

PREP GUIDE

Meal #1

- Marinate chicken * see recipe below

Meal #2

- 2 cups cooked brown rice * see recipe below

Meal #3

- Cut vegetables:
 - ¼ red onion, cut into small dice
 - ½ cucumber, peeled and cut into small dice or half moons
- Make Buttermilk Dill Dressing * see recipe below

Meal #4

- No prep ahead items!

Meal #5

- 2 hard-boiled eggs * see Meal #5 for directions

Buttermilk Chicken Marinade (Meal #1 & #3)

2 cups buttermilk
 Pinch of cayenne pepper
 2 sprigs of fresh dill
 ½ medium onion, roughly chopped (*save 1 T. diced onion for greens in Meal #1*)
 2 pounds of chicken breast, about 4 whole breasts, sliced in half lengthwise for a total of 8 cutlets (cut 4 of the cutlets into strips for meal #3).

Combine the buttermilk, cayenne, dill, and onion in a non-reactive container or a Ziploc bag. Add the chicken and refrigerate.

Brown rice (Meal #2)

1 cup brown rice
 2 ¼ cups water or broth
 ½ teaspoon kosher salt (only if using water)

Pour all ingredients into a medium 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 2 cups.

Buttermilk Dill Dressing (Meal #3)

¼ cup buttermilk
 ¼ cup nonfat, plain Greek yogurt
 1 teaspoon Dijon mustard
 ½ lemon, juiced to yield 1 Tablespoon lemon juice
 1 clove garlic, minced or pressed
 3 Tablespoons fresh dill, finely chopped
 ¼ teaspoon kosher salt
 ¼ teaspoon black pepper

In a small bowl, whisk to combine buttermilk, yogurt, Dijon, lemon juice, garlic, dill and salt & pepper and refrigerate.

MENU

MONDAY ①

OVEN FRIED CHICKEN
 Greens & black eyed peas

TUESDAY ②

ROCKFISH with TOMATO SAUTE
 Brown rice

WEDNESDAY ③

CRISPY CHICKEN STRIPS
 Creamy macaroni salad

THURSDAY ④

BLUEBERRY PANCAKES & BACON

FRIDAY ⑤

CHOPPED SUMMER SALAD



Classic June 21st

Shopping List

(1) Oven Fried Chicken (2) Rockfish w/ tomato (3) Crispy Chicken Strips (4) Blueberry Pancakes (5) Chopped Summer Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	boneless skinless chicken breast	2 pounds		20
2	Rockfish(red snapper)	4 fillets	about 1-1/4 pounds	14
4	bacon (nitrate free)	8 slices		5

Recipe #				Est Cost
4	blueberries	1 pint	fresh, organic	3
1,2,3,4	lemon	4		2
2,3,5	cherry tomatoes	5 cups	about 30 ounces	6
1,3,5	red onion	1		1
5	ice berg lettuce	1 sm head		1
3,5	cucumber	2		2
1,3	baby spinach leaves	10 cups		4
1,3	fresh dill	1 sm bunch		1.5

Recipe #		Quantity	Notes	Est Cost
4	unsalted organic butter	2 Tablespoons		1
1,3,4,5	large organic eggs	6		3
3	greek yogurt or low fat sour cream	1/4 cup		1
1,3,4	low fat buttermilk	3-1/4 cups		3

Recipe #		Quantity	Notes	Est Cost
1,3,4	yellow cornmeal	5 Tablespoons		1
4	baking powder	3/4 teaspoons		1
1,5	black eyed peas	2 cans	2- 14.5 oz cans	4
1,3	panko bread crumbs	1 cup		2

Fresh 20 Grocery Est 75.5
 Cost Per Dinner 15.1
 Cost Per Serving 3.775

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	14 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar	1/4 cup	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	* for pancakes
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	6 cloves	Dijon mustard or brown mustard	2 teaspoons
	kosher salt	4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/2 teaspoons	whole wheat macaroni	8 ounces
	cayenne pepper	pinch	long grain brown rice	1 cup
	paprika	1/2 teaspoon	whole wheat white flour	1 cup + 1 Tblsp

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) OVEN FRIED CHICKEN

Greens and black eyed peas

MADE AHEAD

- 2 pounds marinated chicken * see prep guide for recipe

DIRECTIONS

For oven fried chicken

1. Preheat oven to 425 degrees and adjust the oven rack to the top third.
2. Line a baking sheet with foil or parchment. Remove all the chicken from the marinade shaking off any excess buttermilk; discard marinade. Lay the chicken onto the baking sheet. Season both sides with 1 teaspoon of kosher salt – set aside.
3. On a large plate, stir to combine panko, cornmeal, dill, olive oil, paprika, and salt & pepper.
4. On another plate or shallow bowl, beat 2 eggs with 1 Tablespoon of water.
5. Dip both sides of all the chicken cutlets and strips into the egg and then into the bread crumb mixture. Press down lightly so that the crumbs will stick - set back onto baking sheet.
6. Place chicken in the preheated oven and bake for 10 minutes. Remove chicken strips and set them aside to cool. Turn the other 4 cutlet pieces over and continue to cook for an additional 5 minutes. *If breasts are thicker than a cutlet, adjust cooking time - chicken breasts are done when center is no longer pink and juices run clear.*
7. Cool the chicken strips and store in the refrigerator in an airtight container for Meal #3. Serve cutlets warm with greens and black eyed peas.

