

## PREP GUIDE

### MEAL #1

- Cut vegetables:
  - 2 yellow onions, finely chopped (2 cups)
  - 1 poblano chili, seeded and minced

### MEAL #2

- Make mayonnaise ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- 2 limes, juiced (¼ cup) \* *for the week*
- Cut vegetables:
  - 2 stalks celery, finely chopped (1 cup)
  - ½ red onion, finely chopped (½ cup)

### MEAL #3

- 8 ounces whole wheat penne prepared according to package directions (4 cups cooked)
- Cut vegetables:
  - 2 zucchini, sliced (4 cups)
  - 2 Portobello mushroom caps, sliced into ¼" strips
  - 1 red onion, cut into thick rounds

### MEAL #4

- Cut vegetables:
  - 1 small head romaine lettuce, chopped (4 cups)
  - ½ red onion, thinly sliced (½ cup)
  - 2 ears corn, kernels removed (1½ cups)

### MEAL #5

- 3 cups cooked rice prepared according to package directions
- Cut fruit & vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 2 stalks celery, chopped (1 cup)
  - 1 small head romaine, shredded (4 cups)

## MENU

### MONDAY ①

WHITE CHICKEN CHILI

### TUESDAY ②

BACON AHI TUNA POCKET

### WEDNESDAY ③

END OF SUMMER PENNE

### THURSDAY ④

SOUTHWEST CHICKEN SALAD

### FRIDAY ⑤

SWEET POTATO RICE



CLASSIC September 29, 2017

# Shopping List

(1) White Chicken Chili (2) Bacon Ahi Tuna Pocket (3) End of Summer Penne (4) Southwest Chicken Salad (5) Sweet Potato Rice

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3,4	chicken breast	3 pounds		15
2	ahi or albacore tuna	3/4 pound		10
2	turkey bacon	8 slices		4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,3,4,5	onion	5	3 yellow, 2 red	5
1	poblano chili	1		1
1,2,4,5	tomatoes	8		4
2,4	lime	2		1
2,5	celery	4 stalks		2
2,4	fresh corn	6 ears		3
3	zucchini	2		2
3	portobello mushroom caps	2 large		3
4,5	romaine lettuce	2 small heads		4
4	avocado	1		1
5	sweet potatoes	3 (4-5 oz)		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	butter	1 Tablespoon	<i>optional, can use olive oil</i>	0.5
1,5	plain greek yogurt	2 cups		1
1	Monterey jack cheese, shredded	1/2 cup		2
2	mayonnaise	3 Tablespoons	<i>optional - can make homemade</i>	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,4	chili powder	3/4 teaspoon		1
1	white beans	1 (15 oz) can		1.5
2	whole wheat pita bread	4		1.5
4,5	black beans	2 (15 oz) cans		3

Fresh 20 Grocery Est                    \$69.50  
 Cost Per Dinner                         \$13.90  
 Cost Per Serving                         \$3.48

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	dried oregano	
	grapeseed oil		herbes de provence	1 teaspoon
	balsamic vinegar	2 Tablespoons	ground cumin	1-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	7-1/2 cups (60 fl oz)	organic tomato paste	
	garlic	8 cloves	Dijon mustard or brown mustard	1 Tablespoon
	kosher salt	4-1/4 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	2-1/2 teaspoons	whole grain pasta	8 ounces penne
	cayenne pepper		long grain brown rice	1-1/2 cups
	paprika		whole wheat flour	2 Tablespoons

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://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) WHITE CHICKEN CHILI

### MAKE AHEAD:

- Cut vegetables: onion, poblano

### DIRECTIONS

#### *For white chicken chili*

1. Heat olive oil in a large skillet over medium heat.
2. Add onions and poblano chili and cook 3-4 minutes until soft.
3. Add chicken, cumin, salt, pepper, and chili powder. Cook 4-5 minutes until chicken is cooked through and browned.
4. In a large stockpot, melt butter over low heat. Add flour and whisk constantly for 1-2 minutes. Gradually add chicken broth whisking until smooth.
5. Bring to a boil, reduce to a simmer, cook 3-5 minutes until slightly thickened.
6. Add beans and chicken mixture cooking over low heat for 10-15 minutes.
7. Fold in yogurt, stir until heated through, and serve immediately garnished with tomatoes and cheese.

