FOR ONE November 18, 2016

PREP GUIDE

MEAL #1

- Cut vegetables:
  - ¼ butternut squash, peeled, seeded and cubed
  - ¼ pound sweet potatoes, peeled and cubed

MEAL #2

- ¾ cup cooked brown rice prepared according to package directions
- 1" piece fresh ginger, grated (¾ teaspoon)
- Cut vegetables:
  - Few thin slices yellow onion
  - ½ carrot, sliced thin
  - ½ bell pepper, sliced thin

MEAL #3

- ½ lemon, juiced (1½ Tablespoons) * *for the week*
- Cut vegetables:
  - ¼ bell pepper, diced (¼ cup)
  - 1 tomatillo, diced (⅓ cup)

MEAL #4

- Cut vegetables:
  - ¼ small yellow onion, diced (3 Tablespoons)
  - ¼ bell pepper, diced (¼ cup)
  - 1½ ounces mushrooms, sliced (½ cup)
  - ¾ tomatillo, diced (¼ cup)

MEAL #5

- 1 egg, hard boiled
- Cut vegetables:
  - 1½ carrots, sticks
  - 1½ celery stalks, sticks
  - ½ bell pepper, strips

MENU

MONDAY 1
PORK CHOPS
Root Vegetables & Grapes

TUESDAY 2
CASHEW SHRIMP
Brown Rice

WEDNESDAY 3
PORK POSOLE SALAD

THURSDAY 4
HUEVOS RANCHOS

FRIDAY 5
HOMINEY HUMMUS
Crudité

FOR ONE November 18, 2016

Shopping List

(1) Pork Chops (2) Cashew Shrimp (3) Pork Posole Salad (4) Huevos Ranchos (5) Hominey Hummus

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	pork loin chops	2 (4 oz) chops		3
2	shrimp	1/4 pound	*peeled & deveined*	3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	butternut squash	1 medium		3
1	sweet potatoes	1/4 pound		1
1,3,5	seedless grapes	1-1/4 pounds	*need about 2-1/4 cups*	3
2,4	yellow onion	1		1
2	fresh ginger	1"		1
2,5	carrots	2		1
2,3,4,5	bell peppers (any color)	2		2
3,4,5	cilantro	1 bunch		1.5
3,4	tomatillos	2		1.5
3,5	lemon	1		0.5
4	mushrooms	1-1/2 ounces	*brown or button*	1
5	celery	2 stalks		1
2	pears	1		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost
4,5	eggs	3		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,5	cashews	3 Tablespoons		2
3,5	hominey	1 (15 oz) can		1.5
3,4	diced green chiles	1 (3 oz) can		1
3,4,5	corn tortillas	5		2

Fresh 20 Grocery Est	$29.00
Cost Per Dinner	$5.80
Cost Per Serving	$5.80

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2 Tablespoons	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	1/4 teaspoon
	balsamic vinegar		ground cumin	1/8 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1/2 Tablspoon
	chicken or veggie broth: low sodium	2 Tablespoons	organic tomato paste	
	garlic	1 clove	Dijon mustard or brown mustard	
	kosher salt	3/4 teaspoon	soy sauce or Braggs liquid amino acid	1-1/2 teaspoons
	black pepper	1/4 teaspoon	whole grain pasta	
	cayenne pepper	1/8 teaspoon	long grain brown rice	6 Tablespoons
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) PORK CHOPS
root veggies & grapes

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- Cut vegetables: butternut squash, sweet potatoes

DIRECTIONS

For root veggies and grapes

1. Heat oven to 425°F.
2. Heat an oven-proof pot over medium-high heat.
3. Add olive oil, half * the butternut squash, sweet potatoes, salt, pepper, and grapes to the hot pan. Cook for 1-2 minutes and add broth and syrup.
4. Put lid on pot and put in oven for about 20-25 minutes.
5. Remove from oven and serve with pork chop.

For pork chops

1. While vegetables are in the oven, preheat a stovetop grill pan over medium-high heat and add oil.
2. Season pork chops with salt, pepper, and Herbes.
3. When oil is hot add chops and cook 3-4 minutes. Turn chops over and reduce heat slightly. Cook an additional 3-4 minutes (depending on thickness) until internal temperature reaches 145°F.
4. Remove from pan and let rest 5 minutes. Save one pork chop for Meal #3, serving remaining chop with roasted veggies and grapes.