***GRILL IT! - Heat outdoor grill on medium-high. Follow instructions but instead of oven place entire foil lined baking sheet on grill and close. Increase cooking time as necessary.

For greens and black eyed peas

1. Heat a large, nonstick sauté pan over medium heat and add in the olive oil. Once the oil is warm add in the garlic and onions, stir until fragrant, about 15-20 seconds.
2. Add in the spinach and stir to combine until all the spinach is coated with olive oil. Sauté the spinach for 3-5 minutes or until it has wilted down. Add in the lemon juice and season with salt & pepper. Stir in the black eyed peas and cook over low heat until the beans are warmed through.

INGREDIENTS

For oven fried chicken

2 pounds of marinated chicken breast * see prep guide for recipe
1 teaspoon kosher salt
1 cup panko bread crumbs
¼ cup corn meal
2 teaspoons fresh dill, finely chopped
3 Tablespoons olive oil
½ teaspoon paprika
½ teaspoon kosher salt
Pinch of black pepper
2 large, organic eggs
1 Tablespoon water

For greens and black eyed peas

2 Tablespoon olive oil
2 garlic cloves, minced or pressed
1 Tablespoon red onion, finely chopped
6 cups baby spinach leaves, about 6 handfuls
½ lemon, juiced
¼ teaspoon kosher salt
Fresh cracked black pepper to taste
1-14.5 oz can black eyed peas, rinsed and drained



(2) ROCKFISH WITH TOMATO SAUTE

Brown rice

MADE AHEAD

- 2 cups cooked brown rice * see prep guide

DIRECTIONS

For Rockfish (red snapper)

1. Season the fish fillets with salt and pepper on both sides.
2. Heat a large, nonstick sauté pan over medium/high heat and add oil. Once hot add the fish 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.

For tomato sauté

1. Heat a large, nonstick sauté pan over medium/high heat and add oil. Once oil is hot add tomatoes.
2. Stir to coat tomatoes with olive oil and add in the lemon zest, lemon juice, garlic, and salt & pepper. Sauté for 4-5 minutes until tomatoes are heated through, begin to soften, and the skins split.

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 Rockfish (red snapper)

4 - Rockfish/red snapper fillets, about 1¼ pounds (or any white fish of your choice) *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

For tomato sauté

1½ Tablespoons olive oil
3 cups cherry tomatoes, about 16 – 18 ounces
1 lemon, zested
½ lemon, juiced to yield 1 Tablespoon
1 garlic clove, minced
½ teaspoon kosher salt
¼ teaspoon black pepper

2 cups cooked brown rice * see prep guide for recipe



(3) CRISPY CHICKEN STRIPS

creamy macaroni salad

MADE AHEAD

- 1 pound cooked, breaded chicken strips * *See Meal #1 for recipe*
- Cut vegetables: onion, cucumber
- Buttermilk Dill Dressing * *See prep guide for recipe*

DIRECTIONS

For crispy chicken strips

1. Preheat oven to 425 degrees and adjust the oven rack to the top third.
2. Line a baking sheet with foil and lay out chicken strips.
3. Place chicken in preheated oven and bake for 5-7 minutes or until the chicken is crispy and warmed through.

For creamy macaroni salad

1. Bring a large pot of water to a boil with 2 heavy pinches of salt. Add in macaroni, stir, and cook for 8-10 minutes or until aldente. Drain and place cooked macaroni into a large salad bowl.
2. Allow macaroni to cool about 10 minutes, then add tomatoes, red onion, cucumber, spinach, and buttermilk dressing – stir to combine.
3. Taste and adjust salt & pepper as needed.

INGREDIENTS

For crispy chicken strips

1 pound cooked, breaded chicken strips * *See Meal #1 for recipe*

For creamy macaroni salad

8 ounces whole wheat macaroni noodles
1 cup cherry tomatoes, about 6 oz
 $\frac{1}{4}$ red onion, cut into small dice
 $\frac{1}{2}$ cucumber, peeled and cut into small dice or half moons
4 cups loosely packed spinach, about 4 handfuls
Buttermilk dill dressing * *see prep guide for recipe*



(4) LEMON BLUEBERRY BUTTERMILK PANCAKES with bacon

DIRECTIONS

For bacon

Heat a large, nonstick sauté pan over medium/high heat and cook bacon until crisp. Drain on paper towels and cover to keep warm.

