# CLASSIC MENU

**PREP GUIDE**

**MEAL #1**

- 3 cups cooked brown rice prepared according to package directions
- Cut fruits & vegetables:
  - ½ yellow onion, grated
  - 4 red bell peppers, cut into quarters and seeded
  - 1 mango, pureed

**MEAL #2**

- 2 oranges, zested & juiced (½ cup juice, ¼ cup zest) * *for the week*
- Cut fruit & vegetables:
  - 2 scallions, chopped (¼ cup)
  - 1 bunch asparagus, trimmed (16 spears)
  - ½ yellow onion, chopped (½ cup)
  - 2 mangoes, sliced

**MEAL #3**

- 4 limes, zested & juiced (½ cup juice, 2½ Tablespoons zest) * *for the week*
- Cut vegetables:
  - 1 yellow onion, sliced (1 cup)
  - ½ pint grape tomatoes, sliced in half (1 cup)
  - 1 small head Napa cabbage, shredded (10 cups)
  - 2 carrots, shredded (⅔ cup)
  - 1 red bell pepper, thinly sliced (1 cup)
  - 2 scallions, thinly sliced (¼ cup)

**MEAL #4**

- Cut fruit & vegetables:
  - 2 bunches asparagus, sliced very thin (4 cups)
  - 2 red bell peppers, sliced thin (2 cups)
  - 3 scallions, sliced (6 Tablespoons)
  - 4 oranges, sliced

**MEAL #5**

Cut fruits & vegetables:

- 2 carrots, shredded (⅔ cup)
- 1 red bell pepper, sliced thin (1 cup)
- 1 yellow onion, sliced thin (1 cup)
- 1 summer squash, sliced thin (1 cup)
- 2 mangos, diced (2 cups)

MENU

MONDAY ①
FLANK STEAK CHIMICHURRI
Brown Rice & Charred Peppers

TUESDAY ②
GRILLED CITRUS SHRIMP
White Bean Mash & Asparagus

WEDNESDAY ③
KOREAN BBQ TACOS
Kim Chi Slaw

THURSDAY ④
ASPARAGUS AND BEAN SALAD

FRIDAY ⑤
VEGGIE QUESADILLAS
Mango Salsa

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# Shopping List

(1) Flank Steak Chimichurri (2) Citrus Shrimp (3) Korean BBQ Tacos (4) Asparagus Salad (5) Veggie Quesadillas

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 1,3 | flank steak | 2 pounds | | 20 |
| 2 | shrimp | 1 pound | peeled & devined | 10 |
| | | | | |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 1,2,3,5 | yellow onion | 3 | | 3 |
| 1,2,5 | mango | 5 | | 5 |
| 1,3,4,5 | red bell peppers | 8 | | 8 |
| 1,2,5 | fresh basil | 1 bunch | | 1.5 |
| 1 | fresh parsley | 1 bunch | | 1.5 |
| 1,3,5 | cilantro | 1 bunch | | 1.5 |
| 2,4 | orange | 6 | | 3 |
| 2,3,4 | scallions | 7 | | 1 |
| 2,4 | asparagus | 3 bunches | | 6 |
| 3,5 | grape tomatoes | 1 pint | | 3 |
| 3 | Napa cabbage | 1 sm head | | 2 |
| 3,5 | carrots | 4 | | 1 |
| 3,5 | lime | 4 | | 2 |
| 5 | summer squash | 1 | | 1 |
| 3 | avocado | 1 | | 1 |
| | | | | |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 4,5 | aged white cheddar cheese | 1-1/2 cups | | 4 |
| | | | | |
| | | | | |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|---|---|---|---|---|
| 2,4,5 | white beans | 5 (15 oz) cans | | 10 |
| 3,5 | corn tortillas | 20 | | 4 |
| 4 | walnuts | 1/2 cup | | 4 |
| | | | | |
| | | | | |

| | |
|---|---|
| Fresh 20 Grocery Est | $92.50 |
| Cost Per Dinner | $18.50 |
| Cost Per Serving | $4.63 |

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|---|---|---|---|---|
| | olive oil | 1/2 cup + 1 Tblspn | dried oregano | 1 teaspoon |
| | grapeseed oil | 1/4 cup | herbes de provence | |
| | balsamic vinegar | 1 Tablespoon | ground cumin | |
| | white wine vinegar | 1/3 cup | raw honey or 100% maple syrup | 3 Tablespoons |
| | chicken or veggie broth: low sodium | 1/4 cup | organic tomato paste | |
| | garlic | 10 cloves | Dijon mustard or brown mustard | |
| | kosher salt | 1-1/2 teaspoons | soy sauce or Braggs liquid amino acid | 5 Tablespoons |
| | black pepper | 1-3/4 teaspoons | whole grain pasta | |
| | cayenne pepper | Pinch | long grain brown rice | 1-1/2 cups |
| | paprika | | whole wheat flour | |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

# (1) FLANK STEAK CHIMICHURRI

## charred peppers & brown rice

MAKE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Cut fruits & vegetables: onion, mango, bell peppers

DIRECTIONS

*For flank steak and charred peppers*

1. Combine all flank steak ingredients 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 #3.
5. Brush bell peppers with oil; season with salt and pepper.
6. Grill peppers about 2 minutes on each side, until black in some spots.
7. Serve steak with chimichurri, bell peppers, and rice.

