FOR ONE July 21, 2017

PREP GUIDE

MEAL #1

- Cut vegetables:
  - ½ yellow onion, sliced in rings
  - 1 bell pepper, sliced in big chunks
  - ½ zucchini, 1" slices

MEAL #2

- 1¾ cups cooked quinoa prepared according to package directions * *for the week*
- 1 lemon, zested & juiced (3 Tablespoons juice, ½ teaspoon zest) **for the week*
- Cut vegetables:
  - ½ zucchini, shredded (1 cup)

MEAL #3

- Cut vegetables:
  - 1 carrot, sticks
  - ½ cucumber, sliced
  - ½ bell pepper, sliced

MEAL #4

- Cut vegetables:
  - ⅓ cucumber, diced (¾ cup)
  - ½ carrot, shredded (2 Tablespoons)
  - ¼ bell pepper, diced (¼ cup)

MEAL #5

- Cut vegetables:
  - 1 Tablespoon shredded carrot

MENU

MONDAY ①
STEAK AND PEPPERS
Pitas & Yogurt Sauce

TUESDAY ②
GRILLED LEMON FISH
Zucchini Quinoa

WEDNESDAY ③
PROSCUITTO AND MELON
Hummus & Veggies

THURSDAY ④
STEAK SALAD

FRIDAY ⑤
VEGGIE QUINOA

FOR ONE July 21, 2017

Shopping List

(1) Steak & Peppers (2) Grilled Lemon Fish (3) Prosciutto & Melon (4) Steak Salad (5) Veggie Quinoa

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	flank steak	1/2 pound		4
2	fish fillets (your choice)	1 (6 oz) fillet		3
3	prosciutto	2 ounces	can sub deli ham	2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	yellow onion	1		1
1,3,4	bell peppers (any color)	2		2
1,2	zucchini	1		1
1,3,4	cucumber	1		1
1	fresh mint	1 bunch	*optinoal - need 1/2 Tablespoon chopped*	1.5
1,3,4,5	fresh basil	1 bunch		1.5
2,3,5	lemon	1-2		1
2,4	tomatoes	2		1
3,5	cantaloupe	1		3
3,4,5	carrots	2		0.5
4,5	avocado	1		1
4,5	mixed greens	3 ounces		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	plain Greek yogurt	3 Tablespoons		1
4	blue cheese crumbles	1-2 Tablespoons	*optional*	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,4	whole wheat pitas	2		1
2,5	quinoa	1 cup		1.5
3,5	garbanzo beans	1 (15 oz) can		1.5

Fresh 20 Grocery Est	$30.50
Cost Per Dinner	$6.10
Cost Per Serving	$6.10

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

Prices are based on a aggregate of grocery costs from across the U.S. taking into consideration both small independent stores and large national chains. They do not reflect organic, grass fed, or other premium ingredients. Always buy the best quality ingredients your budget allows.

(1) STEAK AND PEPPERS

pitas & yogurt sauce

MAKE AHEAD

- Cut vegetables: onions, bell peppers, zucchini

DIRECTIONS

For steak and peppers

1. Heat an outdoor grill or a stovetop grill pan to medium-high.
2. Season steak with salt and pepper.
3. Grill steak about 3-5 minutes per side depending on preferred doneness. Save half for Meal #4.
4. Toss veggies with oil and grill 2-3 minutes per side. Save half for Meal #5.
5. Serve steak and veggies in pitas with yogurt sauce

Meanwhile

For yogurt sauce

Combine all ingredients. Save 1 Tablespoon for Meal #4.

Dairy Free: *Replace yogurt with Dairy Free alternative such as almond or coconut yogurt.*

Gluten Free: *Replace pita with 2 corn tortillas.*

Vegetarian: *Prepare sauce as above. Omit Steak and Peppers. Prepare Portobello Pita:*
Heat a stovetop grill pan to medium-high. Brush 2 Portobello mushroom caps with oil and season with salt and pepper. Cook in grill pan 5 minutes per side. Save one for Meal #4. Slice remaining mushroom. Toss onion, bell pepper, and zucchini (cut as above) with oil and cook in grill pan 2-3 minutes per side, save half for Meal #5. Serve sliced mushroom, cooked veggies, and sauce in pita. Serve with Salad: Combine ½ cup diced cucumber, ½ diced tomato, ¼ diced avocado, ¼ can white beans, pinch of salt and pepper, 1 teaspoon each oil and lemon juice, and ½ Tablespoon chopped basil.

