CLASSIC August 12, 2016

PREP GUIDE

MEAL #1

- Cut vegetables:
  - 2 cucumbers, sliced
  - 1½ yellow onions, sliced thin

MEAL #2

- 8 cups cooked lentils prepared according to package directions **for the week*
- Charred peppers **see below*
- 2 limes, juiced (¼ cup) ** for the week*
- Cut vegetables:
  - 3 scallions, chopped
  - 2 ears corn, kernels removed (1½ cups)

MEAL #3

- Cut vegetables:
  - 1 yellow or red onion, diced (1 cup)
  - 2 charred bell peppers, diced

MEAL #4

- 2" fresh ginger, minced (1 Tablespoon)
- Cut vegetables:
  - 4 scallions, sliced
  - 3 carrots, shredded (1 cup)
  - 2 cucumbers, sliced in thin strips
  - 1 bell pepper, sliced thin
  - 2 stalks celery, sliced in thin strips

MEAL #5

- 4 eggs, hard boiled
- Cut vegetables:
  - 4 scallions, chopped
  - 4 stalks celery, chopped (2 cups)
  - 1 cucumber, sliced
  - 4 bell peppers, halved and seeded

For Charred Peppers (Meal #2 & #3)
4 red or green bell peppers

Heat outdoor grill or gas flame to high. Cook peppers over flame until black on the outside. Put in paper bag for 10 minutes to steam. Peel, seed and dice.

MENU

MONDAY ①
HAMBURGERS
Grilled Potatoes & Tomato Salad

TUESDAY ②
SEARED HALIBUT
Charred Pepper & Corn Lentils

WEDNESDAY ③
HAM OMELET

THURSDAY ④
LENTIL LETTUCE WRAPS

FRIDAY ⑤
AVOCADO POTATO SALAD BOATS

CLASSIC **August 12, 2016**

Shopping List

(1) Hamburgers (2) Seared Halibut (3) Ham Omelet (4) Lentil Lettuce Wraps (5) Avocado Potato Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	lean ground beef	2 pounds		12
2	halibut fillets	1 pound		10
3	ham	8 ounces		4.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,5	potatoes	3-1/2 pounds		10
1,3	yellow onion	3		3
1,3,5	tomatoes	9		4.5
1,4,5	cucumbers	5		5
1,2,5	avocado	4		4
2,4,5	scallions	11		2
2,3,4,5	bell peppers	9		9
2	fresh corn	2 ears		1
2,3,5	fresh basil	1 bunch		1.5
2,4	limes	2		1
3,5	nectarines	8		4
4	fresh ginger	2"		1
4	butter lettuce	1 head		2
4	carrots	3		1
4,5	celery	6 stalks		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
3,5	eggs	12		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,4,5	lentils	4 cups	*brown or green*	4

Fresh 20 Grocery Est	$85.00
Cost Per Dinner	$17.00
Cost Per Serving	$4.25

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	
	grapeseed oil	3 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	1/4 teaspoon
	white wine vinegar	1 teaspoon	raw honey or 100% maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	5 cloves	Dijon mustard or brown mustard	
	kosher salt	2-1/2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	1-3/4 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	
	paprika	1/2 teaspoon	whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) HAMBURGERS

grilled potatoes & tomato salad

MAKE AHEAD

- Cut vegetables: onion, cucumber

DIRECTIONS

For grilled potatoes

1. Heat an outdoor grill to medium on one side and medium-high on the other (see Kitchen Note).
2. Combine potato ingredients. Lay two 12" pieces of foil on top of each other and top with ⅓ of the potato mixture, wrap tightly to seal. Repeat to make 3 pouches.
3. Put potatoes on medium side of the grill for 20-30 minutes, turning occasionally.
4. Serve one packet of potatoes with burgers and salad, save two packets for Meals #3 and #5.

For hamburgers

1. Combine hamburger ingredients and make 8 patties.
2. Cook on higher side of grill for 3-4 minutes per side.
3. Save 4 burgers for Meal #4, serve remaining burgers with salad and potatoes.

