

PREP GUIDE**MEAL #1**

- Make salsa * *see Meal #1*
- 5-6 limes, juiced ($\frac{2}{3}$ cup)
- 3-4 lemons, juiced ($\frac{2}{3}$ cup) * *for the week*
- Cut vegetables
 - 2 red onions, sliced (2 cups)
 - 1 small red onion, chopped ($\frac{3}{4}$ cup)
 - 4 bell peppers, sliced (4 cups)
 - 1 jalapeno, minced, optional

MEAL #2

- 6 cups cooked brown rice prepared according to package directions * *for the week*
- Cut vegetables
 - 1 bunch kale, chopped (6 cups)

MEAL #3

- Cut vegetables
 - 4 carrots, shredded ($1\frac{1}{2}$ cups)
 - 1 bell pepper, chopped (1 cup)
 - 1 cucumber, diced (2 cups)
 - $\frac{1}{2}$ bunch kale, chopped (3 cups)

MEAL #4

- Cut vegetables
 - 1 yellow onion, diced (1 cup)
 - 3 carrots, diced ($1\frac{1}{2}$ cups)
 - 1 bunch kale, chopped (6 cups)

MEAL #5

- Cut vegetables
 - $\frac{1}{2}$ bunch kale, chopped (3 cups)

MENU**MONDAY ①**

CARNE ASADA
Fajita Veggies

TUESDAY ②

SALMON STICKS
Garlic Kale Rice

WEDNESDAY ③

STEAK SALAD

THURSDAY ④

TURKEY RICE SOUP

FRIDAY ⑤

FAJITA SCRAMBLE NACHOS



CLASSIC September 22, 2017

Shopping List

(1) Carne Asada (2) Salmon Sticks (3) Chopped Steak Salad (4) Turkey Rice Soup (5) Fajita Scramble Nachos

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	flank steak	2 pounds		12
2	salmon	1 pound		10
4	ground turkey	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3	cilantro	2 bunches		3
1,2,3,4	lemon	5		2.5
1	lime	5-6		3
1,4	onion (see notes)	4	3 red, 1 yellow	4
1,3	bell peppers (any color)	5		5
1,3,5	avocado	3		3
1	tomatoes	6		3
1	jalapeno	1	optional	0.5
2,3,4,5	kale	3 bunches		6
3,4	carrots	7		2
3	cucumber	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
3,5	cojita cheese, crumbled	1/2 cup		3
5	eggs	8		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,5	chili powder	3/4 teaspoon		1
1,5	corn tortillas (6")	16		3
2,3	almonds	1 cup		3
3,5	white beans	2 (15 oz) cans		3

Fresh 20 Grocery Est \$78.00
 Cost Per Dinner \$15.60
 Cost Per Serving \$3.90

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	6 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil	3 Tablespoons	herbes de provence	
	balsamic vinegar	1 Tablespoon	ground cumin	
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	4 cups	organic tomato paste	
	garlic	10 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	3 cups
	paprika	1 teaspoon	whole wheat flour	1-1/2 Tablespoons

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) CARNE ASADA

fajita veggies

MAKE AHEAD

- Make salsa * *see recipe below*
- 5-6 limes, juiced ($\frac{2}{3}$ cup)
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: onions, bell peppers, jalapeno

DIRECTIONS

For carne asada

1. Combine all steak ingredients and marinate at least 10 minutes.
2. Heat outdoor grill or stovetop grill pan to medium-high.
3. Grill steak about 2-3 minutes on each side (a bit longer on stovetop).
4. Let rest 3 minutes before slicing.
5. Save half the steak for Meal #3, serve remaining steak in tortillas with vegetables, avocado, and salsa.

Meanwhile

For fajita veggies

1. Heat a large non-stick skillet over medium-high heat.
2. In batches, heat oil and then add onions and bell peppers and cook for about 3-4 minutes.
3. Save half the vegetables for Meal #5
4. Serve in tortillas with carne asada, avocado, and salsa.

For salsa

Combine all ingredients. Save half for Meal #5, serve remaining salsa with fajitas.

INGREDIENTS

For carne asada

2 pounds flank steak
4 cloves garlic, minced
 $\frac{1}{2}$ cup chopped cilantro
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon black pepper
 $\frac{1}{2}$ teaspoon chili powder
6 Tablespoons lime juice
3 Tablespoons lemon juice
1 Tablespoon white vinegar
2 Tablespoons olive oil

For fajita veggies

2 Tablespoons grapeseed oil
2 red onions, sliced (2 cups)
4 bell peppers, sliced (4 cups)

8 (6") corn tortillas
1 avocado, sliced

For salsa

6 tomatoes, chopped ($4\frac{1}{2}$ cups)
1 small red onion, chopped ($\frac{3}{4}$ cup)
1 cup chopped cilantro
 $\frac{1}{4}$ cup lime juice
dash of salt and pepper
1 jalapeno, minced, optional
1 Tablespoon grapeseed oil

Fajitas: 460kcal, 29g Protein, 36g Carb, 230mg Sodium, 4g Fiber, 75mg Cholesterol, 24g Fat, 5g Saturated, 6g Sugar, 4% Calcium, 10% Iron

Salsa: 50kcal, 1g Protein, 7g Carb, 40mg Sodium, 1g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 4g Sugar, 2% Calcium, 0% Iron



(2) SALMON STICKS

garlic kale rice

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables: kale

DIRECTIONS

For salmon sticks

1. Heat oven to 425°F.
2. In a shallow dish, combine almonds, paprika, salt, and pepper.
3. Press salmon pieces into mixture and lay on a lined baking sheet.
4. Drizzle with olive oil and bake about 15-17 minutes.
5. Squeeze a little lemon on each before serving.

