

## PREP GUIDE

### Meal #1

- 2 cups cooked brown rice \* *see recipe below*

### Meal #2

- 2 cups brown rice \* *see recipe below*
- 2 inches of fresh ginger, peeled and grated to yield 1 Tablespoon
- Cut vegetables:
  - 2 green onions, white and green parts, thinly sliced
  - 1 red bell pepper, cut into thin slices
  - 1 medium carrot, shredded

### Meal #3

- Cut vegetables:
  - 1 bunch or 1 pound of radishes, stems removed, washed and cut in half
  - 6 medium carrots, peeled, root end trimmed and cut into pieces the same size as the radishes

### Meal #4

- 2 inches of fresh ginger, peeled and grated to yield 1 Tablespoon
- 2 cups cooked quinoa \* *see recipe below*
- Cut vegetables:
  - 1 medium carrot, shredded
  - 2 green onions, cut into thin slices (white and green or your preference)
  - ½ red bell pepper, cut into small dice

### Meal #5

- 4 cooked brown rice \* *see recipe below*
- Cut vegetables:
  - 4 green onions, root end trimmed, green and white parts cut into thin slices
  - 2 medium carrots, cut into small dice
  - ½ red bell pepper, cut into small dice

### Brown Rice (Meal #1, #2 and #5)

4 cup brown rice

8 cups water or broth

1 teaspoon kosher salt (only if using water)

Pour all ingredients into a medium/large stockpot. Bring to boil, cover, and reduce heat to simmer for 25 - 35 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes; makes 8 cups.

### Quinoa (Meal #4)

1 cup dry quinoa

½ teaspoon kosher salt

2 cups water

Bring water to a boil with salt and add in quinoa, cover with a lid, and reduce to a low simmer for 25-35 minutes or until all the liquid is absorbed, and then store in an airtight container; makes 2 cups.

## MENU

### MONDAY ①

GOAT CHEESE STUFFED  
CHICKEN BREASTS  
Roasted asparagus with balsamic  
brown butter

### TUESDAY ②

SPICY MANGO SHRIMP with  
COCONUT SAUCE  
Brown rice

### WEDNESDAY ③

DIJON HERB PORK CHOPS  
Roasted spring vegetables

### THURSDAY ④

MANGO & CHICKEN QUINOA SALAD

### FRIDAY ⑤

CHICK PEA COCONUT CURRY  
Brown rice



Classic May 3rd

# Shopping List

(1) Stuffed Chicken Breast (2) Mango Shrimp (3) Herbed Pork Chops (4) Mango/Chicken Quinoa Salad (5) Chick Pea Curry

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	chicken breasts	6	bone-in and skin-on about 3 pounds	18
3	center cut boneless pork chops	4 - 4 oz chops	sub boneless skinless chicken breast	12
2	shrimp	1 pound	medium, cleaned and deveined	12

Recipe #	Vegetables / Fruit			Est Cost
1	asparagus	1 pound		3
2,4,5	red bell pepper	2		2
2,3,4,5	carrot	10 medium		3
2,4,5	cilantro	1 bunch		1.5
2,4,5	green onion	8		2
2,4	mango	2	ripe but firm	2
2,5	lime	2		1
2,4	ginger	4" piece		2
5	cucumber	1 medium		1
3	radishes	1 bunch	about 1 pound	1.5
2,5	swiss chard	1 bunch		2

Recipe #	Dairy	Quantity	Notes	Est Cost
1	herbed goat cheese	6 ounces	sub feta or light cream cheese	5
1	organic unsalted butter	3 Tablespoons		1

Recipe #	Misc / Bakery	Quantity	Notes	Est Cost
2,5	light coconut milk	2 cans	14 ounces each	4
4	quinoa	1 cup		1
5	red curry powder	1 teaspoon	more if you like curry (check bulk bin)	2
5	organic canned chick peas	2 cans	14.5 oz ea, also called garbazo beans	4

