GLUTEN FREE August 5, 2016

PREP GUIDE

MEAL #1

- 9 cups cooked brown rice prepared according to package directions **for the week*
- 4 lemons, zested & juiced (⅔ cup juice, 3 Tablespoons zest) * *for the week*
- Marinate chicken at least 5 minutes
- Cut vegetables:
  - 2 bell peppers, diced (2 cups)
  - 2 zucchini, diced (4 cups)

MEAL #2

- Cut fruit & vegetables:
  - 2 mangos, peeled & diced
  - 1 bell pepper, diced (1 cup)
  - 2 stalks celery, diced (1 cup)
  - ¼ yellow onion, minced (¼ cup)

MEAL #3

- 5 cups cooked quinoa prepared according to package directions * *for the week*
- Cut vegetables:
  - ¾ yellow onion, chopped (¾ cup)
  - 1 bell pepper, diced (1 cup)
  - 1 zucchini, diced (2 cups)
  - 2 ears corn, kernels removed (1½ cups)

MEAL #4

- Cut vegetables:
  - 4 stalks celery, diced small (2 cups)
  - 1 bell pepper, diced small (1 cup)
  - ½ yellow onion, minced (½ cup)

MEAL #5

- Cut vegetables:
  - 2 bell peppers, diced (2 cups)
  - 2 ears corn, kernels removed (1½ cups)
  - ½ yellow onion, minced (½ cup)
  - 1 bunch kale, chopped (4 cups)

MENU

MONDAY ①
LEMON GARLIC CHICKEN
Veggie Rice

TUESDAY ②
SHRIMP SAUTE
Mango Bean Relish

WEDNESDAY ③
TACO RICE

THURSDAY ④
CHICKEN SALAD WRAPS

FRIDAY ⑤
RICE & BEAN TABBOULEH

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Shopping List

(1) Lemon Garlic Chicken (2) Shrimp Saute (3) Taco Rice (4) Chicken Salad Wraps (5) Rice & Bean Tabbouleh

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken breast	2 pounds	boneless, skinless	10
2	shrimp	1 pound	peeled & deveined	12
3	lean ground beef	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,4,5	lemons	4		2
1,5	fresh mint	1 bunch		1.5
1,2,3,4,5	bell peppers	7	any color	7
1,3	zucchini	3		3
2,4	mangoes	4		2
2,4	celery	6 stalks		2
2,3,4,5	yellow onion	2		2
2,3	cilantro	1 bunch		1.5
3,5	fresh corn	4 ears		2
3,5	tomatoes, medium	8		4
4,5	parsley	1 bunch		1.5
5	kale	1 bunch		2
4	collard green leaves	8		2

Recipe #	Dairy	Quantity	Notes	Est Cost
3,4	Greek yogurt, plain	3/4 cup	low fat	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,4	cashews	3/4 cup		3
2,5	black beans	3 (15 oz) cans		4.5
2,4	quinoa	2-1/2 cups		3
3	chili powder	1 teaspoon	*optional*	0.5
4	raisins	1/2 cup		1

Fresh 20 Grocery Est	$73.50
Cost Per Dinner	$14.70
Cost Per Serving	$3.68

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	1 teaspoon
	grapeseed oil	2 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	1-1/4 teapsoons
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	
	gluten free chicken/veg broth: low sodium		gluten free organic tomato paste	1 Tablespoon
	garlic	13 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	2 teaspoons	gluten free soy sauce or Braggs liquid aminos	
	black pepper	1-3/4 teaspoons	gluten free pasta	
	cayenne pepper	1/4 teaspoon	long grain brown rice	4-1/2 cups
	paprika		gluten free flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) LEMON GARLIC CHICKEN

veggie rice

MAKE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Marinate chicken at least 5 minutes
- 2 lemons, zested & juiced (¼ cup juice, 1 Tablespoon zest)
- Cut vegetables: bell peppers, zucchini

DIRECTIONS

For lemon garlic chicken

1. In a glass dish or sealable bag, combine oil, lemon juice, zest, garlic, mint, salt, and pepper. Add chicken and marinate at least 5 minutes.
2. Heat outdoor grill to high (see Kitchen Note).
3. Grill chicken about 4-5 minutes per side depending on thickness (internal temperature 165°F).
4. Let rest 5 minutes before slicing. Save half for Meal #4.

