CLASSIC July 8, 2016

PREP GUIDE

MEAL #1

- Marinate flank steak at least 10 minutes
- 4 limes, zested & juiced (½ cup juice, 2 teaspoons zest) * *for the week*
- Cut vegetables:
  - 2 yellow onions, large dice (2 cups)
  - 6 red bell peppers, large dice (6 cups)

MEAL #2

- 5 cups cooked brown rice prepared according to package directions **for the week*
- Cut vegetables:
  - 1 large zucchini, cut on the bias to ovals
  - 2 scallions, chopped (¼ cup)

MEAL #3

- Cornbread can be made ahead * *see Meal #3 for recipe*
- Cut fruit & vegetables:
  - 2 zucchini, sliced (4 cups)
  - 2 ears corn, kernels removed (1½ cups)
  - 2 nectarines, diced

MEAL #4

- Cut vegetables:
  - 2 ears corn, kernels removed (1½ cups)
  - 4 scallions, chopped (½ cup)

MEAL #5

- Cut vegetables:
  - 1 red or green bell pepper, diced (1 cup)
  - 2 ears corn, kernels removed (1½ cups)
  - 1 cucumber, diced (2 cups)
  - 3 scallions, chopped (6 Tablespoons)

MENU

MONDAY ①
GARLIC LIME STEAK
Peppers & Black Beans

TUESDAY ②
SAUTÉED SHRIMP
Zucchini Caprese

WEDNESDAY ③
BAKED CHICKEN & ZUCCHINI
Cornbread & Tomato Corn Salad

THURSDAY ④
GRILLED STEAK & VEGGIE SALAD

FRIDAY ⑤
CORNBREAD SALAD

CLASSIC July 8, 2016

Shopping List

(1) Garlic Lime Steak (2) Sauteed Shrimp (3) Baked Chicken with Cornbread (4) Steak & Veggie Salad (5) Cornbread Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	flank steak	2 pounds		16
2	shrimp, peeled & deveined	1 pound		10
3	chicken tenders	1 pound		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,5	limes	4		2
1,5	cilantro	2 bunches		3
1	yellow onions	2		2
1,5	red bell peppers	7		7
2,3	zucchini	3		3
2,3,4,5	tomatoes	12		5
2,4,5	fresh basil	2 bunches		3
2,3,4,5	scallions	10		2.5
3,4,5	fresh corn	6 ears		3
5	cucumber	1		1
1,3	nectarines	6		3

Recipe #	Dairy	Quantity	Notes	Est Cost
2,5	fresh mozzarella	6 ounces		5
3,5	low fat buttermilk	14 fl oz	1-3/4 cups	2.5
3	egg	1		0.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,5	black beans	4 (15 oz) cans		8
3	cornmeal	1-1/2 cups		2
5	chili powder	1/4 teaspoon	optional	0.5
3	baking powder	1 Tablespoon		0.5

Fresh 20 Grocery Est	$84.50
Cost Per Dinner	$16.90
Cost Per Serving	$4.23

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	1/2 teaspoon
	balsamic vinegar	2 Tablespoons	ground cumin	3/4 teaspoon
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	10 cloves	Dijon mustard or brown mustard	
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-3/4 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	2-1/2 cups
	paprika	3/4 teaspoon	whole wheat flour	3/4 cup

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) GARLIC LIME STEAK

peppers & black beans

MAKE AHEAD

- Marinate flank steak at least 10 minutes
- 2 limes, juiced (¼ cup)
- Cut vegetables: onion, bell peppers

DIRECTIONS

For garlic lime steak

1. In a glass dish or sealable bag, combine oil, lime juice, garlic, cilantro, salt, and pepper. Add flank steak and marinate at least 10 minutes.
2. Heat outdoor grill to high (see Kitchen Note).
3. Grill steak about 3-5 minutes per side depending on your doneness preference.
4. Let rest 5 minutes before slicing. Save half for Meal #4.

For peppers & black beans

1. Heat a large non-stick skillet over medium-high heat and add oil and onions; cook for 1-2 minutes.
2. Add bell peppers and cook for another 2-3 minutes. Save half of onions and peppers for Meal #4.
3. To the remaining onions and peppers, add beans, salt, and pepper and stir to warm through.
4. Add cilantro and serve with steak. Serve nectarines on the side or later for dessert.

Kitchen Note: Cooking indoors? Heat a grill pan over medium-high heat and cook steak 4-5 per side. Let rest before slicing.