** Place remaining squash on a square of foil that has been lightly oiled. Season with a pinch of salt and pepper and seal to form a pouch. Place in 425°F oven with the vegetables; remove after 20 minutes and save for Meal #4.*

Dairy Free: ☑

Gluten Free: *Use gluten free broth.*

Vegetarian: *Omit pork chops. Prepare Root Veggie Quinoa as follows: In a bowl, combine pinch of salt and pepper, ½ Tablespoon olive oil and 1 teaspoon maple syrup. Toss ¼ butternut squash, cubed, into mixture. Remove and put on one side of baking sheet. Into same mixture, toss 2 ounces diced sweet potato and ½ cup grapes; put on other side of baking sheet. Cook 20-25 minutes turning once. During last 5-7 minutes of cooking remove half the squash and reserve for Meal #3. Add ¼ can white beans to baking sheet and toss. Bake an additional 5-7 minutes. Serve over ¾ cup cooked quinoa and top with ¾ ounce goat cheese.*

INGREDIENTS

For root veggies and grapes

½ Tablespoon olive oil
¼ butternut squash, peeled, seeded and cubed
¼ pound sweet potatoes, peeled and cubed
Dash of kosher salt
Pinch of black pepper
¾ cup seedless grapes
2 Tablespoons chicken broth
¾ teaspoon maple syrup

For pork chops

¾ teaspoon grapeseed oil
2 (4 oz) pork loin chops
¼ teaspoon kosher salt
Pinch of black pepper
Dash of Herbes de Provence

(2) CASHEW SHRIMP
brown rice

MAKE AHEAD

- ¾ cup cooked brown rice prepared according to package directions
- 1" fresh ginger, grated (¾ teaspoon)
- Cut vegetables: onion, carrots, bell peppers

DIRECTIONS

For cashew shrimp

1. Heat a non-stick skillet over medium-high heat and add oil.
2. When oil is hot add onion, garlic, and ginger and cook for 1 minute.
3. Add carrots and bell peppers and cook for 1-2 minutes. Add shrimp and sauté for 2-3 minutes until almost cooked through.
4. Reduce heat and add soy sauce, honey, and cashews.
5. Serve over warmed rice with a side of pears.

Dairy Free: ☑

Gluten Free: *Use gluten free soy sauce.*

Vegetarian: *Omit shrimp. In step 2, add ¼ pound drained and diced tofu cut into cubes before onion, garlic and ginger. Cook tofu 4-5 minutes before continuing with recipe.*

INGREDIENTS

For cashew shrimp

1 teaspoon sesame or grapeseed oil
Few this slices yellow onion
½ clove garlic, minced
¾ teaspoon grated ginger
½ carrot, sliced thin
½ bell pepper, sliced thin
¼ pound peeled and deveined shrimp (sub ¼ pound chicken tenders)
1 teaspoon low-sodium soy sauce
¾ teaspoon honey
1 Tablespoon chopped cashews

¾ cup cooked brown rice, warmed

½ pear, sliced

(3) PORK POSOLE SALAD

MAKE AHEAD

- 1 cooked pork chop **from Meal #1*
- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables: bell pepper, tomatillos

DIRECTIONS

For pork posole salad

In a small bowl, whisk together dressing ingredients. In a serving bowl combine salad ingredients, add dressing, and toss to combine. Serve with a side of grapes.

Dairy Free: ☑

Gluten Free: ☑

Vegetarian: *Prepare dressing as above, omit salad recipe and grapes. Prepare Squash & Pear Salad:*
For salad, heat 1 teaspoon oil in a skillet and add a few slices yellow onion and ½ cup sliced mushrooms. Cook 2-3 minutes and then add squash reserved from Meal #1; stir to warm through. Season with salt and pepper. In a serving bowl, combine 1 small pear, sliced, ¼ can white beans, 2 Tablespoons chopped cashews, and 1½ cups fresh greens; add dressing and toss to combine. Top salad with warm vegetable mixture and 1 ounce goat cheese.

INGREDIENTS

For pork posole salad

1 cooked pork chop, diced
** from Meal #1*
¼ (15 ounce) can hominy, rinsed and drained
¼ bell pepper, diced (¼ cup)
2 Tablespoons chopped cilantro
¼ (3 ounce) can green chiles
1 tomatillo,, diced (⅓ cup)
1-2 corn tortillas, crisped and crumbled

For dressing

½ Tablespoon olive oil
2¼ teaspoons lemon juice
pinch black pepper
dash of kosher salt
¼ clove garlic, minced

½ cup grapes

(4) HUEVOS RANCHOS

Happy Thanksgiving!
For those of you celebrating Thanksgiving enjoy this delicious meal for breakfast. Not celebrating? Huevos Ranchos is a fantastic weeknight dinner – you can add cooked diced chicken if you'd like a bit heartier meal. Enjoy!

MAKE AHEAD

- Roasted butternut squash * *from Meal #1*
- Cut vegetables: onion, bell pepper, mushrooms, tomatillos

DIRECTIONS

For huevos ranchos

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add onion, bell pepper, and mushrooms and cook for 1-2 minutes.
3. Add in butternut squash, tomatillos, chiles, salt, and pepper and cook for 2-3 minutes.
4. Serve on crisped tortillas topped with a fried egg and garnished with cilantro.

For fried eggs

Heat a skillet over medium heat and add oil. Fry eggs to desired doneness; serve over veggies on crisped tortillas.

