

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 4 sweet potatoes, cut into ½ inch sticks, stored in water

MEAL #2

- 6 cups cooked brown rice prepared according to package directions (use 3 cups for Meal #2, 3 cups for Meal #5) *
- Cut vegetables:
 - 1 medium yellow onion, small dice
 - 2 heads broccoli, cut into florets

MEAL #3

- Bake 4 sweet potatoes **see Meal #3 for directions, takes 45 minutes*
- Cut vegetables:
 - 1 medium yellow onion, diced
 - 3 green bell peppers, diced

MEAL #4

- Cook and crumble 12 ounces bacon, reserve 3 Tablespoons grease
- Cut vegetables:
 - 1 medium yellow onion, diced small
 - 1 green bell pepper, diced small

MEAL #5

- Cut vegetables:
 - 1 medium yellow onion, small dice, divided
 - 1 green bell pepper, small dice
 - 8 ounces brown mushrooms, sliced (about 2½ -3 cups)
 - 1 small bunch kale, chopped (about 4 cups)

* To warm cooked grains on dinner night, add to a medium saucepan with ½ Tablespoon water per 1 cup of grains. Heat over low heat for 5 minutes until warm, fluff with a fork before serving.

MENU

MONDAY ①

ROASTED CHICKEN BREASTS
Sweet Potato Fries
& Green Beans

TUESDAY ②

CURRY MUSSELS
Broccoli & Brown Rice

WEDNESDAY ③

CHICKEN CHILI
BAKED SWEET POTATO

THURSDAY ④

WARM BROCCOLI
BACON SALAD

FRIDAY ⑤

RICE FRITTATA
Kale Mushroom Ragout



GLUTEN FREE February 20, 2015

Shopping List

(1) Roasted Chicken Breasts (2) Curry Mussels (3) Chicken Chili (4) Warm Broccoli Salad (5) Rice Frittata

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	chicken breasts, skin on, bone in	2-1/2 pounds	about 8 half breasts	15
2	mussels	1-1/2 pounds		15
4	turkey bacon	12 ounces	low fat, low sodium	4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,4	sweet potatoes	5 pounds	about 8 med/large	6
1	French green beans	3/4 pound	<i>french green beans are thinner</i>	2
2,3,4,5	yellow onion	4 medium		4
2,4	broccoli	2 heads		4
3,4,5	green bell peppers	5		5
3,5	basil	1 bunch		1.5
5	brown mushrooms	8 ounces		3
5	kale	1 sm bunch		2
3	spinach	6 ounces	about 4 cups	3
3,5	kiwi	6		2.5
5	clementines	2		1

Recipe #	Dairy	Quantity	Notes	Est Cost
1,2,5	eggs	10		5
5	feta cheese	1 ounce	(1/4 cup)	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	curry powder	1 Tablespoon		5
2,4	raisins	1/2 cup + 2 Tblsp		2
3	chili powder	1 teaspoon		0.5
3,5	crushed tomatoes	3 (15 oz) cans		6
<i>* don't forget to check the pantry items! *</i>				

Fresh 20 Grocery Est \$88.50
 Cost Per Dinner \$17.70
 Cost Per Serving \$4.43

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup + 2 Tblsp	dried oregano	
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	1 teaspoon
	white wine vinegar	1-1/2 Tablespoons	raw honey or 100% maple syrup	1 Tablespoon
	gluten free low sodium chicken/veg broth	2-1/4 cups	gluten free organic tomato paste	
	garlic	6 cloves	gluten free Dijon mustard or brown mustard	1 teaspoon
	kosher salt	3-1/4 teaspoons	gluten free soy sauce or Bragg's liquid aminos	
	black pepper	2-1/4 teaspoons	gluten free pasta	
	cayenne pepper	dash	long grain brown rice (dry)	3 cups
paprika	1/8 tsp	gluten free flour blend	1 teaspoon	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) ROASTED CHICKEN BREASTS

sweet potato fries & green beans

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Cut vegetables: sweet potatoes (store in water in refrigerator)

DIRECTIONS

For roasted chicken breasts

1. Heat oven to 400°F
2. Put chicken on a baking sheet, drizzle with olive oil, salt, and pepper.
3. Roast for 25-35 minutes or until internal temperature reaches 165°F.
4. Remove skin from chicken and discard.
5. Save half of the chicken for Meal #3. Serve remaining chicken with sweet potato fries and green beans.