### INGREDIENTS

#### *For white chicken chili*

- 2 Tablespoons olive oil
- 2 yellow onions, finely chopped (2 cups)
- 1 poblano chili, seeded and minced
- 1 pound chicken breast, cubed
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt
- 1 teaspoon black pepper
- ½ teaspoon chili powder
- 1 Tablespoon olive oil or butter
- 2 Tablespoons whole wheat flour
- 4 cups low sodium chicken broth
- 1 (15 oz) can white beans, drained and rinsed
- 1 cup plain Greek yogurt
- 2 tomatoes, chopped
- ½ cup shredded Monterey jack cheese

Chili: 460kcal, 44g Protein, 31g Carb, 630mg Sodium, 6g Fiber, 80mg Cholesterol, 17g Fat, 3g Saturated, 10g Sugar, 20% Calcium, 15% Iron



## (2) BACON AHI TUNA POCKET

### MADE AHEAD

- Make mayonnaise ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: celery, onion

### DIRECTIONS

#### *For bacon ahi tuna pocket*

1. In a deep sauté pan or a sauce pan, combine broth, lime juice, and garlic. Bring to a simmer over low heat. Add tuna and poach for 5-7 minutes.
2. While fish is poaching, cook turkey bacon until crisp.
3. Remove tuna from heat, cool, and break into chunks.
4. In a mixing bowl, combine tuna, celery, onion, 2 Tablespoons mayonnaise, salt, and pepper.
5. Spread a thin layer of mayonnaise on each pita.
6. Add bacon, tuna salad, and tomatoes.
7. Boil corn in a large pot of salted water for 6-8 minutes; serve on the side.

### INGREDIENTS

#### *For tuna*

2 cups low sodium chicken broth  
2 Tablespoons lime juice  
2 garlic cloves, minced  
 $\frac{3}{4}$  pound ahi or albacore tuna (sub  $\frac{3}{4}$ -1 pound chicken breast)

8 slices turkey bacon

2 stalks celery, finely chopped (1 cup)  
 $\frac{1}{2}$  red onion, finely chopped ( $\frac{1}{2}$  cup)  
3 Tablespoons mayonnaise  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{4}$  teaspoon black pepper  
2 tomatoes, thinly sliced  
4 whole wheat pita bread

4 ears fresh corn, boiled

Tuna pocket: 420kcal, 32g Protein, 32g Carb, 550mg Sodium, 5g Fiber, 60mg Cholesterol, 17g Fat, 3g Saturated, 5g Sugar, 6% Calcium, 15% Iron

Corn: 140kcal, 5g Protein, 33g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 5g Sugar, 0% Calcium, 6% Iron

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- 8 ounces whole wheat penne prepared according to package directions (4 cups cooked)
- Cut vegetables: zucchini, mushrooms, onion

### *For end of summer penne*

1. Preheat oven to 400°F.
2. In a bowl, whisk together olive oil, vinegar, soy sauce, Dijon, and garlic. Reserve  $\frac{1}{2}$  cup for basting vegetables.
3. Add chicken to remaining marinade and refrigerate 15 minutes.
4. Meanwhile, lay vegetables out on a baking sheet and brush with reserved  $\frac{1}{2}$  cup of marinade.
5. Remove chicken from marinade and discard any remaining liquid; put on a second baking sheet.
6. Bake both chicken and vegetables for 15 minutes, turning once.
7. Remove from oven and let cool.
8. Save half the chicken for Meal 4. Chop remaining chicken and vegetables into 1" pieces.
9. In a large bowl, mix cooked pasta with  $\frac{1}{2}$  cup chicken broth, vegetables, and chicken. Season with salt and pepper.