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

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	4 Tablespoons	dried oregano	
	grapeseed oil	5 Tablespoons	herbes de provence	2 Tablespoons
	balsamic vinegar	1 teaspoon	ground cumin	1-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	6 cloves	Dijon mustard or brown mustard	1 Tablespoon
	kosher salt	4-1/2 teaspoons	soy sauce or Braggs liquid amino acid	1 Tablespoon
	black pepper	1-1/2 teaspoons	whole wheat orzo	
	cayenne pepper	1/4 teaspoon	long grain brown rice	4 cups
	paprika	1 teaspoon	whole wheat white flour	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# (1) GOAT CHEESE STUFFED CHICKEN BREASTS

roasted asparagus with balsamic brown butter

*For this recipe you will be roasting 4 breasts stuffed with goat cheese and 2 breasts unstuffed and without the skin for later in the week. You will season all the chicken with salt & pepper and paprika and roast all 6 pieces together in the oven. If you want to stuff them all, then go for it, just ration out your cheese and leave the skin on all 6 breasts. Roasting "bone-in" gives the chicken an incredible juicy flavor.*

## MADE AHEAD

- 2 cups cooked brown rice \* see prep guide

## DIRECTIONS

*For goat cheese stuffed chicken breasts*

1. Preheat the oven to 450 degrees and adjust the rack to the upper third.
2. Using your fingers, loosen the skin from the chicken breast working from the outside edge in - leave the inside attached. You are creating a little pocket for the cheese.
3. Place 2 slices of goat cheese under the skin of 4 of the chicken breasts. Use your fingers to slightly flatten the cheese under the skin. Adjust the skin back to cover the breast.
4. Place all the chicken breasts (4 stuffed and 2 plain with skin removed) on a baking sheet lined with foil and season generously with salt & pepper and paprika.
5. Heat a large, nonstick sauté pan over medium/high heat and add in 1 Tablespoon olive oil and 1 Tablespoon of butter. When the butter begins bubbling add in the 4 pieces of stuffed chicken with the skin on (skin side down); cook for about 3 minutes or until golden brown.
6. Transfer stuffed chicken back to the baking sheet (skin side up) and bake all 6 pieces for 10-12 minutes, or until cooked through. The chicken should be at an internal temperature of 155 degrees and the juices should run clear. Rest for 5 minutes before serving. Refrigerate the 2 unstuffed chicken breasts in an airtight container for later in the week.

*While chicken is resting:*

*For roasted asparagus with balsamic brown butter*

1. Preheat oven to 450 degrees.
2. Line a baking sheet with parchment or foil and toss asparagus with olive oil, salt, and pepper.
3. Roast in the oven for 8 minutes or until the asparagus is tender and slightly browned.

*Meanwhile*

4. In a small saucepan, melt butter and Herbes over low heat. Cook the butter for an additional 1 -2 minutes stirring often; it will begin to bubble and turn golden brown. Once the butter is just golden, remove from heat and stir in the balsamic vinegar; toss with the asparagus and serve warm.

*For brown rice*

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat on stovetop, stirring with a fork to fluff.

*For a dairy free meal, leave out the goat cheese & butter. Roast the asparagus and toss with a splash of balsamic vinegar before serving.*

## INGREDIENTS

*For goat cheese stuffed chicken breasts*

6 bone-in, skin-on organic chicken breasts (4 with skin on, 2 skinless)

6 ounces goat cheese with garlic and herbs, cut into 8 - ¼" slices (feta can be substituted or any herbed soft cheese)

1 teaspoon kosher salt

½ teaspoon ground black pepper

1 teaspoon paprika

1 Tablespoon olive oil

1 Tablespoon organic unsalted butter

*Roasted asparagus with balsamic brown butter*

1 pound asparagus spears, root end trimmed

1 teaspoon olive oil

¼ teaspoon kosher salt

Pinch of black pepper

2 Tablespoons unsalted organic butter

1 teaspoon Herbes de Provence

1 teaspoon balsamic vinegar

*For brown rice*

2 cups cooked brown rice \* see prep guide



## (2) SPICY MANGO SHRIMP with COCONUT SAUCE

brown rice

### MADE AHEAD

- 2 cups cooked brown rice \* see prep guide
- Peel and grate ginger
- Cut vegetables: onion, pepper, carrot