For blueberry buttermilk pancakes

1. In a small bowl, toss blueberries with 1 Tablespoon of flour and set aside.
2. In a medium mixing bowl, combine the dry ingredients; 1 cup of flour, cornmeal, salt, and baking powder.
3. In a Pyrex measuring cup, whisk together buttermilk, lemon zest & juice, eggs, and cooled butter. Add wet ingredients into dry ingredients and mix until just combined. Add additional buttermilk or water to thin the batter if it seems too thick- batter should be on the thinner side.
4. Carefully fold in $\frac{1}{2}$ the blueberries.
5. Heat a griddle or large skillet over medium/high heat. Brush the pan with vegetable oil or a pat of butter.
6. Pour pancakes $\frac{1}{4}$ cup at a time, cook until bubbles form and then flip and cook on the other side for 1 minute. Pancakes are done when they are golden on both sides. Top each serving with a few fresh blueberries.
7. Serve pancakes warm with 2 slices of bacon per person and maple syrup from the pantry.

INGREDIENTS

For bacon

8 strips of thick sliced bacon - *we like Applegate Farms (nitrate free)*

For blueberry buttermilk pancakes

1 pint fresh organic blueberries
1 Tablespoon + 1 cup white whole wheat flour
1 Tablespoon yellow cornmeal (fine)
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ teaspoon baking powder
1 cup buttermilk
1 lemon zested and juiced to yield 2 Tablespoons of fresh juice
2 large organic eggs
2 Tablespoons organic unsalted butter, melted and cooled
Maple syrup

MADE AHEAD

- 2 hardboiled eggs * *see directions below*

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 chopped summer salad

In a medium bowl, combine tomatoes, onion, black eyed peas, eggs, lettuce and cucumber - toss with vinaigrette to taste.

For hard boiled eggs

1. Fill a small saucepot with eggs and cover with cold water.
2. Place over medium heat, bring to a boil, and set a timer for 6 minutes.
3. Drain and allow eggs to cool before peeling.

INGREDIENTS

For the vinaigrette

¼ cup red wine vinegar or balsamic vinegar
2 garlic cloves, minced
1 teaspoon dried oregano
1 teaspoon Dijon mustard
½ teaspoon kosher salt
½ teaspoon black pepper
½ cup olive oil

For chopped summer salad

1 cup cherry tomatoes, about 6 oz
¼ medium red onion, thinly sliced
1 – 14.5 ounce can black eyed peas, rinsed and drained
2 hardboiled eggs, chopped
1 small head of Iceberg lettuce, roughly chopped
1 cucumber, peeled and cut into small dice



Nutrition Information

Oven fried chicken				Serves: 4	
Serving Size: 1 prepared cutlet (For Meal #1 & Meal #3)					
Calories	258	kcal	Fat	10	g
Protein	28.8	g	Saturated	2.1	g
Carbohydrate	11.4	g	Sugar	3.6	g
Sodium	607	mg	Calcium	8.6	%DV
Fiber	0.5	g	Iron	5.2	%DV
Cholesterol	122	mg			

Greens and black eyed peas				Serves: 4	
Serving Size: 1/2 cup					
Calories	162	kcal	Fat	7.4	g
Protein	6.2	g	Saturated	1.1	g
Carbohydrate	20.6	g	Sugar	3.6	g
Sodium	499	mg	Calcium	6.2	%DV
Fiber	6.1	g	Iron	14	%DV
Cholesterol	0	mg			

Rockfish with tomato saute				Serves: 4	
Serving Size: 1 prepared fillet + 3/4 cup tomato saute					
Calories	232	kcal	Fat	11	g
Protein	27.5	g	Saturated	1.7	g
Carbohydrate	8.1	g	Sugar	4	g
Sodium	481	mg	Calcium	5.1	%DV
Fiber	2.8	g	Iron	5.7	%DV
Cholesterol	71	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			

Creamy macaroni salad				Serves: 4	
Serving Size: 1/2 cup					
Calories	242	kcal	Fat	1.1	g
Protein	11.8	g	Saturated	0.3	g
Carbohydrate	51.7	g	Sugar	5.7	g
Sodium	223	mg	Calcium	9.8	%DV
Fiber	7.6	g	Iron	18	%DV
Cholesterol	1	mg			

Bacon			Serves: 4	
Serving Size: 2 pan fried strips				
Calories	60	kcal	Fat	5 g
Protein	4	g	Saturated	2 g
Carbohydrate	0	g	Sugar	0 g
Sodium	290	mg	Calcium	0 %DV
Fiber	0	g	Iron	0 %DV
Cholesterol	10	mg		

Blueberry buttermilk pancakes			Serves: 4	
Serving Size: 2 pancakes (about 2 inches diameter) + 1/2 tablespoon maple syrup				
Calories	349	kcal	Fat	9.5 g
Protein	10.4	g	Saturated	4.8 g
Carbohydrate	60.3	g	Sugar	29 g
Sodium	421	mg	Calcium	21 %DV
Fiber	5.2	g	Iron	7.3 %DV
Cholesterol	111	mg		

Chopped summer salad			Serves: 4	
Serving Size: 1 1/4 cup				
Calories	318	kcal	Fat	21 g
Protein	9.7	g	Saturated	3.4 g
Carbohydrate	23.5	g	Sugar	9.5 g
Sodium	633	mg	Calcium	7 %DV
Fiber	5.4	g	Iron	13 %DV
Cholesterol	93	mg		