### INGREDIENTS

#### *For end of summer penne*

$\frac{1}{4}$  cup olive oil  
2 Tablespoons balsamic vinegar  
2 Tablespoons low sodium soy sauce  
1 Tablespoon Dijon mustard  
3 garlic cloves, minced  
2 pounds chicken breast, cut into strips  
2 zucchini, sliced (4 cups)  
2 Portobello mushroom caps, sliced into  $\frac{1}{4}$ " strips  
1 red onion, cut into thick rounds  
4 cups cooked whole wheat penne  
 $\frac{1}{2}$  cup low sodium chicken broth  
dash of kosher salt  
 $\frac{1}{4}$  teaspoon black pepper

Penne: 450kcal, 36g Protein, 36g Carb, 610mg Sodium, 2g Fiber, 65mg Cholesterol, 18g Fat, 2g Saturated, 4g Sugar, 2% Calcium, 15% Iron



## (4) SOUTHWEST CHICKEN SALAD

### MADE AHEAD

- Cooked chicken \* *from Meal #3*
- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: romaine, onion, corn

### DIRECTIONS

#### *For Southwest chicken salad*

1. To make dressing, combine lime juice, olive oil, salt, garlic, chili powder, and cumin until well blended.
2. In a large salad bowl combine chicken, romaine, beans, onion, corn, and tomatoes.
3. Add dressing, toss to combine, and top with avocado.

### INGREDIENTS

#### *For Southwest chicken salad*

- 2 Tablespoons lime juice
- ¼ cup olive oil
- ½ teaspoon kosher salt
- 2 garlic cloves, minced
- ⅛ teaspoon chili powder
- ½ teaspoon ground cumin
- 1 pound chicken breast, diced  
\* *from Meal #3*
- 1 small head romaine lettuce, chopped  
(4 cups)
- 1 (15 oz) can black beans, drained & rinsed
- ½ red onion, thinly sliced (½ cup)
- 2 ears corn, kernels removed (1½ cups)
- 2 tomatoes, diced
- 1 avocado, sliced

Southwest Salad: 520kcal, 36g Protein, 38g Carb, 540mg Sodium, 10g Fiber, 65mg Cholesterol, 26g Fat, 3g Saturated, 5g Sugar, 6% Calcium, 15% Iron



## (5) SWEET POTATO RICE side salad

### MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, celery, romaine

### DIRECTIONS

#### *For sweet potato rice*

1. In a saucepan, heat vegetable broth, garlic, and Herbes. Bring to a boil and add cubed sweet potatoes. Cook 5-6 minutes until tender. Drain, set aside, and *reserve any cooking liquid*.
2. Heat olive oil in a large skillet. Add onion and celery and cook 2-3 minutes until tender.
3. Add cooked sweet potato, rice, beans, salt, and pepper. Stir to warm through. Add reserved cooking liquid if needed.
4. Serve topped with ¼ cup yogurt, if desired

#### *For side salad*

Divide romaine into four salad bowls and top with tomatoes. Serve with pantry dressing. Feel free to add any leftover vegetables from the week!

### INGREDIENTS

#### *For sweet potato rice*

3 small (4-5 oz) sweet potatoes, diced into ½" cubes  
¾ cup low sodium vegetable broth  
1 garlic clove, minced  
1 teaspoon Herbes de Provence  
2 Tablespoons olive oil  
1 yellow onion, chopped (1 cup)  
2 stalks celery, chopped (1 cup)  
3 cups cooked brown rice  
1 (15 oz) can black beans, drained and rinsed  
1 teaspoon kosher salt  
1 teaspoon black pepper

1 cup Greek yogurt, optional

#### *For side salad*

1 small head romaine, shredded (4 cups)  
2 tomatoes, cut in wedges  
Pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

Sweet potato rice: 460kcal, 18g Protein, 77g Carb, 260mg Sodium, 11g Fiber, 5mg Cholesterol, 9g Fat, 1g Saturated, 10g Sugar, 10% Calcium, 10% Iron

Salad (undressed): 25kcal, 2g Protein, 5g Carb, 10mg Sodium, 1g Fiber, 0mg Cholesterol, 0g fat, 0g Saturated, 3g Sugar, 2% Calcium, 0% Iron,