For veggie rice

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add bell peppers and zucchini cook for 2-3 minutes; season with salt and pepper.
3. Add rice and stir to warm through.
4. Remove from heat and top with cashews.

Kitchen Note: Cooking indoors? Heat a grill pan over medium-high heat and cook chicken 5-6 minutes per side. Let rest before slicing.

INGREDIENTS

For lemon garlic chicken

2 pounds boneless, skinless chicken breast
1 Tablespoon grapeseed oil
¼ cup lemon juice
1 Tablespoon lemon zest
6 cloves garlic, minced
½ cup chopped mint
½ teaspoon kosher salt
½ teaspoon black pepper

For veggie rice

1 Tablespoon olive oil
2 bell peppers, diced (2 cups)
2 zucchini, diced (4 cups)
¼ teaspoon kosher salt
¼ teaspoon black pepper
3 cups cooked brown rice
½ cup toasted cashews

(2) SHRIMP SAUTE
mango bean relish

OVEN TEMPERATURE: BROILER

MAKE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 1 lemon, zested (1 Tablespoon)
- Cut fruits & vegetables: mango, bell pepper, celery, onion

DIRECTIONS

For mango bean relish

Toss all ingredients together.

For shrimp sauté

1. Heat a large skillet over medium-high heat and add grapeseed oil.
2. Combine shrimp with garlic, cumin, salt, and pepper.
3. When oil is hot add shrimp and cook for about 3-5 minutes, or until cooked through.
4. Serve over warmed quinoa with mango bean relish.

INGREDIENTS

For mango bean relish

2 mangos, peeled & diced
1 (15 ounce) can black beans, rinsed and drained
1 bell pepper, diced (1 cup)
2 stalks celery, diced (1 cup)
¼ yellow onion, minced (¼ cup)
½ cup chopped cilantro
1 Tablespoon olive oil
1 Tablespoon lemon zest
dash of kosher salt and black pepper

For shrimp sauté

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

3 cups cooked quinoa, warmed

(3) TACO RICE

MAKE AHEAD

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

DIRECTIONS

For taco rice

1. Heat a very large skillet over medium heat and add oil, onions, and garlic; cook for 2 minutes.
2. Add ground beef, crumbling as it cooks for 3-4 minutes.
3. Add bell pepper, zucchini, corn, tomatoes, tomato paste, cumin, chili powder, salt, pepper, cayenne, and oregano and cook for 5-7 minutes.
4. Add rice and cilantro.
5. Top with a dollop of Greek yogurt to serve.

INGREDIENTS

For taco rice

1 Tablespoon olive oil
¾ yellow onion, chopped (¾ cup)
3 cloves garlic, minced
1 pound lean ground beef
1 bell pepper, diced (1 cup)
1 zucchini, diced (2 cups)
2 ears corn, kernels removed (1½ cups)
4 tomatoes, diced (3 cups)
1 Tablespoon gluten free tomato paste
1 teaspoon cumin
1 teaspoon chili powder, optional
½ teaspoon kosher salt
½ teaspoon black pepper
dash of cayenne
1 teaspoon dried oregano
3 cups cooked brown rice
¼ cup chopped cilantro

¼ cup low-fat Greek yogurt

(4) CHICKEN SALAD WRAPS

MAKE AHEAD

- 2 cups cooked quinoa prepared according to package directions
- 1 pound cooked chicken* *from Meal #1*
- ½ lemon, zested (1 Tablespoon)
- Cut vegetables: celery, bell pepper, onion

DIRECTIONS

For chicken salad wraps

1. Toss together ingredients for chicken salad (chicken through vinegar).
2. Add ¼ cup quinoa to each collard leaf and top with chicken salad. Fold wrap as you would a burrito and serve with a side of mango.

