,3,5	broccoli	6 cups		3
1,3,5	pineapple	1		3
2,4	green beans	1 pound		2.5
2	cherry tomatoes	6 oz (1 cup)		2.5
3,5	carrots	4 medium		2
3,5	butter lettuce	2 heads	(1 head + 8 leaves)	3
3	lime	2		1
2,4	lemon	2		1
5	red bell pepper	1		1
4	baby potatoes	1 pound	red, gold or fingerling	2

Recipe #	Dairy	Quantity	Notes	Est Cost

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3,5	sesame oil	3 Tablespoons		2
2	quinoa	1/2 cup		1
3	rice wine vinegar	5 Tablespoons		2
3,5	thin rice noodles	14 oz		3
3,5	peanut butter	1 cup	organic, natural	3
3,5	peanuts	3/4 cup		2

Fresh 20 Grocery Est 77
 Cost Per Dinner 15.4
 Cost Per Serving 3.85

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	10 Tablespoons	dried oregano	
	grapeseed oil	6 Tablespoons	herbes de provence	1 Tblspn + 1 tspn
	balsamic vinegar		ground cumin	
	white wine vinegar	1/4 cup	raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	12 cloves	Dijon mustard or brown mustard	1 Tblspn + 1 tspn
	kosher salt	3-1/4 teaspoons	soy sauce low sodium	2 Tblspn + 2 tspns
	black pepper	2-3/4 teaspoons	whole grain pasta	
	cayenne pepper	dash	long grain brown rice (basmati)	1 cup dry
	paprika	1/2 teaspoon	whole wheat flour	



ASIAN TURKEY MEATBALLS

pineapple broccoli fried rice

DIRECTIONS

MAKE AHEAD: 2 cups brown rice

For Asian meatballs

1. Preheat oven to 425 degrees.
2. In a medium mixing bowl, stir to combine ginger, garlic, cilantro, sesame oil, olive oil, Dijon mustard and salt & pepper.
3. Add in ground turkey and mix with your hands just until combined, do not over mix.
4. Line 2 rimmed baking sheets and spoon out two full Tablespoons of meat into the palm of your hand. With two hands, gently roll into a round meatball, place meatball onto baking sheet and continue, recipe should yield approximately 32 - 35 meatballs.
5. Place into preheated oven and bake for 20 - 25 minutes.
6. Cool half of the meatballs and store in an airtight container or Ziploc bag for Meal # 3.

For pineapple fried rice

1. Heat a large, nonstick skillet over medium/high heat; add in oil and once the oil is hot, add in ginger, broccoli, and garlic, stir to prevent burning. Once fragrant, about 20 seconds, add in brown rice, pineapple, and water. Stir to combine and cook for 5-6 minutes or until the broccoli is tender and the rice is warmed through. ** If meatballs have already been made, you can add them into the pan with the rice, stir to combine – cover and warm over low heat for 4 – 5 minutes.*
2. Drizzle with soy sauce, stir to combine.

Serve 4 meatballs over $\frac{3}{4}$ cup of rice per serving.

INGREDIENTS

For Asian meatballs

3 inches of fresh ginger, peeled and grated to yield 1 Tablespoon
4 garlic cloves, minced or pressed
 $\frac{1}{4}$ bunch cilantro, roughly chopped
2 teaspoons toasted sesame oil
1 Tablespoon olive oil
1 Tablespoon Dijon mustard
 $\frac{3}{4}$ teaspoon kosher salt
1 teaspoon black pepper
2 pounds lean ground turkey (for two meals)

For pineapple fried rice

3 Tablespoons grapeseed oil
3 inches of fresh ginger, peeled and grated to yield 1 Tablespoon
1 cup broccoli cut into small, tiny bite sized pieces
2 garlic cloves, minced or pressed
2 cups of previously prepared long grain brown rice (see prep)
 $\frac{1}{4}$ small ripe pineapple, peeled and cut into small, bite sized pieces
 $\frac{1}{4}$ cup water
2 teaspoons low sodium soy sauce



TILAPIA

green bean and tomato quinoa salad

DIRECTIONS

For Tilapia

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

For green bean quinoa salad

1. In a small bowl whisk to combine the vinegar, lemon juice, garlic, Herbes, 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.