INGREDIENTS

For garlic lime steak

2 pounds flank steak
1 Tablespoon grapeseed oil
¼ cup lime juice
6 cloves garlic
½ cup chopped cilantro
½ teaspoon kosher salt
½ teaspoon black pepper

For peppers & black beans

2 Tablespoons olive oil
2 yellow onions, large dice (2 cups)
6 red bell peppers, large dice (6 cups)
2 (15 ounce) cans black beans, drained and rinsed
Dash of kosher salt and black pepper
¼ cup chopped cilantro

4 nectarines, sliced

(2) SAUTÉED SHRIMP
zucchini caprese & brown rice

MAKE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables: zucchini, scallion

DIRECTIONS

For zucchini caprese

1. Heat a large non-stick skillet over medium-high heat and 1 Tablespoon oil.
2. Add zucchini and cook for about 1 minute on each side.
3. Let cool and then layer zucchini with tomatoes, cheese, and basil.
4. Drizzle with remaining olive oil, balsamic, salt, and pepper.
5. Serve with shrimp and rice.

Meanwhile

For sautéed shrimp

1. Heat a large skillet over medium-high heat and add oil.
2. Combine shrimp with garlic, scallions, paprika, salt, and pepper.
3. When oil is hot add shrimp and cook for about 3-5 minutes, or until cooked through.
4. Serve with caprese and rice.

INGREDIENTS

For zucchini caprese

2 Tablespoons olive oil, divided
1 large zucchini, sliced on the bias to make ovals
4 tomatoes, sliced
4 ounces fresh mozzarella, sliced thin
¾ cup basil leaves
2 Tablespoons balsamic vinegar
dash of kosher salt and black pepper

For sautéed shrimp

1 Tablespoon grapeseed oil
1 pound peeled and deveined shrimp (can sub 1-pound chicken tenders)
2 cloves garlic, minced
2 scallions, chopped (¼ cup)
dash of paprika
¼ teaspoon kosher salt
dash of black pepper

3 cups cooked brown rice, warmed

(3) BAKED CHICKEN & ZUCCHINI
cornbread & tomato corn salad

OVEN TEMPERATRE: 425°F

MAKE AHEAD

- Cornbread can be made ahead
- 1 lime, zested & juiced (1 Tablespoon juice, 2 teaspoons zest)
- Cut fruit & vegetables: zucchini, corn, nectarines

DIRECTIONS

For baked chicken and zucchini

1. Heat oven to 425°F and line a baking sheet with foil or parchment.
2. Combine chicken and buttermilk and let sit in the refrigerator for 5-10 minutes.
3. Remove from refrigerator draining and discarding excess buttermilk. Combine flour, cumin, lime zest, paprika, salt, and pepper.
4. Dredge chicken in seasoned flour and put on baking sheet.
5. Place zucchini on same baking sheet and drizzle with olive oil.
6. Cook for about 15 minutes.

For cornbread

1. Grease a 9x9 baking dish and set aside.
2. Combine dry ingredients in medium bowl.
3. Combine egg and milk in a second bowl then add to dry ingredients and stir until well blended.
4. Pour batter into prepared dish.
5. Cook about 20 minutes at 425°F.
6. Save just over ⅓ for Meal #5.

For tomato corn salad

Toss all ingredients together in a medium bowl; chill until ready to serve.

INGREDIENTS

For baked chicken and zucchini

1 pound chicken tenders
¼ cup low-fat buttermilk
2 Tablespoons whole wheat flour
½ teaspoon cumin
2 teaspoons lime zest
½ teaspoon paprika
½ teaspoon kosher salt
½ teaspoon black pepper
2 zucchini, sliced (4 cups)
1 Tablespoon olive oil

For cornbread

1½ cups cornmeal
⅔ cup whole wheat flour
1 Tablespoon baking powder
¼ teaspoon kosher salt
1 egg, beaten
about 1 cup low-fat buttermilk
(enough to make a batter)

For tomato corn salad

2 tomatoes, diced (1½ cups)
2 ears of corn, kernels removed (1½ cups)
2 nectarines, diced
1 scallion, diced, optional
1 Tablespoon lime juice
1 Tablespoons olive oil
pinch kosher salt and pepper

(4) GRILLED STEAK & VEGGIE SALAD

MAKE AHEAD

- 1 pound grilled garlic lime steak * *from Meal #1*
- Cooked peppers and onions * *from Meal #1*
- 2 cups cooked brown rice prepared according to package directions
- Cut vegetables: corn, scallions

DIRECTIONS

For grilled steak and veggie salad

In a serving bowl, combine salad ingredients and toss gently.