INGREDIENTS

For steak and peppers

½ pounds flank steak
⅛ teaspoon kosher salt
⅛ teaspoon black pepper
½ yellow onion, sliced in rings
1 bell pepper, sliced in big chunks
½ zucchini, 1” slices
½ Tablespoon olive oil
1 whole wheat pita, cut in half

For yogurt sauce

3 Tablespoons plain Greek yogurt
¼ cup grated cucumber
½ Tablespoon chopped mint
½ Tablespoon chopped basil

Steak/Peppers/Pita:410kcal, 34g Protein, 36g Carb, 450mg Sodium, 3g Fiber, 75mg Cholesterol, 15 g Fat, 4.5g Saturated,12g Sugar, 10% Calcium, 20% Iron
Sauce: 30kcal, 5g Protein, 3g Carb, 15mg Sodium,0 g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 2g Sugar, 4% Calcium, 0% Iron

(2) GRILLED LEMON FISH

zucchini quinoa

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- ¾ cup cooked quinoa prepared according to package directions
- ¼ lemon, juiced and zested (2¼ teaspoons juice, ½ teaspoon zest)
- Cut vegetable: zucchini

DIRECTIONS

For grilled lemon fish

1. Heat oven to 400°F or outdoor grill to medium high.
2. Combine salt, pepper, garlic, lemon.
3. Put fish on a lined baking sheet and drizzle with lemon mixture.
4. Bake or grill for about 8-10 minutes until fish is flakey.

For zucchini quinoa

1. Heat a non-stick skillet over medium heat and add oil.
2. Add garlic and sauté for 30 seconds and then add zucchini and cook for 1-2 minutes.
3. Add tomato and quinoa, stir to warm through, and season with salt and pepper.

Dairy Free: ☑

Gluten Free: ☑

Vegetarian: *Omit above, prepare Zucchini Caprese:*
Heat a skillet over medium heat and add ½ Tablespoon oil. Add ½ minced garlic clove and 1½ cups sliced zucchini, cook 2 minutes. Add ¼ can white beans, 1 small diced tomato, and a pinch of salt and pepper. Serve over ¾ cup cooked quinoa topped with 1 oz diced fresh mozzarella and 1 Tablespoon chopped basil.

INGREDIENTS

For grilled lemon fish

Pinch of kosher salt
Pinch of black pepper
¼ clove garlic, minced
2¼ teaspoons lemon juice
½ teaspoon lemon zest
1 (6 oz) fish fillet (can sub 6 ounces chicken)

For zucchini quinoa

¾ teaspoon olive oil
½ clove garlic, minced
½ zucchini, shredded (1 cup)
½ tomato, diced
¾ cup cooked quinoa
pinch of kosher salt and pepper

Fish: 210kcal, g35 Protein, 3g Carb, 260mg Sodium,0 g Fiber, 120mg Cholesterol, 5g Fat, 1g Saturated, 0g Sugar, 2% Calcium, 0% Iron
Zucchini Quinoa:240kcal, 9g Protein, 38g Carb, 100mg Sodium, 6g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 7g Sugar, 4% Calcium,15 % Iron

(3) PROSCUITTO AND MELON

hummus & veggies

MAKE AHEAD

- ½ lemon, juiced (1½ Tablespoons juice)
- Cut vegetables: carrots, cucumbers, bell pepper

DIRECTIONS

For prosciutto and melon

Wrap cantaloupe in slices of prosciutto and top with chopped basil.

For hummus & veggies

Puree all hummus ingredients and save 1-2 Tablespoons for Meal #4. Serve with dippers and chips.

