

MAKE AHEAD

- Brown rice (2 cups cooked) 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 35- 40 minutes until liquid has been absorbed. Uncover and steam for an additional 5 minutes.

- Breadcrumbs (3/4 cup) for meal #1

Toast ½ of a whole grain baguette until crispy. Crumble into blender and process until sandy in texture. Store dry breadcrumbs in airtight container or Ziploc bag.

MENU

MONDAY ①

CANNELLINI BEAN BALLS
Pineapple broccoli fried rice

TUESDAY ②

QUINOA EGG SALAD
Grilled nectarines

WEDNESDAY ③

LETTUCE WRAPS
Peanut sauce
Sesame broccoli slaw

THURSDAY ④

PENNE AND CANNELLINI BEANS
Garlicky lemon salad

FRIDAY ⑤

PEANUT NOODLE SALAD
Sesame dressing & fresh pineapple



Vegetarian: July 20th

Shopping List

1-Cannellini Bean Balls 2-Quinoa Egg Salad 3-Lettuce Wraps 4-Cannellini Penne 5-Peanut Noodle Salad

Recipe #	Protein	Quantity	Notes	Est Cost
1, 4	Cannellini beans	5 cans	15 oz cans	\$6.25
1,2	eggs	5	large, free range, organic	\$2.00

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	ginger	6 inch root		\$2.50
1, 2,5	red bell pepper	3-1/2		\$4.50
1,2, 4	onion, white	2		\$1.50
1,2,3,5	broccoli	7 cups		\$3.50
1,3,5	pineapple	1 1/2 medium	Choosing a ripe pineapple: smell the bottom, if there is no pineapple scent, it is not ripe.	\$3.00
2, 4	tomato	5 medium	locally grown if possible	\$3.00
2,3, 5	carrot	6 medium		\$2.50
2	nectarines	4		\$3.00
3,4,5	butter lettuce	3 heads	2 heads + 8 leaves	\$4.50
3	limes	2		\$1.00
2,4	lemon	1-1/2		\$1.00
5	cilantro	1/2 bunch		\$1.50
1,2,4	Italian parsley	1 bunch		\$1.50

Recipe #	Dairy	Quantity	Notes	Est Cost

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,4	whole wheat baguette	1	any whole grain variety	\$2.00
2	quinoa	2/3 cup	dry	\$3.00
3, 5	rice wine vinegar	5 tablespoons		\$2.50
3, 5	sesame oil	1 TBSP + 1 tsp		\$3.00
3,5	thin rice noodles	14 oz		\$4.00
3,5	peanut butter	1 cup	smooth or chunky, organic or natural	\$3.00
5	peanuts	1/2 cup		\$2.00

Fresh 20 Grocery Est \$60.75

Cost Per Dinner \$12.15

Cost Per Serving 3.0375

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	6 Tablespoons	dried oregano	4 teaspoons
	grapeseed oil	5 TBSP + 1 tsp	herbes de provence	
	balsamic vinegar	2 3/4 tablespoons	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	vegetable broth	1 cup + 3 Tblspoons	organic tomato paste	
	garlic	13 cloves	Dijon mustard or brown mustard	
	kosher salt	1 1/2 teaspoon	low sodium soy sauce or Bragg's liquid amino acid	7 teaspoons
	black pepper	2 teaspoon	whole grain pasta	8 ounces
	cayenne pepper	pinch	long grain brown rice	1 cup dry
	paprika		whole wheat flour	



Cannellini Bean Balls

pineapple broccoli fried rice

DIRECTIONS

MADE AHEAD

- 2 cups brown rice
- ¾ cup bread crumbs

For Cannellini Bean Balls

1. Preheat oven to 350°F.
2. In the bowl of a food processor, mix beans and bell peppers. Pulse until chopped, but not pureed, and set aside.
3. In a medium bowl, add the rest of the ingredients: eggs, ginger, onion, garlic, parsley, bread crumbs, oregano, and pepper. Add bean and bell pepper mixture, mix well.
4. Line 2 rimmed baking sheets. Spoon out two full tablespoons of bean mixture into the palm of your hand; with two hands, gently roll into a round ball, place ball onto baking sheet and continue. Recipe should yield approximately 32 - 35 cannellini bean balls.
5. Place into preheated oven and bake for 15-20 minutes, or until bean balls are firm to touch and light golden brown.
6. Cool half of the bean balls 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 oil and once the oil is hot, add in ginger, broccoli, and garlic, and 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 been made ahead, you can add them into the pan with the rice, stir to combine and cover to warm over low heat for 5 – 6 minutes.*
2. Drizzle with soy sauce, stir to combine.