### DIRECTIONS

*For spicy mango shrimp with coconut sauce*

1. Season the shrimp with cayenne pepper and salt & pepper on both sides.
2. Heat a large, nonstick sauté pan over medium/high heat; add in oil and once hot add the shrimp.
3. Cook about 2 minutes on the first side. Using tongs, carefully remove from the shrimp from the pan and set aside on plate
4. Add the onion, peppers, carrots, chard, ginger, garlic, cilantro, coconut milk and salt to the pan. Stir to combine, reduce heat, and simmer for 3 -4 minutes or until it begins to reduce and thicken slightly.
5. Add the shrimp back to the pan and simmer for 2 minutes. (*\* for chicken, cook 3 - 4 minutes per side, remove from the pan and continue with the sauce - chicken is done when it is no longer pink in the middle*)
6. Spoon the shrimp, sauce, and vegetables over the warm brown rice. Garnish with chopped cilantro, mango, and fresh limes.

*For brown rice*

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat on stovetop, stirring with a fork to fluff.

### INGREDIENTS

*For spicy mango shrimp with coconut sauce*

1 pound medium shrimp, cleaned & deveined (*\*1 pound of chicken breast can be substituted - 2 breasts sliced in half lengthwise*)

Cayenne pepper to taste

½ teaspoon kosher salt

¼ teaspoon black pepper

1 Tablespoon grapeseed oil

2 green onions, white and green parts, thinly sliced

1 red bell pepper, cut into thin slices

1 medium carrot, shredded

½ bunch Swiss chard, cleaned & thick stems removed, roughly chopped into thin shreds

2 inches of fresh ginger, peeled and grated to yield 1 Tablespoon

2 garlic cloves, minced or pressed

¼ cup or ¼ of a small bunch of cilantro, roughly chopped

1 – 14 ounce can light coconut milk

¼ teaspoon kosher salt

2 cups cooked brown rice, reheated  
*\*see prep guide*

*Garnish*

2 Tablespoons roughly chopped fresh cilantro

1 ripe but firm mango, cut into small dice

1 lime, cut into wedges



### (3) DIJON HERB PORK CHOPS

#### roasted spring vegetables

*Fresh radishes have a bite to them that can be a bit spicy. Roasting them with some honey and herbs is a delicious way to balance out their flavor. Roasted radishes are a perfect side dish to any meat dish or tossed in salads. Pork chops cook very quickly, so be sure to not overcook your chops. Try pulling one off the heat and cutting into the center to give it a check. Remember meat continues to cook off the stove while it is resting, so you can always pull it off the heat a little early.*

#### MAKE AHEAD

- Cut vegetables: radishes, carrots

#### DIRECTIONS

##### *For Dijon herb pork chops*

1. In a small bowl, stir to combine the Dijon mustard, herbs, and salt & pepper. Brush both sides of the pork chops with seasoning and set aside.
2. Heat a large, non-stick sauté pan over medium heat and add in 1 Tablespoon of grapeseed oil. Once oil is hot add in pork chops and cook for 3-4 minutes on each side until done. Cooking time will depend on the thickness of your pork chops. *Don't overcook your pork, it has little fat and will dry out quickly. Pork is done when the center is no longer pink.*

Cooking outdoor? Grill pork chops for 3-4 minutes per side, until done and just barely pink in the middle; remove from grill and let rest. The sugar from the honey in the marinade will caramelize and burn quickly, so keep an eye on the chops. *For chicken, cook 3-4 minutes per side, chicken is done when it is no longer pink in the middle.*

##### *For roasted spring vegetables*

1. Preheat oven to 450 degrees and adjust rack to the upper third.
2. Line a baking sheet with parchment or foil. Toss cut vegetables with olive oil, honey, and seasonings then spread out evenly onto the baking sheet. Place into preheated oven and roast for 20-30 minutes or until the vegetables are golden and tender when pierced with a fork.