For sweet potato fries

1. Put an empty baking sheet in the 400°F oven to heat up.
2. In a large bowl, combine first five ingredients. Add sweet potatoes and toss until well coated.
3. Place potatoes on a baking sheet coated with cooking spray, not touching, and cook 20-25 minutes, flipping once.
4. Save 1½ pounds for Meal #4.

Meanwhile

For green beans

1. Heat a large non-stick skillet over medium high heat and add oil.
2. Add green beans, salt, and pepper and cook for 3-5 minutes, tossing frequently, until tender crisp.

INGREDIENTS

For roasted chicken breasts

- 8 half chicken breasts, skin on and bone in (2½ pounds)
- 1½ Tablespoons olive oil
- 1 teaspoon kosher salt
- ½ teaspoon black pepper

For sweet potato fries

- 1 Tablespoon olive oil
- 2 egg whites (save yolks for Meal #2)
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ⅓ teaspoon paprika
- 4 sweet potatoes, about 2½ pounds, cut into ½ inch sticks

For green beans

- 1 Tablespoon olive oil
- ¾ pound French green beans
- ¼ teaspoon kosher salt
- Dash of black pepper



(2) CURRY MUSSELS broccoli & brown rice

MADE AHEAD

- 3 cups cooked brown rice
- Cut vegetables: onion, broccoli

DIRECTIONS

For curry mussels

1. In a very large saucepan, add mussels, $\frac{1}{2}$ the onion, $\frac{1}{4}$ teaspoon pepper, and chicken broth. Turn on medium-high heat and cover with lid.
2. Steam mussels for about 3-5 minutes until shells are just opening. Set mussels aside and reserve $\frac{3}{4}$ cup cooking liquid from the pot.
3. Rinse out saucepan and return to medium heat. Add oil, remaining onion, garlic, flour, and curry powder. Cook for 2-3 minutes then whisk in reserved liquid from mussels, salt, and $\frac{1}{8}$ teaspoon pepper; cook an additional 1-2 minutes.
4. Turn heat to low.
5. Whisk together the egg yolks and chicken broth. Add to pan stirring well to combine; cook for 1 minute. Return mussels to pan for 1 minute (2-3 minutes for chicken) to coat. Serve over rice with broccoli and garnish with raisins.

For broccoli

1. Heat a large pot of salted water to a boil and add in broccoli florets.
2. Cook for 2-3 minutes and drain.
3. Save half for Meal #4, serve remaining broccoli with mussels and rice.

INGREDIENTS

For curry mussels

- 1½ pounds mussels (substitute 1 pound chicken tenders, cut in cubes)
- 1 medium yellow onion, small dice, divided
- $\frac{1}{4}$ teaspoon black pepper
- 1 cup gluten free low-sodium chicken broth
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon gluten free flour
- 1 Tablespoon curry powder
- $\frac{3}{4}$ cup cooking liquid from mussels
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- 2 egg yolks
- $\frac{1}{4}$ cup gluten free low sodium chicken broth
- 2 Tablespoons raisins

For broccoli

- 2 heads broccoli, cut into florets

For brown rice

- 3 cups cooked brown rice, warmed



(3) CHICKEN CHILI

sweet potatoes

OVEN TEMPERATURE: 425° F

MADE AHEAD

- Cooked chicken (skin removed), diced * *from Meal #1*
- 4 baked sweet potatoes
- Cut vegetables: onion, bell peppers

DIRECTIONS

For chicken chili

1. Heat a large pot over medium heat and add oil, onions, and garlic; cook for 5 minutes.
2. Add bell peppers, chili powder, cumin, cayenne, salt, and pepper, cook for 3 minutes.
3. Add diced chicken, broth, crushed tomatoes, and basil.
4. Cook for 10-20 minutes on low heat.
5. Serve in cooked sweet potatoes.

For sweet potatoes

1. Preheat oven to 425°F.
2. Rub oil over each potato and sprinkle with salt. Place on lined baking sheet. Bake 45 minutes until soft.
3. Split open potatoes and fill with chili to serve.

For very green salad

Mix greens with sliced kiwi, toss with your favorite pantry dressing.