Serve 4 cannellini bean balls over ¾ cup of rice per serving.

INGREDIENTS

For Cannellini Bean Balls

- 4 - (15 oz) cans cannellini beans, drained and rinsed
- 2 red bell peppers, chopped
- 2 eggs
- 3 inches of fresh ginger, peeled and grated to yield 1 Tablespoon
- 1 small onion, grated
- 4 garlic cloves, minced or pressed
- ½ cup Italian parsley, roughly chopped
- ¾ cup whole wheat breadcrumbs
- * see prep guide
- 3 teaspoon dried oregano
- ½ teaspoon black pepper

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, bite sized pieces
- 2 garlic cloves, minced or pressed
- 2 cups of previously prepared long grain brown rice
- ½ small ripe pineapple, peeled and cut into small, bite sized pieces
- ¼ cup water
- 2 teaspoons low sodium soy sauce



QUINOA EGG SALAD

grilled nectarines

DIRECTIONS

Preparing quinoa & eggs

1. Heat grapeseed oil in a saucepan over medium heat. Add garlic and onion. Heat until onion is translucent, about 5 minutes. Add in the water, broth, black pepper and bring to a boil.
2. 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. Allow to cool before adding vegetables.
3. Place eggs in small saucepan and cover with 1 inch of water; bring to a boil over high heat. Remove pan from heat and cover, let sit for 10 minutes. While eggs remain in heat bath, fill another bowl with water and ice. After 10 minutes, transfer eggs to ice bath. Once cooled, remove shells and roughly chop.

Assembling Quinoa Egg Salad

1. Add the remaining ingredients (cooked eggs, vegetables, parsley, salt & pepper) to quinoa. Drizzle with lemon juice, olive oil and vinegar, gently toss.

Grilled nectarines

1. Cut each nectarine in half and place on grill, cut side down, for 2-3 minutes. Turn and grill on other side for 2-3 minutes.
2. In a mixing bowl, combine olive oil, vinegar, honey and pinch of salt.
3. Drizzle dressing over nectarines and serve.

Cooking indoors? Preheat oven to 450 degrees. Place nectarines on a lined baking sheet and bake on each side for 3 minutes.

INGREDIENTS

For Quinoa Egg Salad

- 1 teaspoon grapeseed oil
- 2 garlic cloves, minced
- ¼ cup onion, diced
- 2/3 cup quinoa
- 1 cup vegetable broth
- ½ cup water
- ¼ teaspoon black pepper
- 3 eggs

- 1 tomato, diced
- 2 medium carrot, sliced diagonally
- ½ red bell pepper, diced
- ¼ onion, diced
- 1 cup broccoli florets, chopped
- 2 teaspoon Italian parsley
- ¼ teaspoon kosher salt
- Pinch of black pepper
- ½ lemon, juiced
- 2 teaspoons olive oil
- 2 Tablespoons balsamic vinegar

Grilled nectarines

- 4 nectarines
- 2 teaspoons balsamic vinegar
- 2 teaspoons olive oil
- 2 Tablespoons honey
- Pinch of kosher salt



LETTUCE WRAPS

peanut sauce & sesame broccoli slaw

DIRECTIONS

MADE AHEAD

16 Cannellini Bean Balls *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 lettuce wraps.

For lettuce wraps

1. Prepare noodles according to the box directions – set aside.
2. Rinse and dry lettuce leaves – set aside.
3. Heat a large, nonstick sauté pan over low/medium heat; add in peanut butter, lime juice, garlic, soy sauce, and water – whisk to combine.
4. Add in bean balls, stir to coat, and simmer for 10-12 minutes or until bean balls are warmed through.
5. Assemble 2 wraps per person by filling the butter lettuce cups with rice noodles topped with 2 bean balls and sauce.