#### INGREDIENTS

##### *For Dijon herb pork chops*

- 1 Tablespoon Dijon mustard
- 2 teaspoons of Herbes de Provence or Italian seasoning
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 4 – 4 ounce center cut boneless pork chops (\* 1 pound of boneless skinless chicken breast can be substituted - 2 breasts sliced in half lengthwise)
- 1 Tablespoon grapeseed oil

##### *For roasted spring vegetables*

- 1 bunch (or 1 pound) of radishes, stems removed, washed and cut in half
- 6 medium carrots, peeled, root end trimmed, cut into pieces the same size as the radishes
- 2 Tablespoons olive oil
- 1 Tablespoon honey
- 1 Tablespoon Herbes de Provence
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper

### MADE AHEAD

- 2 leftover roasted chicken breasts, shredded or cut into bite size pieces \* *see Meal #1 for recipe*
- Grate ginger
- 2 cups cooked quinoa \* *see prep guide for recipe*
- Cut vegetables: carrot, green onion, red bell pepper

### DIRECTIONS

*For mango & chicken quinoa salad*

1. Heat a large sauté pan over medium heat and add the oil. Once the oil is warm add in the garlic, ginger soy sauce, honey, and cumin (and optional cayenne). Stir to combine and once fragrant (about 30 seconds) add in chicken and quinoa. Stir to combine and cook until warmed through - about 5 minutes.
2. Stir in the carrots, onions, cilantro, bell pepper, and mango; serve warm.

### INGREDIENTS

*For mango & chicken quinoa salad*

- 2 Tablespoon grapeseed oil
- 2 garlic cloves, minced or pressed
- 2 inches of fresh ginger grated to yield 1 Tablespoon of ginger
- 1 Tablespoon low sodium soy sauce
- 1 Tablespoon honey
- 1 teaspoon dried cumin
- Pinch of cayenne pepper \**optional*
- 2 chicken breasts, shredded or cut into small bite size pieces \* *from Meal #1*
- 2 cups cooked quinoa \**see prep guide* (cooked brown rice or cous cous can be substituted for quinoa)
- 1 medium carrot, shredded
- 2 green onions cut into thin slices (white and green or your preference)
- ¼ cup or ¼ bunch of cilantro, roughly chopped
- ½ red bell pepper, cut into small dice
- 1 mango, ripe but firm, cut into small dice or bite size pieces



## (5) CHICK PEA COCONUT CURRY

brown rice

*If you are a fan of curries you will love this simply prepared chick pea curry. If curry makes you a little uneasy, remember you can always add as you go. Start with just 1 teaspoon of curry and adjust to suit the taste of your family. When trying new dishes with your family, try introducing dinner conversation around the country where the food is from. Curries are served all around the world from India to Thailand.*

### MADE AHEAD

- 4 cups cooked brown rice \* see prep guide
- Cut vegetables: green onion, carrots, red bell pepper

*For chick pea coconut curry*

### DIRECTIONS

1. Heat a large, nonstick sauté pan over medium heat and add oil. Once the oil is hot add in the onion, chard, carrots, red pepper, garlic, and a sprinkle of kosher salt. Sweat the vegetables for 2 minutes or until the onion becomes soft and translucent.
2. Add in the drained chick peas and seasonings, stir to combine and cook for an additional 1 – 2 minutes.
3. Add in the coconut milk and lime juice and stir to combine. Reduce the heat and gently simmer for 5 - 8 minutes. Taste and adjust the seasoning (salt or cayenne for spice) and serve warm over a bowl of brown rice garnished with fresh cilantro and a side of sliced cucumber.

*For brown rice*

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat on stovetop, stirring with a fork to fluff.