For tomato salad

Toss all ingredients together.

Kitchen Note:
Cooking indoors? Heat a grill pan over medium-high heat and cook hamburgers 4-5 minutes per side. For potatoes, put foil wrapped pouches in 400°F oven for 25 minutes.

INGREDIENTS

For grilled potatoes

3½ pounds potatoes, sliced thin
1 yellow or red onion, sliced thin
2 Tablespoons grapeseed oil
1 teaspoon kosher salt
½ teaspoon black pepper
½ teaspoon paprika

For hamburgers

2 pounds lean ground beef
3 cloves garlic, minced
½ teaspoon kosher salt
½ teaspoon black pepper

For tomato salad

4 tomatoes, sliced
2 cucumbers, sliced
½ yellow or red onion, sliced thin
1 avocado, sliced
1 teaspoon wine vinegar
1 Tablespoon olive oil
dash of kosher salt and black pepper

(2) SEARED HALIBUT
charred pepper & corn lentils

MAKE AHEAD

- 3 cups cooked lentils prepared according to package directions
- 2 charred bell peppers * *see prep guide*
- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: scallions, corn

DIRECTIONS

For charred pepper & corn lentils

Toss all ingredients together.

For seared halibut

1. Heat a large skillet over medium-high heat and add oil.
2. Season halibut with cumin, salt, and pepper.
3. When oil is hot add fillets and cook for about 3-4 minutes per side, or until cooked through.
4. Serve with charred pepper & corn lentils.

INGREDIENTS

For charred pepper & corn lentils

1 Tablespoon olive oil
3 scallions, chopped
2 charred bell peppers, diced **see prep guide*
2 ears corn, kernels removed (1½ cups)
½ cup chopped basil leaves
Dash of kosher salt and black pepper
2 Tablespoons lime juice
1 avocado, diced
3 cups cooked lentils

For seared halibut

1 Tablespoon grapeseed oil
1 pound halibut fillets
(can sub 1-pound chicken tenders)
Dash of cumin
¼ teaspoon kosher salt
Dash of black pepper

(3) HAM OMELET
nectarines

OVEN TEMPERATRE: 375°F

MAKE AHEAD

- 1 pound grilled potatoes **from Meal #1*
- 2 charred bell peppers * *see prep guide*
- Cut vegetables: onions, bell peppers

DIRECTIONS

For ham omelet

1. Heat oven to 375°F.
2. Heat a large non-stick, oven proof skillet over medium heat and add oil.
3. When oil is hot, add onion, bell peppers, and ham and cook for 2-3 minutes.
4. Add tomatoes, potatoes, basil, and black pepper and cook for 1 minute.
5. Add beaten eggs and cook for 2 minutes, then put skillet in oven to finish cooking about 10 minutes.
6. Serve with nectarines.

INGREDIENTS

For ham omelet

1 Tablespoon olive oil
1 yellow or red onion, diced (1 cup)
2 charred bell peppers, diced
8 ounces ham, small diced
3 tomatoes, diced (2¼ cups)
1 pound grilled potatoes **from Meal #1*
2 Tablespoons chopped basil
Dash of black pepper
8 eggs, beaten

4 nectarines, sliced

(4) LENTIL LETTUCE WRAPS

MAKE AHEAD

- 4 cooked hamburger patties * *from Meal #1*
- 3 cups cooked lentils prepared according to package directions
- 2“ fresh ginger, minced (1 Tablespoon)
- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: scallions, carrots, cucumbers, bell pepper, celery

DIRECTIONS

For lentil lettuce wraps

1. In a serving bowl, combine hamburger, scallions, soy sauce, ginger, syrup, garlic, lime juice, and lentils.
2. Serve filling in lettuce leaves topped with carrot, cucumber, bell pepper, and celery.