2. In a small saucepan, bring 1 cup of water to a boil and add in quinoa, cover with a lid and reduce to a low simmer for 15-20 minutes or until all the liquid has been absorbed. Once done, remove from stove and place in a medium salad bowl.
3. Meanwhile, bring a small pot of water to a boil, add in green beans and cook for 2 minutes. Drain and add to the quinoa.
4. Add tomatoes to the green beans and quinoa, toss with dressing to taste. Serve warm or at room temperature with Tilapia.

INGREDIENTS

For Tilapia

4 Tilapia fillets (or any white fish of your choice), about 1 ¼ pounds
**1 pound of chicken breast can be substituted (2 breasts sliced in half lengthwise)*

½ teaspoon kosher salt
½ teaspoon black pepper
½ teaspoon paprika
1 Tablespoon grapeseed oil
½ lemon, juiced

For green bean quinoa salad

1/4 cup white wine vinegar
½ lemon, juiced
2 garlic cloves, minced
1 teaspoon Herbes de Provence
1 teaspoon Dijon mustard
½ teaspoon kosher salt
½ teaspoon black pepper
1/3 cup olive oil
½ cup quinoa
1 cup water
½ pound fresh green beans, ends trimmed and cut in half
6 oz cherry tomatoes, about 1 cup



MEATBALL LETTUCE WRAPS

peanut sauce & sesame broccoli slaw

DIRECTIONS

MADE AHEAD

16 Asian turkey meatballs *See Meal # 1 for recipe

Prepare broccoli slaw first, so that the flavors have time to blend.

For sesame broccoli slaw

1. In a medium mixing bowl, whisk to combine rice wine vinegar, sesame oil, grapeseed oil, soy sauce, and black pepper.
2. Add in broccoli, carrots, and pineapple - stir to combine.
3. Refrigerate while preparing meatball lettuce wraps.

For meatball lettuce wraps

4. Prepare noodles according to the box directions – set aside.
5. Rinse and dry lettuce leaves – set aside.
6. Heat a medium sauté pan over low heat and warm meatballs, about 3-5 minutes.
7. Heat a small saucepot over low/medium heat; add in water, peanut butter, lime juice, garlic ginger, soy sauce, and honey – whisk to combine. Simmer over low heat 3-4 minutes.
8. Sauce can be added to the sauté pan to coat the meatballs or served on the side.
9. Assemble 2 wraps per person by filling the butter lettuce cups with rice noodles topped with 2 meatballs and sauce. Garnish with chopped cilantro and peanuts.

INGREDIENTS

For sesame broccoli slaw

- 1 Tablespoon rice wine vinegar
- 1 teaspoon toasted sesame oil
- 2 Tablespoons grapeseed oil
- 1 teaspoon low sodium soy sauce
- ¼ teaspoon black pepper
- 4 cups broccoli florets, chopped into very small pieces
- 2 medium carrots, grated or shredded
- ¼ pineapple, peeled and cut into small, bite size pieces

For meatball lettuce wraps

- 7 oz stir fry, thin rice noodles (we like Thai Kitchen, ½ of a box)
- 8 butter lettuce leaves, rinsed and dried
- 1 cup water
- ½ cup smooth or chunky organic, natural peanut butter
- 1 lime, juiced to yield 2 Tablespoons of juice
- 1 garlic clove, minced or pressed
- 1 inch of fresh ginger, peeled and grated to yield 1 teaspoon
- 1 Tablespoon low sodium soy sauce
- 1 Tablespoon honey
- Pinch of salt & pepper
- 16 made ahead Asian turkey meatballs * See Meal #1 for recipe
- Garnish*
- 1/4 bunch cilantro, roughly chopped
- ¼ cup peanuts, roughly chopped



