



FOR ONE September 15, 2017

PREP GUIDE

MEAL #1

- Marinate pork up to 1 hour * see Meal #1
- Roasted potatoes *see below
- $\frac{1}{2}$ lemon, zested & juiced (1½ Tablespoons juice, $\frac{1}{2}$ Tablespoon zest) * for the week
- Cut vegetables:
 - $\frac{1}{4}$ pound green beans, trimmed ($\frac{3}{4}$ cup)

MEAL #2

- 1½ cups cooked brown rice prepared according to package directions * for the week
- Cut vegetable:
 - 3 ounces spinach, chopped (2½ cups)

MEAL #3

- Cut vegetables:
 - $\frac{1}{4}$ cucumber, diced ($\frac{1}{2}$ cup)
 - $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)

MEAL #4

- Cut vegetables:
 - $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
 - $\frac{1}{2}$ bell pepper, diced ($\frac{1}{2}$ cup)
 - 1½ ounces mushrooms, diced ($\frac{1}{2}$ cup)

MEAL #5

- 1" fresh ginger, grated ($\frac{1}{2}$ Tablespoon)
- Cut vegetables:
 - $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
 - $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)
 - 1 ounce mushrooms, diced ($\frac{1}{3}$ cup)
 - $\frac{1}{3}$ cup green beans, trimmed and cut in 1 inch pieces

For Roast Potatoes (make ahead for Meals #1 & #5)

$\frac{3}{4}$ pound potatoes, cubed

$\frac{1}{2}$ Tablespoon olive oil

Pinch of kosher salt

$\frac{1}{8}$ teaspoon black pepper

$\frac{1}{4}$ teaspoon Herbes de Provence

In a bowl, combine oil, salt, pepper, and Herbes. Add potatoes and toss well to coat. Spread out in an even layer on a baking sheet. Bake at 400°F for 20-25 minutes until just tender.

MENU

MONDAY ①

BALSAMIC PORK TENDERLOIN
Roast Potatoes & Green Beans

TUESDAY ②

GLAZED FISH
Spinach & Tomato Rice

WEDNESDAY ③

GRILLED CHICKEN
Greek Salad

THURSDAY ④

PORK STEW

FRIDAY ⑤

CURRY VEGGIES



FOR ONE September 15, 2017

Shopping List

(1) Balsamic Pork Tenderloin (2) Glazed Fish (3) Grilled Chicken (4) Pork Stew (5) Curry Veggies

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost * |
|----------|--------------------|-----------------|-------|------------|
| 1,4 | pork tenderloin | 2/3 pound | | 3.5 |
| 2 | fish (your choice) | 1 (5 oz) fillet | | 3 |
| 3 | chicken tenders | 1/4 pound | | 1.5 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost * |
|----------|--------------------------|---------------|---------------------------------------|------------|
| 1,5 | potatoes | 3/4 pound | | 1 |
| 1,4 | fresh rosemary | few sprigs | need 1 teaspoon chopped | 1 |
| 1,3,5 | lemon | 1 | | 0.5 |
| 1,5 | fresh green beans | 1/2 pound | | 1.5 |
| 2,3 | spinach | 1/3 pound | | 1.5 |
| 2,3,5 | tomatoes | 2 | | 1 |
| 3,5 | fresh mint | 1 small bunch | optional -need 1/2 Tablespoon chopped | 1.5 |
| 3 | cucumber | 1 | | 1 |
| 3,4,5 | bell peppers (any color) | 1 | | 1 |
| 4,5 | yellow onion | 1 | | 1 |
| 4,5 | mushrooms | 3 ounces | | 1 |
| 5 | fresh ginger | 1" | need 1/2 Tablespoon grated | 1 |

| Recipe # | Dairy | Quantity | Notes | Est Cost * |
|----------|-------------|--------------|-------|------------|
| 1,3 | feta cheese | 1-1/2 ounces | | 1.5 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost * |
|----------|--------------------------|----------------|--------------------------------------|------------|
| 3,5 | garbanzo beans | 1 (15 oz) can | | 1.5 |
| 3 | black or kalamata olives | 1 Tablespoon | | 1 |
| 4 | red white vinegar | 1/2 Tablespoon | optional, can use white wine vinegar | 1 |
| 5 | curry powder | 1/2 teaspoon | | 0.5 |

| | |
|----------------------|---------|
| Fresh 20 Grocery Est | \$26.50 |
| Cost Per Dinner | \$5.30 |
| Cost Per Serving | \$5.30 |

