

PREP GUIDE**MEAL #1**

- Blanch Brussels sprouts (for the week) * *see below*
- Cut vegetables:
 - 10 ounces butternut squash, peeled and cubed (1½ cups, ½ a small squash)

MEAL #2

- ¾ pound roasted potatoes (for the week) * *see below*
- Cut vegetables:
 - ¼ small head cauliflower, florets (1 cup)
 - 2-3 brown or button mushrooms, halved

MEAL #3

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ¼ fennel bulb, thinly sliced

MEAL #4

- Lasagna can be assembled in the morning
- Cut vegetables:
 - ¼ bunch kale, chopped (1 cup)

MEAL #5

- Cut vegetables:
 - ¼ yellow onion, cut into large chunks
 - 1 carrot, peeled and cut into large chunks

Blanched Brussels Sprouts (Meals #1 & #3)

6 ounces Brussels sprouts, trimmed and halved (1½ cups)

Bring a large pot of salted water to a boil and add Brussels sprouts; cook 3-4 minutes until just tender. Drain.

Roasted Potatoes (Meals #2 & #3)

¾ pound potatoes, cubed (red or white)

1½ teaspoons olive oil

¼ teaspoon kosher salt

Pinch of black pepper

Heat oven to 375°F. Toss all ingredients together. Spread in an even layer on a baking sheet and cook for about 25-30 minutes.

MENU**MONDAY ①****ROAST CHICKEN**

Butternut Squash & Brussels Sprouts

TUESDAY ②**HONEY SALMON**

Cauliflower Mushroom Potatoes

WEDNESDAY ③**BUBBLE & SQUEAK**

Clementine Apple Salad

THURSDAY ④

LAZY CHICKEN BUTTERNUT LASAGNA

FRIDAY ⑤**ROASTED CHICKEN & VEGGIES**

Persimmon & Endive Salad



FOR ONE December 18, 2015

Shopping List

(1) Roast Chicken (2) Honey Salmon (3) Bubble & Squeak (4) Chicken & Butternut Lasagna (5) Roasted Chicken & Veggies

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	boneless skinless chicken breast	1/2 pound		4
2	salmon fillet	1 (6 oz) fillet		4
3	low sodium ham	2-3 ounces		2
5	chicken breast or pork chop	6 ounce		3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3	brussels sprouts	6 ounces		1
2,3,5	red or white potatoes	1-1/4 pounds	2 medium	2
1,4	butternut squash	1 small/medium		3
2	cauliflower	1 sm head		1.5
2,5	brown or button mushrooms	6 medium		2
2,4	fresh sage	few leaves	<i>need 1 teaspoon chopped leaves</i>	1
3,5	yellow onion	1		1
4	kale	1 bunch		1.5
5	carrots	1		0.5
5	endive	1		1.5
5	fuyu persimmons	1	<i>could sub clementines or plums</i>	1
3	clementines	1		0.5
3	apples	1		1
3	fennel bulb	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost
2,3	unsalted butter	1/2 Tablespoon		0.5
4,5	ricotta cheese (low fat)	3 ounces		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
5	pine nuts	1 Tablespoon		1

Fresh 20 Grocery Est \$34.50
 Cost Per Dinner \$6.90
 Cost Per Serving \$1.73

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/4 cup	dried oregano	
	grapeseed oil	1 teaspoon	herbes de provence	1/2 teaspoon
	balsamic vinegar	1 teaspoon	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	1-1/2 teaspoons
	chicken or veggie broth: low sodium	3/4 cup	organic tomato paste	
	garlic	3 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1 teaspoon	whole grain pasta	2 oz lasagna
	cayenne pepper		long grain brown rice	
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) ROAST CHICKEN

butternut squash & brussels sprouts

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Blanched Brussels sprouts * *see prep guide*
- Cut vegetables: butternut squash

INSTRUCTIONS

For roast chicken and butternut squash

1. Preheat oven to 400°F.
2. Combine oil and garlic and brush over chicken; season with salt and pepper.
3. Toss squash with oil, salt, and pepper. Place in an even layer in a small, lightly oiled, baking dish; place chicken on top.
4. Cook for about 30-40 minutes (internal temperature of chicken should be 165°F).
5. Save half the chicken and squash for Meal #4.