### INGREDIENTS

*For chick pea coconut curry*

- 1 Tablespoon grapeseed oil
- 4 green onions, root end trimmed, green and white parts cut into thin slices
- ½ bunch Swiss chard, cleaned, thick stems removed, roughly chopped into thin shreds, about 2 – 3 cups
- 2 medium carrots, cut into small dice
- ½ red bell pepper, cut into small dice
- 2 garlic cloves, minced or pressed
- Kosher salt
- 2 - 14.5 ounce cans organic, no salt added chick peas, drained and rinsed
- 1 teaspoons curry powder (or 2 teaspoons if you love curry)
- ½ teaspoon dried cumin
- Pinch of cayenne pepper \*to taste
- 1 teaspoon salt
- Pinch of black pepper
- 1 - 14 ounce can light coconut milk
- ½ lime, juiced to yield 1 teaspoon of juice
- 4 cups cooked brown rice \* see prep guide for recipe
- 2 Tablespoons fresh cilantro, roughly chopped
  
- 1 cucumber, peeled and sliced



# Nutrition Information

Goat cheese stuffed chicken breasts				Serves: 4	
Serving Size: Approximately 4 ounce chicken breasts					
Calories	351	kcal	Fat	24	g
Protein	31.5	g	Saturated	11	g
Carbohydrate	0.4	g	Sugar	0.4	g
Sodium	597	mg	Calcium	7.3	%DV
Fiber	0	g	Iron	9.2	%DV
Cholesterol	98	mg			

Roasted asparagus with balsamic brown butter				Serves: 4	
Serving Size: 3/4 cup					
Calories	85	kcal	Fat	7	g
Protein	2.6	g	Saturated	3.9	g
Carbohydrate	4.6	g	Sugar	2.3	g
Sodium	126	mg	Calcium	2.9	%DV
Fiber	2.4	g	Iron	14	%DV
Cholesterol	15	mg			

Brown rice				Serves: 4	
Serving Size: 1/2 cup (with low sodium broth)					
Calories	191	kcal	Fat	3	g
Protein	4.7	g	Saturated	0.5	g
Carbohydrate	35.7	g	Sugar	0.4	g
Sodium	33	mg	Calcium	3.1	%DV
Fiber	1.6	g	Iron	8.7	%DV
Cholesterol	0	mg			

Spicy mango shrimp with coconut sauce				Serves: 4	
Serving Size: 3/4 cup (without brown rice)					
Calories	236	kcal	Fat	11	g
Protein	18.4	g	Saturated	5.5	g
Carbohydrate	18.8	g	Sugar	11	g
Sodium	959	mg	Calcium	9.8	%DV
Fiber	3.1	g	Iron	8.7	%DV
Cholesterol	143	mg			

Dijon herb pork chops				Serves: 4	
Serving Size: 1 prepared pork chop					
Calories	273	kcal	Fat	19	g
Protein	22.6	g	Saturated	5.8	g
Carbohydrate	0	g	Sugar	0	g
Sodium	384	mg	Calcium	0.6	%DV
Fiber	0	g	Iron	4.5	%DV
Cholesterol	68	mg			

Roasted spring vegetables				Serves: 4	
Serving Size: 1/2 cup					
Calories	136	kcal	Fat	7.1	g
Protein	1.8	g	Saturated	1	g
Carbohydrate	18.1	g	Sugar	11	g
Sodium	485	mg	Calcium	6.3	%DV
Fiber	4.7	g	Iron	4.2	%DV
Cholesterol	0	mg			

Mango & chicken quinoa salad				Serves: 4	
Serving Size: 1 cup					
Calories	351	kcal	Fat	11	g
Protein	19.4	g	Saturated	1.3	g
Carbohydrate	43.8	g	Sugar	13	g
Sodium	605	mg	Calcium	5.3	%DV
Fiber	5.1	g	Iron	15	%DV
Cholesterol	36	mg			

Chick pea coconut curry				Serves: 4	
Serving Size: 1 3/4 cup					
Calories	301	kcal	Fat	13	g
Protein	12.5	g	Saturated	5.3	g
Carbohydrate	43.3	g	Sugar	5	g
Sodium	940	mg	Calcium	12	%DV
Fiber	11	g	Iron	25	%DV
Cholesterol	0	mg			

Brown rice				Serves: 4	
Serving Size: 3/4 cup (with low sodium broth)					
Calories	287	kcal	Fat	4.5	g
Protein	7	g	Saturated	0.8	g
Carbohydrate	53.5	g	Sugar	0.6	g
Sodium	49.5	mg	Calcium	5	%DV
Fiber	2.4	g	Iron	13	%DV
Cholesterol	0	mg			