INGREDIENTS

For lentil lettuce wraps

4 cooked hamburger patties, crumbled
4 scallions, sliced
2 Tablespoons low-sodium soy sauce
1 Tablespoon minced ginger
1 Tablespoon maple syrup
2 cloves garlic, minced
2 Tablespoons lime juice
3 cups cooked lentils
1 head butter lettuce, separated into leaves
3 carrots, shredded (1 cup)
2 cucumbers, sliced in thin strips
1 bell pepper, sliced thin
2 stalks celery, sliced in thin strips

(5) AVOCADO POTATO SALAD BOATS

MAKE AHEAD

- 1 pound grilled potatoes * *from Meal #1*
- 2 cups cooked lentils prepared according to package directions
- 4 eggs, hard boiled
- Cut vegetables: scallions, celery, cucumber, bell peppers

DIRECTIONS

For avocado potato salad boats

1. Combine first nine ingredients (potatoes through lentils).
2. Fill pepper halves with potato mixture and top with tomatoes and cucumbers.
3. Serve with nectarines.

INGREDIENTS

For avocado potato salad boats

1 pound grilled potatoes * *from Meal #1*
4 scallions, chopped
4 hardboiled eggs, chopped
2 avocados, diced
4 stalks celery, chopped (2 cups)
¼ cup chopped basil
¼ teaspoon kosher salt
dash of black pepper
2 cups cooked lentils

4 bell peppers, halved and seeded
2 tomatoes, sliced
1 cucumber, sliced

4 nectarines, sliced

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Nutrition Information

Grilled Potatoes				Serves: 4	
Serving Size: 1 packet					
Calories	120	kcal	Fat	2.5	g
Protein	3	g	Saturated	0	g
Carbohydrate	22	g	Sugar	2	g
Sodium	220	mg	Calcium	2	%DV
Fiber	2	g	Iron	6	%DV
Cholesterol	0	mg			

Hamburger				Serves: 4	
Serving Size: 1 burger					
Calories	200	kcal	Fat	11	g
Protein	23	g	Saturated	4.5	g
Carbohydrate	0	g	Sugar	0	g
Sodium	220	mg	Calcium	2	%DV
Fiber	0	g	Iron	15	%DV
Cholesterol	75	mg			

Tomato Salad				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	120	kcal	Fat	6	g
Protein	3	g	Saturated	0.5	g
Carbohydrate	15	g	Sugar	7	g
Sodium	80	mg	Calcium	6	%DV
Fiber	5	g	Iron	8	%DV
Cholesterol	0	mg			

Charred pepper and corn lentils				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	350	kcal	Fat	10	g
Protein	16	g	Saturated	1	g
Carbohydrate	53	g	Sugar	7	g
Sodium	80	mg	Calcium	4	%DV
Fiber	17	g	Iron	35	%DV
Cholesterol	0	mg			

Halibut				Serves: 4	
Serving Size: 4 ounces					
Calories	160	kcal	Fat	7	g
Protein	23	g	Saturated	1	g
Carbohydrate	2	g	Sugar	0	g
Sodium	230	mg	Calcium	2	%DV
Fiber	0	g	Iron	2	%DV
Cholesterol	80	mg			

Ham Omelet				Serves: 4	
Serving Size: 1/4 prepared omelet					
Calories	390	kcal	Fat	16	g
Protein	26	g	Saturated	3.5	g
Carbohydrate	34	g	Sugar	9	g
Sodium	720	mg	Calcium	8	%DV
Fiber	4	g	Iron	20	%DV
Cholesterol	455	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			

Lentil lettuce wraps				Serves: 4	
Serving Size: 1/4 prepared wraps					
Calories	450	kcal	Fat	12	g
Protein	39	g	Saturated	4.5	g
Carbohydrate	47	g	Sugar	14	g
Sodium	560	mg	Calcium	10	%DV
Fiber	16	g	Iron	45	%DV
Cholesterol	75	mg			

Avocado Potato Boats				Serves: 4	
Serving Size:					
Calories	460	kcal	Fat	19	g
Protein	20	g	Saturated	3	g
Carbohydrate	58	g	Sugar	11	g
Sodium	420	mg	Calcium	10	%DV
Fiber	19	g	Iron	35	%DV
Cholesterol	215	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			