*For chimichurri*

Combine all ingredients in food processor. Save ⅓ for Meal #4.

*Kitchen Note: Cooking indoors? Heat a grill pan over medium-high heat and cook steak 4-5 per side. Let rest before slicing. Peppers can be cooked in a grill pan over high heat or in 450°F oven until charred – watch carefully!*

INGREDIENTS

*For flank steak*

2 pounds flank steak
1 Tablespoon grapeseed oil
½ yellow onion, grated
1 mango, pureed
2 Tablespoons maple syrup
3 Tablespoons soy sauce
2 cloves garlic, minced
¼ teaspoon black pepper

*For charred peppers*

4 red bell peppers, cut in quarters and seeded
1 Tablespoon olive oil
¼ teaspoon kosher salt
dash of black pepper

*For chimichurri*

½ cup chopped basil
1 cup chopped parsley
½ cup chopped cilantro
2 cloves garlic
¼ cup olive oil
3 Tablespoon white wine vinegar
¼ teaspoon kosher salt
¼ teaspoon black pepper

3 cups cooked brown rice, warmed

# (2) GRILLED CITRUS SHRIMP

## white bean mash & asparagus

MAKE AHEAD

- 1 orange, zested & juiced (¼ cup juice, 2 Tablespoons zest)
- Cut fruit & vegetables: onion, scallion, asparagus, mango

DIRECTIONS

*For white bean mash*

1. Sauté garlic and onion in olive oil over medium heat until slightly brown. Add beans and warm through.
2. Transfer to a food processor and add salt, pepper, and basil, pulse until just combined. Add broth as needed to desired consistency.
3. Keep warm.

Meanwhile

*For grilled citrus shrimp & asparagus*

1. Heat outdoor grill to medium heat (see Kitchen Note).
2. Combine all shrimp ingredients in a re-sealable bag and let sit for 5-10 minutes.
3. Layer two sheets of heavy duty foil and fold up the ends 1 inch to make a rim. Place asparagus on foil, drizzle with oil and balsamic vinegar and sprinkle with salt and pepper.
4. Place foil pan of asparagus on one side of grill and shrimp on the other. Grill shrimp until completely pink and white, about 6 minutes and asparagus until it turns brighter green and is sizzling on the grill, about 5-7 minutes.
5. Serve with white bean mash.
6. Serve with a side of mango or enjoy later for dessert.

*Kitchen Note: Cooking indoors?*
*Cook shrimp in a grill pan over medium heat until pink and opaque, about 3-4 minutes per side. Place asparagus on a baking sheet and cook at 400°F for 10-12 minutes.*

INGREDIENTS

*For white bean mash*

2 cloves garlic
½ yellow onion, chopped (½ cup)
1½ Tablespoons olive oil
2 (15 ounce) cans white beans, rinsed
¼ teaspoon kosher salt
¼ teaspoon black pepper
¼ cup chopped basil
¼ cup low sodium chicken broth

*For grilled citrus shrimp*

1 pound peeled and deveined shrimp (can sub 1 pound chicken tenders)
¼ cup orange juice
2 Tablespoons orange zest
2 Tablespoons grapeseed oil
2 cloves garlic, minced
2 scallions, chopped (¼ cup)
1 teaspoon dried oregano
¼ teaspoon kosher salt
dash of black pepper

*For asparagus*

1 bunch asparagus, ends trimmed (16 spears)
1 Tablespoon olive oil
1 Tablespoon balsamic vinegar
⅛ teaspoon kosher salt
¼ teaspoon black pepper

2 mangoes, sliced

# (3) KOREAN BBQ TACOS
## kim chi slaw

MAKE AHEAD

- 1 pound grilled flank steak * *from Meal #1*
- 2 limes, zested & juiced (¼ cup juice, 1½ Tablespoons zest)
- Cut vegetables: onion, tomatoes, cabbage, bell pepper, carrots, scallion,

DIRECTIONS

*For Korean BBQ tacos*

1. Heat non-stick skillet over medium-high heat.
2. Add chopped steak and onions and toss until hot. Remove from heat and add cilantro, tomatoes, and avocado.
3. Serve in tortillas with kim chi slaw.