GRILLED NEW YORK STRIP STEAKS

boiled potatoes and garlicky lemon green beans

DIRECTIONS

For boiled potatoes and garlicky lemon green beans

1. In a small bowl whisk to combine lemon juice, zest, olive oil, garlic, and salt & pepper – set aside.
2. Fill a large pot with cold water and two heavy pinches of salt, add potatoes and bring to a boil.
3. Boil potatoes until just about fork tender 8 -10 minutes. When potatoes are just minutes from being done, add in green beans for 2 minutes. Drain the potatoes and green beans and return them to the pot.
4. Add in the lemon juice and olive oil mixture, toss to coat.

For Grilled New York Steaks

1. Heat outdoor grill.
2. Remove steaks from the refrigerator about 20 minutes before grilling. This will allow the steak to cook more evenly. Season the steak with salt & pepper and Herbes on both sides.
3. Place steaks 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.

Cooking indoors? Preheat oven to 450 degrees. Heat a large, nonstick, oven-proof sauté pan over medium/high heat; add in 1 Tablespoon of grapeseed oil, once hot (almost smoking) add in steak and cook for 2-3 minutes per side or until a golden crust forms. Place pan into preheated oven and cook for about 4 minutes for rare, 10 minutes for well done. Cooking time will depend on the thickness of your steak, adjust accordingly.

INGREDIENTS

For boiled potatoes and garlicky lemon green beans

- 1 lemon, zested and juiced
- 2 Tablespoons olive oil
- 2 garlic cloves, minced or pressed
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 pound baby red, gold, or fingerling potatoes, rinsed and cut in half
- ½ pound of fresh green beans, trimmed and cut in half

For grilled New York Steaks

- 1 ¼ to 1 ½ pounds of boneless New York steak
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 Tablespoon Herbes de Provence



PEANUT NOODLE SALAD

sesame dressing & fresh pineapple

DIRECTIONS

For sesame dressing

1. In a small bowl, whisk together the peanut butter, vinegar, sesame oil, soy sauce, and cayenne pepper. If too thick add in water 1 Tablespoon at a time to thin slightly.

For peanut noodle salad

1. Prepare rice noodles according to box directions, set aside
2. In a large salad bowl combine prepared rice noodles, cilantro, butter lettuce, red bell pepper, carrots, broccoli, and peanuts. Toss with sesame dressing to taste.

INGREDIENTS

For sesame dressing

- 1/2 cup smooth or chunky organic, natural peanut butter
- 1/4 cup rice wine vinegar
- 1 Tablespoon toasted sesame oil
- 2 teaspoons low sodium soy sauce
- Pinch cayenne pepper

For peanut noodle salad

- 7 oz stir fry, thin rice noodles (we like Thai Kitchen, 1/2 of a box)
- 1/2 bunch cilantro, roughly chopped
- 1 head butter lettuce leaves, cut into thin shreds
- 1 red bell pepper, cut into thin slices
- 2 medium carrots, grated or cut into thin matchsticks
- 1 cup broccoli florets, chopped into small, bite size pieces
- 1/2 cup peanuts, roughly chopped

- 1/2 fresh pineapple cut into slices



Nutrition Information

Asian Turkey Meatballs			Serves: 4	
Serving Size: 4 meatballs each				
Calories	183	kcal	Fat	10.6 g
Protein	21.4	g	Saturated	2.6 g
Carbohydrate	0.7	g	Sugar	0 g
Sodium	263	mg	Calcium	5.5 %DV
Fiber	0	g	Iron	15 %DV
Cholesterol	84	mg		