For Brussels sprouts

1. Heat a non-stick skillet over medium-high heat and add oil.
2. When oil is hot, add sprouts, salt, and pepper. Cook until lightly browned - about 3-4 minutes.

Gluten Free:

Dairy Free:

Vegetarian: *Serve squash and Brussels sprouts with Asian Lentils: Heat 1½ teaspoons oil in a skillet over medium heat. Add ¼ cup diced onion and ½ a diced red bell pepper and cook 2-3 minutes. Add ½ teaspoon minced ginger, ¾ cup cooked French green lentils, 2 teaspoons soy sauce, 1½ teaspoons white or rice vinegar, ¾ teaspoon maple syrup and a pinch of black pepper. Cook 2-3 minutes, remove from heat and garnish with 1 Tablespoon unsalted cashews.*

INGREDIENTS

For roast chicken

½ pound chicken breast
1 teaspoon olive oil
1 clove garlic, minced
¼ teaspoon kosher salt
¼ teaspoon black pepper

For butternut squash

10 ounces butternut squash, peeled and cubed (1½ cups, half a small squash)
1½ teaspoons olive oil
Dash of kosher salt
Pinch of black pepper

For Brussels sprouts

¾ teaspoon olive oil
¾ cup blanched Brussels sprouts
Dash of kosher salt
Pinch of black pepper



(2) HONEY SALMON cauliflower mushroom potatoes

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- 6 ounces roasted potatoes **see prep guide*
- Cut vegetables: cauliflower, mushrooms

DIRECTIONS

For cauliflower mushroom potatoes

1. Heat oven to 400°F.
2. Toss cauliflower and mushrooms with oil, salt, pepper, and Herbes.
3. Place in an even layer on a baking sheet and cook for 25-30 minutes.
4. Remove from oven and toss with cooked potatoes and sage. Serve with salmon.

Meanwhile

For honey salmon

1. Put salmon in a small, lightly oiled baking dish. In a small bowl, combine salt, pepper, butter, and honey and spread on salmon fillet.
2. Cook in 400° oven for 15 minutes or until center of fillet flakes easily with a fork.
3. Serve over cauliflower mushroom potatoes.

Dairy Free: Omit butter, replace with $\frac{3}{4}$ teaspoon olive oil.

Gluten Free:

Vegetarian: *Serve Cauliflower Mushroom Potatoes with Spicy Tomato Black Eyed Peas: Heat $\frac{3}{4}$ teaspoon oil in a skillet over medium heat and add $\frac{1}{4}$ cup diced onion and $\frac{1}{4}$ sliced fennel bulb. Cook 2-3 minutes and add $\frac{1}{2}$ minced garlic clove; cook an additional minute. Add $\frac{1}{2}$ can black eyed peas, $\frac{1}{4}$ can diced fire roasted tomatoes and a pinch of salt and pepper. Cook 5 minutes until reduced, top with fennel greens if desired.*

INGREDIENTS

For cauliflower mushroom potatoes

$\frac{1}{4}$ small head cauliflower, cut into small florets (1 cup)
2-3 brown or button mushrooms, halved
 $1\frac{1}{2}$ teaspoons olive oil
Pinch of kosher salt
Pinch of black pepper
Dash of Herbes de Provence
6 ounces roasted potatoes
 $\frac{1}{4}$ teaspoon chopped sage

For honey salmon

1 (6 oz) salmon fillet (can sub 6 ounce chicken breast)
Dash of kosher salt
Pinch of black pepper
 $\frac{3}{4}$ teaspoon unsalted butter, softened
 $1\frac{1}{2}$ teaspoons honey

MAKE AHEAD

- Blanched Brussels sprouts **see prep guide*
- 6 ounces roasted potatoes **see prep guide*
- Cut vegetables: onion, fennel

DIRECTIONS

For bubble and squeak

1. Heat a skillet over medium heat and add butter, oil, and onions. Cook for about 5 minutes then add garlic and Brussels sprouts.
2. Increase heat to medium-high and add ham; cook until lightly browned.
3. Add potatoes and pepper; then mash potatoes slightly with spatula.
4. Cook a few minutes and let brown on bottom and then it's ready to serve!