*For kim chi slaw*

In a small bowl, combine dressing ingredients. In a serving bowl, combine slaw ingredients, add dressing, and toss to combine.

INGREDIENTS

*For Korean BBQ tacos*

1 pound flank steak, grilled and chopped **from Meal #1*
1 yellow onion, sliced (1 cup)
¼ cup chopped cilantro
½ pint grape tomatoes, sliced in half (1 cup)
1 avocado, diced, optional
8 corn tortillas

*For kim chi slaw*

1 small head Napa cabbage, shredded (10 cups)
1 red bell pepper, thinly sliced (1 cup)
2 carrots, shredded (⅔ cup)
2 scallions, thinly sliced (¼ cup)

*For dressing*

2 Tablespoons soy sauce
¼ cup lime juice
1½ Tablespoons zest
1 Tablespoon maple syrup
2 garlic cloves, minced
Dash of cayenne (to taste)

# (4) ASPARAGUS AND BEAN SALAD

MAKE AHEAD

- 3 Tablespoons chimichurri sauce * *from Meal #1*
- 1 orange, zested & juiced (¼ cup juice, 2 Tablespoons zest)
- Cut fruit & vegetables: asparagus, bell pepper, scallions, orange

DIRECTIONS

*For asparagus and bean salad*

1. Combine salad ingredients in large bowl.
2. Whisk together dressing ingredients in small bowl.
3. Combine the salad and dressing, top with shredded cheese and serve with a side of sliced oranges.

INGREDIENTS

*For asparagus & bean salad*

2 bunches asparagus, sliced very thin (4 cups)
2 red bell peppers, sliced (2 cups)
3 scallions, sliced (6 Tablespoons)
2 (15 ounce) cans white beans, drained and rinsed
½ cup chopped walnuts, toasted
¼ teaspoon kosher salt
¼ teaspoon black pepper

*For dressing*

3 Tablespoons Chimichurri sauce **from Meal #1*
¼ cup orange juice
2 Tablespoons orange zest
2 Tablespoons white wine vinegar

½ cup shredded aged white cheddar

4 oranges, sliced

# (5) VEGGIE QUESADILLAS
## mango salsa

MAKE AHEAD

- 2 limes, zested & juiced (¼ cup juice, 2 teaspoons zest)
- Cut fruit & vegetables: bell peppers, carrot, onion, squash, mango

DIRECTIONS

*For veggie quesadillas with mango salsa*

1. Combine all salsa ingredients and set aside until quesadillas are done.
2. For quesadillas, heat 1 Tablespoon oil in a large skillet and add bell pepper, carrot, onion. Sauté 2 minutes then add summer squash and season with salt and pepper. Set aside.
3. Make quesadillas by diving beans, sautéed vegetables, cheese, and cilantro over six tortillas and top each with a second tortilla to make six quesadillas.
4. In skillet heat 1 teaspoon of oil and cook quesadillas a few minutes on each side to melt cheese and veggies together. Continue cooking remaining quesadillas.
5. Serve hot quesadillas with mango salsa.

INGREDIENTS

*For mango salsa*

2 mangos, diced (2 cups)
½ pint grape tomatoes, sliced (1 cup)
¼ cup chopped basil
¼ cup lime juice
2 teaspoon lime zest
1 Tablespoon olive oil

*For veggie quesadillas*

2 Tablespoons grapeseed oil, divided
1 red bell pepper, thinly sliced (1 cup)
2 carrots, shredded (⅔ cup)
1 yellow onion, thinly sliced (1 cup)
1 summer squash, thinly sliced (2 cups)
Kosher salt and black pepper to taste
1 (15 oz) can organic white beans, drained, rinsed and lightly mashed
1 cup shredded aged white cheddar
¼ cup chopped cilantro
12 corn tortillas

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# Nutrition Information

| Flank Steak | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 4 ounces | | | | | |
| Calories | 220 | kcal | Fat | 9 | g |
| Protein | 25 | g | Saturated | 3 | g |
| Carbohydrate | 8 | g | Sugar | 7 | g |
| Sodium | 280 | mg | Calcium | 4 | %DV |
| Fiber | 0 | g | Iron | 10 | %DV |
| Cholesterol | 80 | mg | | | |

| Charred Peppers | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: | | | | | |
| Calories | 60 | kcal | Fat | 3.5 | g |
| Protein | 1 | g | Saturated | 0 | g |
| Carbohydrate | 6 | g | Sugar | 3 | g |
| Sodium | 150 | mg | Calcium | 2 | %DV |
| Fiber | 2 | g | Iron | 2 | %DV |
| Cholesterol | 0 | mg | | | |