INGREDIENTS

For chicken chili

1 Tablespoon olive oil
1 yellow onion, diced
4 cloves garlic, minced
3 green bell peppers, diced
½ teaspoon chili powder
½ teaspoon cumin
Dash of cayenne, optional
½ teaspoon kosher salt
¼ teaspoon black pepper
1 pound diced chicken meat
1 cup gluten free chicken broth
2 (15 ounce) cans no-salt added crushed tomatoes
½ cup chopped basil (½ bunch)

For sweet potatoes

4 sweet potatoes, scrubbed clean
4 teaspoons olive oil
¼ teaspoon salt

For very green salad

6 ounces spinach (about 4 cups)
2 kiwi, skin removed, sliced
Your choice pantry dressing
(www.thefresh20.com/pantrydressings)



(4) WARM BROCCOLI BACON SALAD

MADE AHEAD

- Cook and crumble bacon (reserve 3 Tablespoons grease if cooking ahead)
- 1 head cooked broccoli florets * *from Meal #2*
- 1½ pounds sweet potato fries * *from Meal #1*
- Cut vegetables: onion, bell pepper

DIRECTIONS

For warm broccoli bacon salad

1. Heat a very large non-stick skillet over medium heat and add 1½ Tablespoon bacon grease.
2. Add the onions and bell pepper and cook for 3 minutes.
3. Add in broccoli, bacon, fries, and pepper and cook until heated through. Turn off heat.
4. Toss with dressing and serve with raisins sprinkled on top.

For dressing

Whisk ingredients together.

INGREDIENTS

For warm broccoli bacon salad

12 ounces low-fat/low-sodium turkey bacon, cooked and crumbled, saving 3 Tablespoons grease
1 medium yellow onion, small dice
1 green bell pepper, small dice
1 head broccoli florets, cooked
1½ pounds sweet potato fries, diced
¼ teaspoon black pepper
½ cup raisins

For dressing

1½ Tablespoons white wine vinegar
1 teaspoon Dijon mustard
1 Tablespoon maple syrup
1½ Tablespoons bacon grease
1 Tablespoon water
Dash of black pepper



(5) RICE FRITTATA kale mushroom ragout

OVEN TEMPERATURE: 375°F

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell peppers, mushrooms, kale

DIRECTIONS

For rice frittata

1. Heat oven to 375°F.
2. Heat a medium non-stick ovenproof skillet over medium heat and add oil, onion, and bell pepper. Cook for 3-5 minutes.
3. Add basil, brown rice, salt, and pepper.
4. Pour in egg and cheese mixture and cook 2 minutes then transfer to oven and bake for 12-15 minutes.

Meanwhile

For kale mushroom ragout

1. Heat a large non-stick skillet over medium heat and add oil, onions, and mushrooms. Cook for 3-5 minutes.
2. Add in kale, salt, and pepper and cook for 3-5 more minutes.
3. Add tomatoes and simmer for 5 minutes. Serve over cooked frittata.

For mixed fruit salad

Combine fruit and serve chilled. If you have extra yogurt on hand, try chopping up the clementines and kiwi, mixing with a bit of honey, and serving over ½ cup yogurt.

INGREDIENTS

For rice frittata

1 Tablespoon olive oil
½ medium yellow onion, small dice
1 green bell pepper, small dice
¼ cup chopped basil (¼ bunch)
3 cups cooked brown rice
¼ teaspoon kosher salt
¼ teaspoon black pepper
8 eggs, beaten with 1 ounce feta cheese (¼ cup)

For kale mushroom ragout

1 Tablespoon olive oil
½ medium yellow onion, small dice
8 ounces brown mushrooms, sliced (2½ - 3 cups)
1 small bunch kale, chopped (about 4 cups)
¼ teaspoon kosher salt
Dash of black pepper
1 (15 oz) can crushed tomatoes

For mixed fruit salad

2 clementines, peeled and separated into segments
4 kiwis, skin removed, sliced

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 4 sweet potatoes, cut into ½ inch sticks, stored in water

MEAL #2

- 6 cups cooked brown rice prepared according to package directions (use 3 cups for Meal #2, 3 cups for Meal #5)
- Cut vegetables:
 - 2 heads broccoli, cut into florets

MEAL #3

- 8 ounces whole wheat orzo cooked according to package directions (4 cups cooked)
- Cut vegetables:
 - 1 medium yellow onion, diced
 - 3 green bell peppers, diced

MEAL #4

- Make dressing *see meal #4 for recipe
- Cook and crumble 12 ounces bacon, reserve 2 Tablespoons grease
- Cut vegetables:
 - 1 medium yellow onion, diced small
 - 1 green bell pepper, diced small

MEAL #5

- Cut vegetables:
 - 1 medium yellow onion, diced small
 - 1 green bell pepper, diced small
 - 8 ounces brown or white mushrooms, sliced
 - 1 bunch kale, chopped

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MONDAY ①

ROASTED CHICKEN BREASTS
Sweet Potato Fries
& Green Beans

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CURRY MUSSELS
Broccoli & Brown Rice

WEDNESDAY ③

CHICKEN CHILI
Orzo

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WARM BROCCOLI
SWEET POTATO SALAD