Dairy Free: ☑

Gluten Free: *Replace pita with 2 corn tortillas.*

Vegetarian: *Omit melon ad prosciutto. Serve hummus and dippers with Melon Salsa and pita chips. For Salsa: Combine the following: ¾ cup diced cantaloupe, ½ cup diced cucumber, ¼ diced avocado, ¼ minced jalapeno, ½ Tablespoon lemon juice and ½ Tablespoon fresh mint.*

INGREDIENTS

For prosciutto and melon

2 ounces thin sliced prosciutto (can sub ham)
¼ cantaloupe, sliced
1 Tablespoon chopped basil

For hummus

½ (15 ounce) can garbanzo beans, drained and rinsed
1½ Tablespoons lemon juice
1 teaspoon olive oil
½ clove garlic
Pinch of kosher salt
Pinch of black pepper
Dash of cumin
Pinch of cayenne

For dippers & chips

1 carrot, sticks
½ cucumber, sliced
½ bell pepper, sliced
½ whole wheat pita, wedged and toasted (8-10 minutes @375°F)

Prosciutto and Melon: 190kcal, 18g Protein, 9g Carb, 630mg Sodium, 1g Fiber, 50mg Cholesterol, 8g Fat, 3g Saturated, 8g Sugar,2 % Calcium,6 % Iron
Hummus and Veggies:270kcal, 12g Protein, 42g Carb, 200 mg Sodium, 11g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 11g Sugar, 10% Calcium, 15% Iron
Pita: 70kcal, 4g Protein, 14g Carb, 115mg Sodium, 0g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 6% Iron

(4) STEAK SALAD

MAKE AHEAD

- ¼ pound cooked steak * *see Meal #1*
- 1 Tablespoon yogurt sauce * *from Meal #1*
- 1-2 Tablespoons hummus * *from Meal #3*
- Cut vegetables: cucumber, carrots, bell pepper

DIRECTIONS

For steak salad

Toss all ingredients with dressing.

For dressing

Whisk all ingredients together. Add more water or lemon juice to achieve desired consistency.

Dairy Free: *Omit blue cheese.*

Gluten Free: ☑

Vegetarian: *Prepare dressing, serve with Portobello Salad: Combine reserved Portobello mushroom (diced), ¾ cup diced cucumber, 1 diced tomato, ½ shredded carrot, ¼ cup diced bell pepper, 1 cup mixed greens, 2 ounces fresh mozzarella, ¾ cup cooked brown rice, 1 Tablespoon chopped basil, and pinch of salt and pepper.*

INGREDIENTS

For steak salad

¼ pound cooked flank steak, diced * *from Meal #1*
⅓ cucumber, diced (¾ cup)
½ tomato, diced
½ carrot, shredded (2 Tablespoons)
¼ avocado, diced
¼ bell pepper, diced (¼ cup)
1½ ounces mixed greens (1 cup)
1 Tablespoon chopped basil
1-2 Tablespoons crumbled blue cheese (optional)

For dressing

1 Tablespoon yogurt sauce * *from Meal #1*
1-2 Tablespoons hummus * *from Meal #3*
1-2 teaspoons water

Salad:420kcal, 35g Protein,20 g Carb, 620mg Sodium, 6g Fiber, 95mg Cholesterol,23 g Fat, 10g Saturated, 9g Sugar, 20% Calcium, 15% Iron
Dressing: 70kcal, 6g Protein, 8g Carb, 45mg Sodium,2 g Fiber, 0mg Cholesterol,1.5 g Fat, 0g Saturated, 2g Sugar, 6% Calcium, 6% Iron

(5) VEGGIE QUINOA SALAD

MAKE AHEAD

- Cooked vegetables * *from Meal #1*
- 1 cup cooked quinoa prepared according to package directions
- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables: carrots

DIRECTIONS

For steak salad

Toss all ingredients together. Serve with cantaloupe.

Dairy Free: ☑

Gluten Free: ☑

Vegetarian: ☑

INGREDIENTS

For veggie quinoa salad

Cooked veggies **from Meal #1*
¼ avocado, diced
1 Tablespoon shredded carrot
1 cup cooked quinoa
¼ (15 ounce) can garbanzo beans, rinsed and drained
½ Tablespoon chopped basil
Pinch of kosher salt and pepper
2¼ teaspoons lemon juice
1-1½ teaspoons balsamic vinegar
¾ teaspoon olive oil
1½ ounces mixed greens (1 cup)

Few slices of cantaloupe

Veggie Quinoa: 500kcal, 18g Protein, 71g Carb, 140mg Sodium, 15g Fiber, 0mg Cholesterol, 17g Fat, 2g Saturated, 10g Sugar, 10% Calcium, 30% Iron
Cantaloupe :15kcal, 0g Protein,3 g Carb, 5mg Sodium, 0g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 3g Sugar,0 % Calcium, 0% Iron