

PREP GUIDE

MEAL #1

- 6 cups cooked brown rice prepared according to package directions * *for the week*
- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables:
 - 6 ounces baby spinach, chopped (4 cups)
 - ¼ red onion, sliced (¼ cup)

MEAL #2

- ¼ lemon, zested (1 teaspoon) optional
- Cut vegetables:
 - ¼ cup minced red or yellow onion
 - 4 large leeks, timed on both ends, 1" green remaining
 - ¼ cup very thinly sliced red or yellow onion

MEAL #3

- Cut vegetables:
 - ¼ yellow or red onion, sliced very thin (¼ cup)

MEAL #4

- Cut vegetables:
 - 2 celery stalks, ends removed, chopped
 - 4 carrots, peeled & sliced (2 cups)
 - 1 yellow onion, diced (1 cup)

MEAL #5

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables:
 - ¼ yellow onion, finely chopped (¼ cup)
 - 8 ounces broccoli florets, chopped (2 cups)

MENU

MONDAY ①

CHICKEN ALFREDO
Spinach Salad

TUESDAY ②

CRAB CAKES
Braised Leeks

WEDNESDAY ③

DIJON TURKEY APPLE QUESADILLAS
Garlic Spinach & White Beans

THURSDAY ④

CHICKEN & DUMPLINGS
Sliced Apples

FRIDAY ⑤

QUINOA & BEAN PRIMAVERA



GLUTEN FREE November 27, 2015

Shopping List

(1) Chicken Alfredo (2) Crab Cakes (3) Turkey Melt (4) Chicken & Dumplings (5) Quinoa & Bean Primavera

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	chicken breast	1 pound	2 large breast halves	5
4	chicken pieces	4 legs + 4 thighs		10
2	lump crabmeat	1 pound		15
3	roasted deli turkey	1/2 pound		4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,4	parsley	1 bunch		1.5
1,3	baby spinach	16 ounces		5
1,2,3,4,5	red or yellow onion	3		3
1,5	tomato	4		3
2	lemon	1	<i>optional</i>	0.5
2	leeks	4 large		3
4	celery	2 stalks		1
4	carrots	4		1.5
3,4	apples	4		3
5	broccoli	8 ounces		2

Recipe #	Dairy	Quantity	Notes	Est Cost
1	plain Greek yogurt	1/2 cup		1
1,2,4	eggs	4		2
1,5	parmesan cheese	1-1/4 cups		3
3	shredded provolone or jack cheese	4 ounces		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	chili powder	1/4 teaspoon		0.5
2	gluten free bread crumbs	1 cup		3
4	baking powder	1 teaspoon		0.5
3,5	cannellini (white) beans	3 (15 oz) cans		2
5	quinoa	1-1/2 cups		2
3	corn tortillas	8		3

Fresh 20 Grocery Est \$76.00
 Cost Per Dinner \$15.20
 Cost Per Serving \$3.80

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup + 2 Tblsp	dried oregano	1 Tablespoon
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	gluten free chicken or veg broth: low sodium	7 cups	gluten free organic tomato paste	
	garlic	8 cloves	gluten free Dijon mustard or brown mustard	2 Tablespoons
	kosher salt	2-1/4 teapsoons	gluten free soy sauce or Braggs liquid aminos	
	black pepper	3-1/2 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	3 cups
paprika		gluten free flour (almond flour)	1-1/2 cups	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) CHICKEN ALFREDO

spinach salad

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables: baby spinach, onion

DIRECTIONS

For chicken alfredo

1. Bring broth to a simmer in a medium stockpot or deep skillet; add salt.
2. Add whole chicken breasts and cover. Poach chicken over medium heat for 10 minutes, turning half way through. Cooking time may be longer depending on thickness, chicken is done when internal temperature reaches 165°F and is no longer pink in the center.
3. When chicken is fully cooked remove with tongs, reserving broth in pot.
4. Bring broth to a boil and cook until it reduces to ½ cup, about 5 minutes.
5. Slice or cube chicken breasts and set aside covered in foil.
6. Whisk garlic, black pepper, and yogurt into broth.
7. Cook for 2-3 minutes, stirring frequently (sauce will be thin).
8. Put egg yolk in a small glass bowl. Stir 2 teaspoons (one at a time) of the hot liquid into the egg yolk, stirring to make sure egg yolk doesn't cook or curdle. Add tempered egg yolk back into sauce and whisk until well blended and cooked through, 1-2 minutes. Stir in parmesan cheese, rice, chicken, and parsley; serve immediately.

For spinach salad

Toss spinach and dressing and serve in small bowls topped with red onions and tomatoes.