Meanwhile

For garlic kale rice

1. Heat a large non-stick skillet over medium heat.
2. Add oil and garlic and sauté 2 minutes.
3. Add kale and cook until wilted and then add rice, salt, and pepper and stir until heated through.

INGREDIENTS

For salmon sticks

- 1 pound salmon, cut into 1" strips (sub 1 pound chicken breast, cut into 1" strips)
- ¾ cup ground almonds
- 1 teaspoon paprika
- ¼ teaspoon kosher salt
- dash of black pepper
- 1 Tablespoon olive oil
- 1 lemon, wedges

For garlic kale rice

- 1 Tablespoon olive oil
- 3 cloves garlic, minced
- 1 bunch kale, chopped (6 cups)
- 3 cups cooked brown rice
- dash of kosher salt and black pepper

Salmon Sticks:330kcal, 30g Protein, 5g Carb, 200mg Sodium, 3g Fiber, 50mg Cholesterol, 21g Fat, 2.5g Saturated, 1g Sugar, 8% Calcium, 6% Iron

Garlic Kale Rice:210kcal, 4g Protein, 36g Carb, 85mg Sodium, 3g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated,1 g Sugar,4 % Calcium, 6% Iron



(3) STEAK SALAD

MAKE AHEAD

- 1 pound cooked carne asada * *from Meal #1*
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: carrots, bell pepper, cucumber, kale

DIRECTIONS

For steak salad

Toss all ingredients together.

INGREDIENTS

For steak salad

- 1 pound cooked carne asada, sliced *
from Meal #1
- 4 carrots, shredded (1½ cups)
- 1 bell pepper, chopped (1 cup)
- 1 cucumber, diced (2 cups)
- ½ bunch kale, chopped (3 cups)
- ¼ cup chopped almonds
- ¼ cup crumbled cotija cheese
- 1 avocado, diced
- 2 Tablespoons chopped cilantro
- 1 (15 ounce) can white beans, rinsed
and drained
- 3 Tablespoons lemon juice
- 1 Tablespoon balsamic vinegar

Salad: 480kcal, 35g Protein, 30g Carb, 390mg Sodium,
11g Fiber, 85mg Cholesterol, 25g Fat, 7g Saturated,
9g Sugar, 15% Calcium, 20% Iron



(4) TURKEY RICE SOUP

MAKE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: onion, carrots, kale

DIRECTIONS

For turkey rice soup

1. Heat a large soup pot over medium heat.
2. Add oil, onion, garlic, and carrots and cook for 1 minute.
3. Add turkey, salt, pepper, and oregano and cook for 3-4 minutes, crumbling turkey as it cooks.
4. Add flour and cook for 1 minute.
5. Add kale and broth and bring to simmer for 5 minutes.
6. Add lemon juice and rice, stir to warm through, and serve.

INGREDIENTS

For turkey rice soup

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 3 carrots, diced (1½ cups)
- 1 pound ground turkey
- ¼ teaspoon kosher salt
- dash of black pepper
- 1 teaspoon oregano
- 1½ Tablespoons whole wheat flour
- 1 bunch kale, chopped (6 cups)
- 4 cups low-sodium chicken broth
- 3 Tablespoons lemon juice
- 3 cups cooked brown rice

Turkey Rice Soup: 450kcal, 32g Protein, 51g Carb, 390mg Sodium, 6g Fiber, 65mg Cholesterol, 13g Fat, 1.5g Saturated, 8g Sugar, 6% Calcium, 10% Iron



(5) FAJITA SCRAMBLE NACHOS

MAKE AHEAD

- Salsa * *from Meal #1*
- Bell peppers & onions * *from Meal #1*
- Cut vegetables: kale

DIRECTIONS

For fajita scramble nachos

1. Heat a large non-stick skillet over medium heat and add oil, garlic, and kale and cook for 2-3 minutes.
2. Add chili powder, eggs, salt, and pepper and cook until eggs are almost cooked.
3. Add in onions, peppers, and beans and stir until heated through.
4. Serve on crisped tortilla chips with salsa, avocado, and cheese.

INGREDIENTS

For Fajita scramble nachos

- 1 Tablespoon olive oil
- 1 clove garlic, minced
- ½ bunch kale, chopped (3 cups)
- ¼ teaspoon chili powder
- 8 eggs, whisked
- dash of kosher salt and pepper
- Sautéed onions and peppers **from Meal #1*
- 1 (15 ounce) can white beans, rinsed and drained
- 8 corn tortillas, wedged and crisped in oven (375°F for 5-6 minutes, turning once)
- Salsa **from Meal #1*
- 1 avocado, sliced
- 3 Tablespoons cotija cheese

Fajita nachos:490kcal, 21g Protein, 46g Carb, 460mg Sodium, 6g Fiber, 455mg Cholesterol, 28g Fat, 6g Saturated, 11g Sugar,10 % Calcium, 10% Iron