| Chimichurri | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: | | | | | |
| Calories | 90 | kcal | Fat | 9 | g |
| Protein | 0 | g | Saturated | 1 | g |
| Carbohydrate | 0 | g | Sugar | 0 | g |
| Sodium | 95 | mg | Calcium | 0 | %DV |
| Fiber | 0 | g | Iron | 0 | %DV |
| Cholesterol | 0 | 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 | 2 | %DV |
| Cholesterol | 0 | mg | | | |

| White Bean Mash | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: | | | | | |
| Calories | 200 | kcal | Fat | 7 | g |
| Protein | 9 | g | Saturated | 0.5 | g |
| Carbohydrate | 26 | g | Sugar | 2 | g |
| Sodium | 200 | mg | Calcium | 6 | %DV |
| Fiber | 8 | g | Iron | 15 | %DV |
| Cholesterol | 0 | mg | | | |

| Grilled Citrus Shrimp | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: | | | | | |
| Calories | 150 | kcal | Fat | 8 | g |
| Protein | 16 | g | Saturated | 1 | g |
| Carbohydrate | 3 | g | Sugar | 1 | g |
| Sodium | 690 | mg | Calcium | 6 | %DV |
| Fiber | 0 | g | Iron | 2 | %DV |
| Cholesterol | 145 | mg | | | |

| Asparagus | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: about 4 spears | | | | | |
| Calories | 45 | kcal | Fat | 3.5 | g |
| Protein | 1 | g | Saturated | 0 | g |
| Carbohydrate | 2 | g | Sugar | 1 | g |
| Sodium | 75 | mg | Calcium | 2 | %DV |
| Fiber | 1 | g | Iron | 8 | %DV |
| Cholesterol | 0 | 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 | 0 | g | Iron | 0 | %DV |
| Cholesterol | | mg | | | |

| Korean BBQ Tacos | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 2 prepared tacos | | | | | |
| Calories | 360 | kcal | Fat | 14 | g |
| Protein | 22 | g | Saturated | 3 | g |
| Carbohydrate | 38 | g | Sugar | 9 | g |
| Sodium | 230 | mg | Calcium | 2 | %DV |
| Fiber | 7 | g | Iron | 10 | %DV |
| Cholesterol | 60 | mg | | | |

| Kim Chi Slaw | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: | | | | | |
| Calories | 80 | kcal | Fat | 0 | g |
| Protein | 4 | g | Saturated | 0 | g |
| Carbohydrate | 15 | g | Sugar | 9 | g |
| Sodium | 330 | mg | Calcium | 10 | %DV |
| Fiber | 4 | g | Iron | 0 | %DV |
| Cholesterol | 0 | mg | | | |

| Asparagus Bean Salad | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: | | | | | |
| Calories | 340 | kcal | Fat | 16 | g |
| Protein | 18 | g | Saturated | 4 | g |
| Carbohydrate | 36 | g | Sugar | 6 | g |
| Sodium | 210 | mg | Calcium | 20 | %DV |
| Fiber | 12 | g | Iron | 35 | %DV |
| Cholesterol | 15 | mg | | | |

| Salad Dressing | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: | | | | | |
| Calories | 50 | kcal | Fat | 4.5 | g |
| Protein | 0 | g | Saturated | 0.5 | g |
| Carbohydrate | 2 | g | Sugar | 1 | g |
| Sodium | 50 | mg | Calcium | 0 | %DV |
| Fiber | 0 | g | Iron | 0 | %DV |
| Cholesterol | 0 | mg | | | |

| Oranges | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 1 orange | | | | | |
| Calories | 60 | kcal | Fat | 0 | g |
| Protein | 1 | g | Saturated | 0 | g |
| Carbohydrate | 14 | g | Sugar | 11 | g |
| Sodium | 0 | mg | Calcium | 4 | %DV |
| Fiber | 3 | g | Iron | 0 | %DV |
| Cholesterol | 0 | mg | | | |

| Mango Salsa | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 1/4 prepared salsa | | | | | |
| Calories | 110 | kcal | Fat | 4 | g |
| Protein | 1 | g | Saturated | 0 | g |
| Carbohydrate | 20 | g | Sugar | 16 | g |
| Sodium | 0 | mg | Calcium | 0 | %DV |
| Fiber | 2 | g | Iron | 0 | %DV |
| Cholesterol | 0 | mg | | | |

| Veggie Quesadilla | | | | Serves: 4 | |
|---|---|---|---|---|---|
| Serving Size: 4 prepared quesadillas | | | | | |
| Calories | 440 | kcal | Fat | 15 | g |
| Protein | 18 | g | Saturated | 6 | g |
| Carbohydrate | 63 | g | Sugar | 11 | g |
| Sodium | 250 | mg | Calcium | 25 | %DV |
| Fiber | 12 | g | Iron | 8 | %DV |
| Cholesterol | 30 | mg | | | |