INGREDIENTS

For chicken alfredo

- 2 large halves chicken breasts (1 pound)
- ¾ cup gluten free low sodium chicken broth
- ¼ teaspoon salt
- 2 cloves, minced or pressed garlic
- 1 teaspoon black pepper
- ½ cup plain nonfat Greek yogurt
- 1 egg yolk
- ¾ cup grated parmesan cheese, divided
- 3 cups cooked brown rice
- 1 Tablespoon chopped parsley

For spinach salad

- 6 ounces baby spinach, chopped (4 cups)
- ¼ red onion, sliced (¼ cup)
- 1 tomato, cut into wedges
- ¼ cup pantry dressing
- www.thefresh20.com/pantrydressings

OVEN TEMPERATURE: 375°F

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- ¼ lemon, zested (1 teaspoon) optional
- Cut vegetables: onion, leeks

For crab cakes

1. Preheat oven to 375°F.
2. Heat olive oil in a small sauté pan over medium heat. Add onion; sautéing until soft, about 3 minutes. Remove from heat and set aside.
3. In a small bowl, whisk eggs until frothy. Add salt, black pepper, lemon zest, and cooked onions.
4. Combine ¾ cup bread crumbs with chili powder then add to eggs.
5. Fold in crab meat and parsley.
6. Using your hands, gently form 8 crab cakes.
7. Place on a foil or parchment lined baking sheet and sprinkle with remaining bread crumbs.
8. Bake for 10 minutes, turn the crab cakes over, and bake an additional 10 minutes until nicely browned.

For braised leeks

1. Cut leeks in half lengthwise; remove root end and all but 1" of green end. Place in a bowl of cold water and swirl around to remove any excess dirt or grit. Drain well.
2. Heat a large skillet over medium-high heat and add oil. When oil is hot, add onion and sauté for 2 minutes. Add leeks to pan, layering over onions, allowing to brown for about 5 minutes.
3. Season with salt and add broth.
4. Cover and let simmer 15 minutes. Uncover and continue to cook 5 minutes more or until most of the liquid has been absorbed.
5. Season with pepper; serve over or alongside brown rice.

INGREDIENTS

For crab cakes

- 1 Tablespoon olive oil
- ¼ cup minced red or yellow onion
- 2 large eggs
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 teaspoon lemon zest, optional
- 1 cup gluten free bread crumbs, divided
- ¼ teaspoon chili powder
- 1 pound lump crabmeat *
- 2 Tablespoons fresh parsley, finely chopped

For braised leeks

- 4 large leeks
- 1½ Tablespoons olive oil
- ¼ cup very thinly sliced red or yellow onion
- Pinch of kosher salt
- 1 cup gluten free low sodium chicken or vegetable broth
- Black pepper to taste

- 3 cups cooked brown rice

** you can substitute 1 pound of cooked shredded chicken*



(3) DIJON TURKEY APPLE QUESADILLAS garlic spinach & white beans

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Cut vegetables: onion

DIRECTIONS

For Dijon turkey apple quesadillas

1. Top 4 tortillas with onions and shredded cheese. Arrange a layer of turkey over the cheese and finish with thinly sliced apples. Spread Dijon mustard on the other 4 tortillas; place on top to finish quesadillas.
2. Brush olive oil on the top and bottom of completed quesadillas. Place on a baking sheet.
3. Bake at 400° for 10 minutes or until slightly golden and cheese is melted. Cut each quesadilla into 4 wedges.

For garlic spinach & white beans

1. Heat oil in a large skillet over medium heat and add garlic, sauté for 30 seconds.
2. Add spinach and beans and allow to wilt for 2-3 minutes. Season with salt and pepper to taste.

INGREDIENTS

For Dijon turkey apple quesadillas

8 corn tortillas
¼ yellow or red onion, sliced very thin (¼ cup)
4 ounces shredded low sodium provolone or jack cheese
½ pound fresh roasted deli turkey
2 apples, thinly sliced
2 Tablespoons gluten free Dijon mustard

1 Tablespoon olive oil

For garlic spinach & white beans

1½ Tablespoon olive oil
3 cloves garlic, thinly sliced
10 ounces spinach (7 cups)
1 can (15 oz) cannellini beans, drained and rinsed
¼ teaspoon ground black or crushed red pepper
Pinch of kosher salt

MADE AHEAD

- Cut vegetables: celery, carrots, onion

DIRECTIONS

For chicken & dumplings

1. Heat olive oil in a large stock pot; add celery, carrots, and onion; cook for 5 minutes. Add salt, pepper and cumin and stir. Add chicken pieces and broth; bring to a boil. If broth is not enough to cover chicken, add additional water. Reduce heat, cover pot, and let simmer for 30 minutes or until chicken is no longer pink inside (internal temperature 165°F).
2. Remove chicken and let stand until cool enough to handle.
3. Combine dumpling ingredients until doughy. Divide into 12 Tablespoon size pieces. Set aside.
4. Remove skin from chicken and tear meat away from bones.
5. Return meat to soup; discard skin and bones (or save bones to make homemade stock).
6. Return soup to a simmer and add fresh parsley.
7. Drop the dumplings into simmering soup. Dumplings will rise to the top.
8. Cover and simmer for 15 minutes.
9. Divide into bowls and serve immediately with a plate of freshly cut apple slices.