Pineapple Fried Rice			Serves: 4	
Serving Size: 3/4 Cup/each				
Calories	268	kcal	Fat	11.3 g
Protein	4.1	g	Saturated	1.2 g
Carbohydrate	40	g	Sugar	12 g
Sodium	114	mg	Calcium	3.9 %DV
Fiber	4	g	Iron	5.6 %DV
Cholesterol	0	mg		

Tilapia			Serves: 4	
Serving Size: 1 fillet each				
Calories	172	kcal	Fat	6 g
Protein	28	g	Saturated	1 g
Carbohydrate	1.8	g	Sugar	0 g
Sodium	290	mg	Calcium	3.5 %DV
Fiber	1	g	Iron	6 %DV
Cholesterol	69	mg		

Green Bean Quinoa Salad			Serves: 4	
Serving Size: 3/4 Cup/each				
Calories	222	kcal	Fat	18.5 g
Protein	2.7	g	Saturated	2.5 g
Carbohydrate	13	g	Sugar	3.4 g
Sodium	286	mg	Calcium	4.6 %DV
Fiber	3.4	g	Iron	7.6 %DV
Cholesterol	0	mg		

Meatball Lettuce Wraps			Serves: 4	
Serving Size: 2 lettuce wraps/each (includes 4 meatballs each), cilantro and peanuts garnish				
Calories	491	kcal	Fat	31.2 g
Protein	32.3	g	Saturated	5.7 g
Carbohydrate	22	g	Sugar	2.3 g
Sodium	508	mg	Calcium	9.3 %DV
Fiber	4.5	g	Iron	24 %DV
Cholesterol	84	mg		

Sesame Broccoli Slaw			Serves: 4		
Serving Size: 1 1/4 Cup					
Calories	170	kcal	Fat	8.5	g
Protein	3.5	g	Saturated	0.8	g
Carbohydrate	24	g	Sugar	14	g
Sodium	107	mg	Calcium	6.7	%DV
Fiber	4.8	g	Iron	6.2	%DV
Cholesterol	0	mg			

Grilled New York Strip Steaks			Serves: 4		
Serving Size: 1 steak each (approximately 5 oz each)					
Calories	355	kcal	Fat	27	g
Protein	26	g	Saturated	10.7	g
Carbohydrate	0	g	Sugar	0	g
Sodium	444	mg	Calcium	1	%DV
Fiber	0	g	Iron	15.6	%DV
Cholesterol	96	mg			

Boiled Potatoes and			Serves: 4		
Serving Size: 3/4 cup/each					
Calories	174	kcal	Fat	7.1	g
Protein	4.7	g	Saturated	1	g
Carbohydrate	27	g	Sugar	2.5	g
Sodium	390	mg	Calcium	9.2	%DV
Fiber	6.6	g	Iron	43	%DV
Cholesterol	0	mg			

Peanut Noodle Salad			Serves: 4		
Serving Size: 1 cup/each					
Calories	180	kcal	Fat	9.4	g
Protein	7.3	g	Saturated	1.3	g
Carbohydrate	19.4	g	Sugar	4.6	g
Sodium	34	mg	Calcium	6.3	%DV
Fiber	4.8	g	Iron	12	%DV
Cholesterol	0	mg			

Sesame dressing			Serves: 4		
Serving Size: 1 Tablespoon/each					
Calories	220	kcal	Fat	19.5	g
Protein	8.2	g	Saturated	3.9	g
Carbohydrate	7.5	g	Sugar	3	g
Sodium	277	mg	Calcium	1.4	%DV
Fiber	1.9	g	Iron	3.7	%DV
Cholesterol	0	mg			

Fresh Pineapple			Serves: 4		
Serving Size: 1 slice (medium slices approximately 4" diameter x 3/4" thick)					
Calories	57	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	15	g	Sugar	11	g
Sodium	1.1	mg	Calcium	1.5	%DV
Fiber	1.6	g	Iron	1.8	%DV
Cholesterol	0	mg			