For clementine apple salad

Combine all ingredients and toss gently. Serve alongside bubble and squeak.

Dairy Free: Omit butter, increase olive oil to 1½ teaspoons.

Gluten Free:

Vegetarian: Omit ham, replace with ½ cup cooked French green lentils and 2 medium sliced brown mushrooms added in step 3.

INGREDIENTS

For bubble and squeak

¼ teaspoon unsalted butter
¼ teaspoon olive oil
¼ yellow onion, diced (¼ cup)
½ clove garlic, minced
¼ cup blanched Brussels sprouts
2-3 ounces diced low sodium ham
6 ounces roasted potatoes
Pinch of black pepper

For clementine apple salad

1 clementine, segmented
½ apple, diced
¼ fennel bulb, thinly sliced
1½ teaspoons olive oil
¼ teaspoon balsamic vinegar
pinch of kosher salt



(4) LAZY CHICKEN BUTTERNUT LASAGNA

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- Lasagna can be assembled in the morning
- Cooked chicken **from Meal #1*
- Cooked butternut squash **from Meal #1*
- Cut vegetables: kale

DIRECTIONS

For lazy chicken butternut lasagna

1. Heat a skillet over medium heat and add oil. When oil is hot add garlic and kale; cook for 3-4 minutes until wilted. Cool slightly and mix with ricotta and pepper.
2. In a bowl, combine chicken with mashed butternut squash, broth, and sage.
3. In a small, lightly oiled baking dish, layer ½ of the pasta, ½ of the kale/ricotta, and ½ of the chicken mixture. Repeat to make two layers.
4. Cover with foil and let sit in refrigerator all day.
5. Heat oven to 375°F and cook for 45 minutes to an hour until heated through.

Dairy Free: Replace ricotta cheese with cashew cream (Blender Girl Tess Masters has a great recipe here: http://healthyblenderrecipes.com/recipes/raw_vegan_cashew_cheese).

Gluten Free: Use gluten free broth. Replace lasagna noodles with 1 small/medium zucchini cut lengthwise into 1/8" strips. Cook as above, let rest 5-10 minutes before slicing. Serve with 1 sliced apple.

Vegetarian: Replace chicken with ¼ cup mashed white beans. Use vegetable broth.

INGREDIENTS

For lazy chicken butternut lasagna

¼ teaspoon olive oil
½ clove garlic, minced
¼ bunch kale, chopped (1 cup)
2 ounces low-fat ricotta cheese
Pinch of black pepper
¼ pound cooked chicken, diced
5 ounces cooked butternut squash, mashed
¼ cup low-sodium chicken broth
¼ teaspoon chopped sage
2 ounces whole wheat lasagna noodles, dry



(5) ROASTED CHICKEN & VEGGIES persimmon & endive salad

OVEN TEMPERATURE: 350°F

MAKE AHEAD

- Cut vegetables: onion, carrots

DIRECTIONS

For roasted chicken & veggies

1. Preheat oven to 350°F.
2. Season meat with salt and pepper.
3. On the stovetop, heat a pot over medium-high heat and add grapeseed oil. When oil is hot add the meat and sear on both sides.
4. Place seared meat in a small baking dish and add remaining ingredients.
5. Cook on for 20-25 minutes until internal temperature reaches 165° for chicken or 145°F for pork.

For persimmon and endive salad

1. Toss together endive, persimmons, pine nuts, and dressing.
2. Serve with a small dollop of ricotta cheese on top.

Dairy Free: Omit ricotta cheese, add additional pine nuts if desired.

Gluten Free: Use gluten free broth.

Vegetarian: Serve salad with Stuffed Butternut Squash: Preheat oven to 375°F. Cut a small butternut squash in half lengthwise. Scoop seeds out (recipe uses one half of one squash, reserve other half for another use). Drizzle with 1 teaspoon oil and sprinkle with salt and pepper. Roast cut side up for 30-40 minutes until tender. While squash cooks, heat 1 teaspoon oil in a skillet and add ½ a diced apple, ½ cup diced mushrooms; cook 4-5 minutes. Add ½ can white beans, a pinch of chopped sage, ½ cup cooked brown rice, and a pinch of salt and pepper; stir to warm through. Remove squash from oven and cut off long end. Remove skin and dice flesh – add to rice filling. Scoop rice mixture into squash cavity and cook an additional 10-15 minutes.