INGREDIENTS

For grilled steak and veggie salad

1 pound grilled garlic lime steak, sliced
Cooked peppers and onions
2 ears corn, kernels removed (1½ cups)
½ cup chopped basil
2 tomatoes, chopped (1½ cups)
4 scallions, chopped (½ cup)
2 Tablespoons white wine vinegar
1 Tablespoon olive oil
½ teaspoon Herbes de Provence
Dash of kosher salt and black pepper
2 cups cooked brown rice

(5) CORNBREAD SALAD

MAKE AHEAD

- Leftover cornbread * *from Meal #3*
- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: bell pepper, corn, cucumber, scallions

DIRECTIONS

For cornbread salad

1. In a small bowl, whisk together dressing ingredients.
2. In a serving bowl, combine salad ingredients with dressing (or layer in glass dish and pour dressing over).

INGREDIENTS

For cornbread salad

Leftover cornbread, crumbled
4 tomatoes, diced (3 cups)
1 red or green bell pepper, diced (1 cup)
½ cup chopped cilantro
2 (15 ounce) cans black beans, rinsed and drained
2 ears of corn, kernels removed (1½ cups)
1 cucumber, diced (2 cups)
2 ounces fresh mozzarella, diced

For dressing

½ cup low-fat buttermilk
2 cloves garlic, minced
2 Tablespoons lime juice
3 scallions, chopped (6 Tablespoons)
1 Tablespoon chopped basil
¼ teaspoon cumin
dash of chili powder, optional
dash of kosher salt and black pepper

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Nutrition Information

Garlic Lime Steak				Serves: 4	
Serving Size: 4 ounces					
Calories	190	kcal	Fat	9	g
Protein	25	g	Saturated	3	g
Carbohydrate	1	g	Sugar	0	g
Sodium	210	mg	Calcium	4	%DV
Fiber	0	g	Iron	10	%DV
Cholesterol	80	mg			

Peppers and Black Beans				Serves: 4	
Serving Size:					
Calories	200	kcal	Fat	3.5	g
Protein	11	g	Saturated	0	g
Carbohydrate	32	g	Sugar	3	g
Sodium	95	mg	Calcium	10	%DV
Fiber	10	g	Iron	15	%DV
Cholesterol	0	mg			

Nectarine				Serves: 4	
Serving Size: 1 nectarine					
Calories	60	kcal	Fat	0	g
Protein	2	g	Saturated	0	g
Carbohydrate	15	g	Sugar	11	g
Sodium	0	mg	Calcium	0	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	0	mg			

Zucchini Caprese				Serves: 4	
Serving Size: 1/4 prepared caprese					
Calories	190	kcal	Fat	14	g
Protein	7	g	Saturated	5	g
Carbohydrate	10	g	Sugar	6	g
Sodium	170	mg	Calcium	20	%DV
Fiber	2	g	Iron	4	%DV
Cholesterol	20	mg			

Sauteed Shrimp				Serves: 4	
Serving Size: 4 ounces					
Calories	110	kcal	Fat	4.5	g
Protein	16	g	Saturated	0.5	g
Carbohydrate	1	g	Sugar	0	g
Sodium	490	mg	Calcium	6	%DV
Fiber	0	g	Iron	2	%DV
Cholesterol	145	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			

Baked Chicken & Zucchini				Serves: 4	
Serving Size: 4 ounces chicken, 1/2 zucchini					
Calories	200	kcal	Fat	6	g
Protein	29	g	Saturated	0.5	g
Carbohydrate	9	g	Sugar	4	g
Sodium	400	mg	Calcium	4	%DV
Fiber	2	g	Iron	8	%DV
Cholesterol	65	mg			

Cornbread				Serves: 4	
Serving Size: 1/8 whole cornbread					
Calories	140	kcal	Fat	2	g
Protein	5	g	Saturated	0	g
Carbohydrate	27	g	Sugar	2	g
Sodium	120	mg	Calcium	4	%DV
Fiber	3	g	Iron	8	%DV
Cholesterol	30	mg			

Steak Veggie Salad				Serves: 4	
Serving Size: 1/4 prepared salad					
Calories	470	kcal	Fat	17	g
Protein	31	g	Saturated	4	g
Carbohydrate	49	g	Sugar	8	g
Sodium	290	mg	Calcium	8	%DV
Fiber	6	g	Iron	20	%DV
Cholesterol	80	mg			

Cornbread Salad				Serves: 4	
Serving Size: 1/4 prepared salad					
Calories	460	kcal	Fat	6	g
Protein	22	g	Saturated	2.5	g
Carbohydrate	81	g	Sugar	10	g
Sodium	190	mg	Calcium	25	%DV
Fiber	16	g	Iron	30	%DV
Cholesterol	40	mg			

Salad Dressing				**Serves: 4**	
Serving Size:					
Calories	20	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	3	g	Sugar	2	g
Sodium	110	mg	Calcium	4	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			