FRIDAY ⑤

RICE FRITTATA
Kale Mushroom Ragout



GLUTEN FREE February 20, 2015

Nutrition Information

Roasted Chicken Breasts		Serves: 4	
Serving Size: 5 ounces			
Calories	270 kcal	Fat	16 g
Protein	30 g	Saturated	4 g
Carbohydrate	0 g	Sugar	0 g
Sodium	330 mg	Calcium	2 %DV
Fiber	0 g	Iron	6 %DV
Cholesterol	90 mg		

Sweet Potato Fries		Serves: 4	
Serving Size: 4 ounces			
Calories	110 kcal	Fat	2.5 g
Protein	3 g	Saturated	0 g
Carbohydrate	20 g	Sugar	4 g
Sodium	200 mg	Calcium	4 %DV
Fiber	3 g	Iron	4 %DV
Cholesterol	0 mg		

Green Beans		Serves: 4	
Serving Size: 3 ounces			
Calories	60 kcal	Fat	3.5 g
Protein	2 g	Saturated	0 g
Carbohydrate	5 g	Sugar	2 g
Sodium	120 mg	Calcium	4 %DV
Fiber	2 g	Iron	2 %DV
Cholesterol	0 mg		

Curry Mussels		Serves: 4	
Serving Size: 6 ounces mussels, 1/4 cup			
Calories	250 kcal	Fat	10 g
Protein	24 g	Saturated	2 g
Carbohydrate	16 g	Sugar	5 g
Sodium	640 mg	Calcium	8 %DV
Fiber	1 g	Iron	45 %DV
Cholesterol	130 mg		

Broccoli		Serves: 4	
Serving Size: 3/4- 1 cup			
Calories	30 kcal	Fat	0 g
Protein	3 g	Saturated	0 g
Carbohydrate	6 g	Sugar	2 g
Sodium	30 mg	Calcium	4 %DV
Fiber	2 g	Iron	4 %DV
Cholesterol	0 mg		

Brown Rice		Serves: 4	
Serving Size: 3/4 cup			
Calories	180 kcal	Fat	1 g
Protein	5 g	Saturated	0 g
Carbohydrate	35 g	Sugar	0 g
Sodium	55 mg	Calcium	2 %DV
Fiber	3 g	Iron	6 %DV
Cholesterol	0 mg		

Chicken Chili		Serves: 4	
Serving Size: 1 1/2 cup			
Calories	410 kcal	Fat	20 g
Protein	35 g	Saturated	4 g
Carbohydrate	24 g	Sugar	9 g
Sodium	670 mg	Calcium	4 %DV
Fiber	8 g	Iron	10 %DV
Cholesterol	90 mg		

Baked Sweet Potato		Serves: 4	
Serving Size: 1 potato			
Calories	150 kcal	Fat	4.5 g
Protein	2 g	Saturated	0.5 g
Carbohydrate	26 g	Sugar	5 g
Sodium	190 mg	Calcium	4 %DV
Fiber	4 g	Iron	4 %DV
Cholesterol	0 mg		

Broccoli Bacon Salad		Serves: 4	
Serving Size: 1 1/2 cups			
Calories	500 kcal	Fat	22 g
Protein	22 g	Saturated	6 g
Carbohydrate	60 g	Sugar	25 g
Sodium	360 mg	Calcium	15 %DV
Fiber	10 g	Iron	15 %DV
Cholesterol	65 mg		

Dressing			Serves: 4	
Serving Size: 1 1/4 Tablespoon				
Calories	60	kcal	Fat	5 g
Protein	0	g	Saturated	2 g
Carbohydrate	4	g	Sugar	3 g
Sodium	40	mg	Calcium	0 %DV
Fiber	0	g	Iron	0 %DV
Cholesterol	5	mg		

Rice Frittata			Serves: 4	
Serving Size: 1/4 prepared frittata				
Calories	370	kcal	Fat	16 g
Protein	18	g	Saturated	5 g
Carbohydrate	38	g	Sugar	2 g
Sodium	340	mg	Calcium	15 %DV
Fiber	3	g	Iron	15 %DV
Cholesterol	375	mg		

Kale Mushroom Ragout			Serves: 4	
Serving Size: about 3/4 cup				
Calories	120	kcal	Fat	3.5 g
Protein	5	g	Saturated	0.5 g
Carbohydrate	18	g	Sugar	4 g
Sodium	190	mg	Calcium	10 %DV
Fiber	5	g	Iron	8 %DV
Cholesterol	0	mg		