INGREDIENTS

For chicken salad wraps

1 pound cooked chicken, diced **see Meal #1*
4 stalks celery, diced small (2 cups)
1 bell pepper, diced (1 cup)
½ yellow onion, minced (½ cup)
½ cup raisins
¼ cup chopped parsley
¼ cup chopped cashews
½ cup low-fat Greek yogurt
1 Tablespoon lemon zest
dash of kosher salt and black pepper
1 Tablespoon olive oil
1 Tablespoon wine vinegar

2 cups cooked quinoa
8 collard green leaves, washed and left whole

2 mangos, sliced

(5) RICE & BEAN TABBOULEH

MAKE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 2 lemons, juiced (⅓ cup)
- Cut vegetables: bell pepper, corn, onion, kale

DIRECTIONS

For rice & bean tabbouleh

Toss all ingredients together.

INGREDIENTS

For rice & bean tabbouleh

3 cups cooked brown rice
4 tomatoes, diced (3 cups)
2 bell peppers, diced (2 cups)
½ cup chopped mint
2 (15 ounce) cans black beans, drained & rinsed
2 ears of corn, kernels removed (1½ cups)
½ yellow onion, minced (½ cup)
2 cloves garlic, minced
1 bunch kale, chopped (4 cups)
½ cup chopped parsley
⅓ cup lemon juice
2 Tablespoon olive oil
dash of kosher salt and black pepper

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Nutrition Information

Lemon Garlic Chicken				Serves: 4	
Serving Size: 4 ounces					
Calories	140	kcal	Fat	3	g
Protein	26	g	Saturated	0	g
Carbohydrate	0	g	Sugar	0	g
Sodium	220	mg	Calcium	0	%DV
Fiber	0	g	Iron	4	%DV
Cholesterol	65	mg			

Veggie Rice				Serves: 4	
Serving Size: 1/4 prepared rice					
Calories	320	kcal	Fat	13	g
Protein	8	g	Saturated	2.5	g
Carbohydrate	46	g	Sugar	4	g
Sodium	160	mg	Calcium	4	%DV
Fiber	5	g	Iron	15	%DV
Cholesterol	0	mg			

Mango Bean Relish				Serves: 4	
Serving Size:					
Calories	190	kcal	Fat	4	g
Protein	6	g	Saturated	0	g
Carbohydrate	32	g	Sugar	16	g
Sodium	100	mg	Calcium	6	%DV
Fiber	6	g	Iron	8	%DV
Cholesterol	0	mg			

Shrimp saute				Serves: 4	
Serving Size: 4 ounces shimp, 3/4 cup quinoa					
Calories	280	kcal	Fat	7	g
Protein	22	g	Saturated	1	g
Carbohydrate	31	g	Sugar	1	g
Sodium	600	mg	Calcium	8	%DV
Fiber	4	g	Iron	15	%DV
Cholesterol	145	mg			

Taco Rice				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	490	kcal	Fat	14	g
Protein	33	g	Saturated	4	g
Carbohydrate	62	g	Sugar	9	g
Sodium	390	mg	Calcium	6	%DV
Fiber	7	g	Iron	25	%DV
Cholesterol	70	mg			

Chicken Salad Lettuce Wraps				Serves: 4	
Serving Size: 2 prepared wraps					
Calories	430	kcal	Fat	13	g
Protein	35	g	Saturated	2	g
Carbohydrate	44	g	Sugar	19	g
Sodium	350	mg	Calcium	8	%DV
Fiber	6	g	Iron	20	%DV
Cholesterol	65	mg			

Mango				Serves: 4	
Serving Size: 1/2 mango					
Calories	70	kcal	Fat	0	g
Protein	0	g	Saturated	0	g
Carbohydrate	17	g	Sugar	15	g
Sodium	0	mg	Calcium	0	%DV
Fiber	1	g	Iron	0	%DV
Cholesterol	0	mg			

Rice and Bean Tabbouleh				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	510	kcal	Fat	10	g
Protein	19	g	Saturated	1	g
Carbohydrate	90	g	Sugar	8	g
Sodium	115	mg	Calcium	15	%DV
Fiber	17	g	Iron	25	%DV
Cholesterol	0	mg			