INGREDIENTS

For chicken & dumplings

- 4 chicken thighs and 4 legs; rinsed and excess fat removed
- 2 Tablespoons olive oil
- 2 celery stalks (ribs), ends removed, chopped
- 4 carrots, peeled and sliced (2 cups)
- 1 yellow onion, diced (1 cup)
- ½ teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoons ground cumin
- 4 cups gluten free low sodium chicken broth
- 1 cup water
- 2 Tablespoons fresh parsley

For dumplings

- 1½ cups almond or gluten free flour
- 1 teaspoon baking powder
- 1 egg
- ¼ teaspoon salt
- ½ cup milk (or water)
- 1 Tablespoons olive oil
- 1 Tablespoon parsley

- 2 apples, sliced

DIRECTIONS

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: onion, broccoli

For quinoa & bean primavera

1. Add oil to a large skillet over medium heat. When oil is hot, add onions and garlic and sauté 2-3 minutes until softened.
2. Add broccoli, oregano, salt, and black pepper. Stir well.
3. Add tomatoes and broth; simmer 5-6 minutes.
4. Add beans and quinoa to vegetable mix. Add extra warm broth or water as needed to moisten
5. Sprinkle with Parmesan cheese and season with salt and pepper to taste.

INGREDIENTS

For quinoa & bean primavera

2 Tablespoons olive oil
¼ yellow onion, finely chopped (¼ cup)
3 cloves garlic, minced
8 ounces broccoli florets, chopped (2 cups)
1 Tablespoon dried oregano
½ teaspoon kosher salt
½ teaspoon black pepper
3 tomatoes, chopped
1 cup gluten free low sodium chicken or vegetable broth
1½ cans (15 oz) cannellini beans, drained and rinsed
3 cups cooked quinoa
½ cup Parmesan cheese, grated
Salt and pepper to taste



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Nutrition Information

Chicken Alfredo		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	410 kcal	Fat	10 g
Protein	42 g	Saturated	4 g
Carbohydrate	37 g	Sugar	1 g
Sodium	250 mg	Calcium	20 %DV
Fiber	3 g	Iron	10 %DV
Cholesterol	135 mg		

Spinach Salad		Serves: 4	
Serving Size: 1/4 salad (undressed)			
Calories	25 kcal	Fat	0 g
Protein	2 g	Saturated	0 g
Carbohydrate	4 g	Sugar	1 g
Sodium	45 mg	Calcium	6 %DV
Fiber	2 g	Iron	10 %DV
Cholesterol	0 mg		

Crab Cakes		Serves: 4	
Serving Size: 2 cakes			
Calories	200 kcal	Fat	7 g
Protein	25 g	Saturated	1.5 g
Carbohydrate	7 g	Sugar	1 g
Sodium	770 mg	Calcium	15 %DV
Fiber	0 g	Iron	8 %DV
Cholesterol	225 mg		

Braised Leeks		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	90 kcal	Fat	5 g
Protein	2 g	Saturated	0.5 g
Carbohydrate	10 g	Sugar	3 g
Sodium	60 mg	Calcium	4 %DV
Fiber	1 g	Iron	8 %DV
Cholesterol	0 mg		

Brown Rice		Serves: 4	
Serving Size: 3/4 cup			
Calories	160 kcal	Fat	1 g
Protein	3 g	Saturated	0 g
Carbohydrate	34 g	Sugar	0 g
Sodium	0 mg	Calcium	2 %DV
Fiber	3 g	Iron	4 %DV
Cholesterol	0 mg		

Turkey Quesadilla		Serves: 4	
Serving Size: 1 prepared quesadillas			
Calories	360 kcal	Fat	17 g
Protein	18 g	Saturated	7 g
Carbohydrate	34 g	Sugar	8 g
Sodium	460 mg	Calcium	20 %DV
Fiber	4 g	Iron	4 %DV
Cholesterol	60 mg		

Garlic Spinach and White Beans		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	140 kcal	Fat	6 g
Protein	7 g	Saturated	0.5 g
Carbohydrate	16 g	Sugar	1 g
Sodium	125 mg	Calcium	10 %DV
Fiber	6 g	Iron	20 %DV
Cholesterol	0 mg		

Chicken and Dumplings		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	500 kcal	Fat	20 g
Protein	34 g	Saturated	2.5 g
Carbohydrate	46 g	Sugar	8 g
Sodium	730 mg	Calcium	15 %DV
Fiber	7 g	Iron	20 %DV
Cholesterol	150 mg		

Sliced Apples		Serves: 4	
Serving Size: 1/2 apple			
Calories	45 kcal	Fat	0 g
Protein	0 g	Saturated	0 g
Carbohydrate	13 g	Sugar	9 g
Sodium	0 mg	Calcium	0 %DV
Fiber	2 g	Iron	0 %DV
Cholesterol	0 mg		

Quinoa & Bean Primavera		Serves: 4	
Serving Size:			
Calories	450 kcal	Fat	15 g
Protein	21 g	Saturated	3.5 g
Carbohydrate	59 g	Sugar	7 g
Sodium	350 mg	Calcium	20 %DV
Fiber	12 g	Iron	25 %DV
Cholesterol	10 mg		