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, bite size pieces
- 2 medium carrots, grated or shredded
- ½ pineapple, peeled and cut into small, bite size pieces

For lettuce wraps

- 7 oz stir fry, thin rice noodles (we like Thai Kitchen, ½ of a box)
- 8 butter lettuce leaves, rinsed and dried
- ½ cup smooth or chunky organic, natural peanut butter
- 1 lime, juiced
- 1 garlic clove, minced
- 2 teaspoon low sodium soy sauce
- 2 Tablespoons water
- 16 made ahead Cannellini Bean Balls* See Meal #1 for recipe



PENNE AND CANNELLINI BEANS

garlicky lemon salad

DIRECTIONS

1. Cook pasta according to directions on package. Drain and set aside.
2. In a large sauté pan, heat olive oil on medium heat. Add garlic, onions, tomatoes, beans, broth, oregano, salt & pepper. Sauté for 8-10 minutes until tomatoes are soft.
3. Serve pasta and top with tomato and cannellini bean mixture. Garnish with parsley. Enjoy with toasted wheat baguette and garlicky lemon salad.

For garlicky lemon salad

1. In a large salad bowl whisk to combine lemon juice, zest, olive oil, garlic, and salt & pepper.
2. Tear butter lettuce into bite sized pieces and toss with dressing to taste.

INGREDIENTS

- 8 ounces uncooked whole grain penne pasta
- 2 teaspoon olive oil
- 1 garlic clove, minced
- ½ onion, diced
- 4 tomatoes, diced
- 1 - (15 ounce) can cannellini beans, drained and rinsed
- 3 Tablespoons vegetable broth
- 1 teaspoon dried oregano
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ bunch Italian parsley, roughly chopped
- ½ whole wheat baguette, toasted and sliced into 4 equal pieces

For garlicky lemon salad

- 1 lemon, juiced and zested
- ¼ cup olive oil
- 2 garlic cloves, minced
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 head butter lettuce, rinsed and dried



PEANUT NOODLE SALAD

with 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

Cannellini Bean Balls				Serves: 4	
Serving Size: 4 bean balls/each					
Calories	238	kcal	Fat	2.4	g
Protein	14.5	g	Saturated	0.4	g
Carbohydrate	38	g	Sugar	2.3	g
Sodium	555	mg	Calcium	16	%DV
Fiber	11.6	g	Iron	18	%DV
Cholesterol	46.5	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			

Quinoa Egg Salad				Serves: 4	
Serving Size: 1 cup each					
Calories	258	kcal	Fat	9.3	g
Protein	12	g	Saturated	1.9	g
Carbohydrate	33.4	g	Sugar	6.3	g
Sodium	231	mg	Calcium	8.5	%DV
Fiber	5.7	g	Iron	16	%DV
Cholesterol	140	mg			

Grilled Nectarines				Serves: 4	
Serving Size: 1 nectarine/each					
Calories	117	kcal	Fat	2.4	g
Protein	1.6	g	Saturated	0.4	g
Carbohydrate	24	g	Sugar	2.3	g
Sodium	1.1	mg	Calcium	16	%DV
Fiber	2.4	g	Iron	18	%DV
Cholesterol	0	mg			

Lettuce Wraps				Serves: 4	
Serving Size: 2 wraps/person (includes 4 Cannellini Bean Balls per person)					
Calories	480	kcal	Fat	18.6	g
Protein	24	g	Saturated	3.8	g
Carbohydrate	58	g	Sugar	6.1	g
Sodium	804	mg	Calcium	20	%DV
Fiber	6	g	Iron	31	%DV
Cholesterol	46.5	mg			

Penne and Cannellini Beans				Serves: 4	
Serving Size: 1 cup cooked pasta/each					
Calories	382	kcal	Fat	4.8	g
Protein	16	g	Saturated	0.4	g
Carbohydrate	71	g	Sugar	6.6	g
Sodium	466	mg	Calcium	9.8	%DV
Fiber	14	g	Iron	19	%DV
Cholesterol	0	mg			

Garlicky Lemon Salad				Serves: 4	
Serving Size: 1 cup salad/person					
Calories	131	kcal	Fat	13.7	g
Protein	0.8	g	Saturated	1.9	g
Carbohydrate	4.1	g	Sugar	1	g
Sodium	249	mg	Calcium	2.8	%DV
Fiber	1.6	g	Iron	3.3	%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	20	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			