INGREDIENTS

For roasted chicken & veggies

1 (6 oz) chicken breast or pork chop
¼ teaspoon kosher salt
¼ teaspoon black pepper
¾ teaspoon grapeseed oil
½ pound red or white potatoes, cut in large chunks
¼ yellow onion, cut in large chunks
1 carrot, peeled, cut in large chunks
2-3 medium brown or button mushrooms, washed
1 clove garlic, minced
¼ teaspoon Herbes de Provence
½ cup low-sodium chicken or beef broth

For persimmon and endive salad

1 endive, chopped
½ fuyu persimmon, peeled and diced (could use clementine, plum or apple)
2 teaspoons pine nuts, toasted
Fresh 20 pantry dressing
(www.thefresh20.com/pantrydressings)
1 heaping Tablespoon low-fat ricotta cheese



FOR ONE December 18, 2015

Nutrition Information

Roast Chicken		Serves: 1	
Calories	220 kcal	Fat	8 g
Protein	34 g	Saturated	2 g
Carbohydrate	0 g	Sugar	0 g
Sodium	340 mg	Calcium	0 %DV
Fiber	0 g	Iron	6 %DV
Cholesterol	90 mg		

Butternut Squash		Serves: 1	
Calories	190 kcal	Fat	7 g
Protein	3 g	Saturated	1 g
Carbohydrate	33 g	Sugar	6 g
Sodium	370 mg	Calcium	15 %DV
Fiber	6 g	Iron	10 %DV
Cholesterol	0 mg		

Brussels Sprouts		Serves: 1	
Calories	80 kcal	Fat	3.5 g
Protein	3 g	Saturated	0 g
Carbohydrate	8 g	Sugar	2 g
Sodium	135 mg	Calcium	2 %DV
Fiber	3 g	Iron	4 %DV
Cholesterol	0 mg		

Roasted Cauliflower Potatoes		Serves: 1	
Calories	220 kcal	Fat	11 g
Protein	5 g	Saturated	1.5 g
Carbohydrate	27 g	Sugar	4 g
Sodium	310 mg	Calcium	4 %DV
Fiber	4 g	Iron	8 %DV
Cholesterol	0 mg		

Honey Salmon		Serves: 1	
Calories	260 kcal	Fat	12 g
Protein	28 g	Saturated	3 g
Carbohydrate	9 g	Sugar	8 g
Sodium	300 mg	Calcium	2 %DV
Fiber	0 g	Iron	6 %DV
Cholesterol	85 mg		

Bubble and Squeak		Serves: 1	
Calories	320 kcal	Fat	11 g
Protein	19 g	Saturated	2.5 g
Carbohydrate	36 g	Sugar	8 g
Sodium	780 mg	Calcium	4 %DV
Fiber	6 g	Iron	15 %DV
Cholesterol	40 mg		

Clementine Apple Salad		Serves: 1	
Calories	160 kcal	Fat	7 g
Protein	2 g	Saturated	1 g
Carbohydrate	24 g	Sugar	18 g
Sodium	60 mg	Calcium	6 %DV
Fiber	5 g	Iron	4 %DV
Cholesterol	0 mg		

Lazy Chicken Lasagna		Serves: 1	
Calories	560 kcal	Fat	16 g
Protein	40 g	Saturated	3.5 g
Carbohydrate	65 g	Sugar	7 g
Sodium	490 mg	Calcium	25 %DV
Fiber	6 g	Iron	25 %DV
Cholesterol	80 mg		

Slow Cooker Pot Roast		Serves: 1	
Calories	410 kcal	Fat	18 g
Protein	29 g	Saturated	7 g
Carbohydrate	32 g	Sugar	6 g
Sodium	440 mg	Calcium	4 %DV
Fiber	4 g	Iron	20 %DV
Cholesterol	95 mg		

Persimmon Endive Salad		Serves: 1	
Calories	50 kcal	Fat	2.5 g
Protein	2 g	Saturated	0 g
Carbohydrate	6 g	Sugar	1 g
Sodium	15 mg	Calcium	4 %DV
Fiber	2 g	Iron	2 %DV
Cholesterol	5 mg		