Dairy Free: ☑

Gluten Free: ☑

Vegetarian: ☑

INGREDIENTS

For huevos ranchos

¾ teaspoon olive oil
¼ small yellow onion, diced (3 Tablespoons)
¼ bell pepper, diced (¼ cup)
1½ ounces mushrooms, sliced (½ cup)
Roasted butternut squash**from Meal #1*
¾ tomatillo, diced (¼ cup)
¼ (3 ounce) can diced green chiles
Pinch of kosher salt
Pinch of black pepper
2 corn tortillas, crisped
2 Tablespoons chopped cilantro

For fried eggs

1 teaspoon olive oil
2 eggs

(5) HOMINY HUMMUS
crudite

This light, healthy meal makes a great post-Thanksgiving lunch if you are enjoying leftovers today. No leftovers? Serve the hummus and crudite for dinner adding some grilled chicken or soup if you'd like a heartier meal.

MAKE AHEAD

- ¼ lemon, juiced (2¼ teaspoons)
- 1 egg, hard boiled
- Cut vegetables: carrots, celery, bell pepper

DIRECTIONS

For hominy hummus

1. Combine all hummus ingredients in a food processor * using the reserved liquid if needed for consistency.
2. Serve with veggies, tortillas, grapes, and eggs.

** If you don't have a small food processor you may prefer to double or triple the recipe for easier blending – you'll find many uses for the extra hummus!*

Dairy Free: ☑

Gluten Free: ☑

Vegetarian: ☑

INGREDIENTS

For hominy hummus

2 Tablespoons cashews
½ Tablespoon olive oil
¼ (15 ounce) can hominy, drained reserve a few teaspoons liquid
¼ garlic clove
2¼ teaspoons lemon juice
Pinch of cumin
Pinch of kosher salt
Pinch of cayenne
½ Tablespoon chopped cilantro, optional

For crudité

1½ carrots, sticks
1½ stalks celery, sticks
½ bell pepper, strips
1 corn tortilla, cut into wedges and crisped in the oven

1 cup grapes
1 hardboiled egg

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Nutrition Information

Roast Pork Loin				Serves: 1	
Calories	140	kcal	Fat	4	g
Protein	24	g	Saturated	1	g
Carbohydrate	0	g	Sugar	0	g
Sodium	350	mg	Calcium	0	%DV
Fiber	0	g	Iron	6	%DV
Cholesterol	75	mg			

Root Veggies and Grapes				Serves: 1	
Calories	310	kcal	Fat	6	g
Protein	4	g	Saturated	0.5	g
Carbohydrate	65	g	Sugar	29	g
Sodium	350	mg	Calcium	8	%DV
Fiber	7	g	Iron	8	%DV
Cholesterol	0	mg			

Cashew Shrimp				Serves: 1	
Calories	220	kcal	Fat	9	g
Protein	18	g	Saturated	1.5	g
Carbohydrate	17	g	Sugar	9	g
Sodium	480	mg	Calcium	8	%DV
Fiber	3	g	Iron	6	%DV
Cholesterol	145	mg			

Brown Rice				Serves: 1	
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		mg			

Pears				Serves: 1	
Calories	50	kcal	Fat	0	g
Protein	0	g	Saturated	0	g
Carbohydrate	14	g	Sugar	9	g
Sodium	0	mg	Calcium	0	%DV
Fiber	3	g	Iron	0	%DV
Cholesterol	0	mg			

Pork Posole Salad				Serves: 1	
Calories	350	kcal	Fat	7	g
Protein	28	g	Saturated	1	g
Carbohydrate	40	g	Sugar	7	g
Sodium	430	mg	Calcium	2	%DV
Fiber	7	g	Iron	10	%DV
Cholesterol	75	mg			

Salad Dressing				Serves: 1	
Calories	60	kcal	Fat	7	g
Protein	0	g	Saturated	1	g
Carbohydrate	0	g	Sugar	0	g
Sodium	75	mg	Calcium	0	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			

Grapes				Serves: 1	
Calories	50	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	14	g	Sugar	12	g
Sodium	0	mg	Calcium	0	%DV
Fiber	1	g	Iron	2	%DV
Cholesterol	0	mg			

Huevos Rancheros				Serves: 1	
Calories	440	kcal	Fat	20	g
Protein	18	g	Saturated	4	g
Carbohydrate	46	g	Sugar	10	g
Sodium	350	mg	Calcium	15	%DV
Fiber	8	g	Iron	15	%DV
Cholesterol	430	mg			

Hominy Hummus and Veggies				Serves: 1	
Calories	340	kcal	Fat	14	g
Protein	7	g	Saturated	2	g
Carbohydrate	47	g	Sugar	13	g
Sodium	580	mg	Calcium	6	%DV
Fiber	9	g	Iron	8	%DV
Cholesterol	0	mg			

Grapes				Serves: 1	
Calories	50	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	14	g	Sugar	12	g
Sodium	0	mg	Calcium	0	%DV
Fiber	1	g	Iron	2	%DV
Cholesterol	0	mg			

Eggs				Serves: 4	
Calories	70	kcal	Fat	4.5	g
Protein	6	g	Saturated	1.5	g
Carbohydrate	1	g	Sugar	0	g
Sodium	65	mg	Calcium	2	%DV
Fiber	0	g	Iron	4	%DV
Cholesterol	215	mg			