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

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) BALSAMIC PORK TENDERLOIN

roast potatoes & green beans

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Marinate pork for up to 1 hour
- $\frac{1}{3}$ pound roasted potatoes * see prep guide
- $\frac{1}{4}$ lemon, zested ($\frac{1}{4}$ teaspoon)
- Cut vegetables: green beans

DIRECTIONS

For balsamic pork tenderloin & green beans

1. In a glass bowl, combine garlic, oil, rosemary, lemon, salt, pepper, broth, and vinegar. Add pork and coat well.
2. Marinate pork for up to an hour.
3. Heat oven to 400°F.
4. Heat a skillet over medium-high heat and add marinated pork tenderloin and sear on each side (about 3-5 minutes total).
5. Transfer to a sheet pan and roast in oven about 15 minutes or until internal temperature reaches 145°F. Remove from oven and let rest at least 5 minutes before slicing.
6. Toss green beans with oil, salt, and pepper and put on a sheet pan in the oven with the pork for about 8-10 minutes.
7. Save half the pork for Meal #4. Serve remaining pork with green beans and warmed potatoes.

Dairy Free: Omit feta cheese.

Gluten Free: Use gluten free broth.

Vegetarian: Omit above. Prepare Roasted Green Bean Potato Salad: Toss $\frac{1}{4}$ onion, sliced, $\frac{3}{4}$ cup trimmed green beans, and $\frac{1}{2}$ cup garbanzo beans with 1 teaspoon oil, and a pinch of salt and pepper. Place on a sheet tray and bake at 400°F for 10 minutes. Toss with $\frac{1}{2}$ pound of roasted potatoes (see prep guide), warmed. Serve immediately with 3 Tablespoons feta cheese and 1 teaspoon chopped mint.

INGREDIENTS

For balsamic pork tenderloin

$\frac{2}{3}$ pound pork tenderloin
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{2}$ Tablespoon olive oil
 $\frac{3}{4}$ teaspoon chopped rosemary
 $\frac{3}{4}$ teaspoon lemon zest
 $\frac{1}{8}$ teaspoon kosher salt
Pinch of black pepper
2 Tablespoons low-sodium chicken broth
2 Tablespoons balsamic vinegar

For green beans

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{4}$ pound green beans, trimmed ($\frac{3}{4}$ cup)
pinch of kosher salt and pepper
1 Tablespoon feta cheese

$\frac{1}{2}$ pound roasted potatoes, warmed
*see prep guide

Pork:190kcal, 30g Protein, 0g Carb, 210mg Sodium, 0g Fiber, 90mg Cholesterol, 7g Fat, 1.5g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Green Beans:100kcal, 5g Protein, 8g Carb, 240mg Sodium, 3g Fiber, 10mg Cholesterol, 7g Fat, 2g Saturated, 4g Sugar, 6% Calcium, 6% Iron

Potatoes:170kcal, 3g Protein, 27g Carb, 105mg Sodium, 3g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 2g Sugar, 2% Calcium, 6% Iron



(2) GLAZED FISH

spinach & tomato rice

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- $\frac{3}{4}$ cup cooked brown rice prepared according to package directions
- Cut vegetables: spinach

DIRECTIONS

For glazed fish

1. Heat oven to 400°F.
2. Combine olive oil, honey, soy sauce, and pepper.
3. Lay fish fillet on a lined baking sheet and drizzle with glaze.
4. Cook for about 10-12 minutes until fish is opaque and flakey.

Meanwhile

For spinach & tomato rice

1. Heat a non-stick skillet over medium heat.
2. Add oil and garlic and sauté for 30 seconds.
3. Add spinach and cook for 2-3 minutes. Add tomatoes and cook for 1 minute.
4. Add salt, pepper, and rice and stir until heated through.

Dairy Free:

Gluten Free: Use gluten free soy sauce.

Vegetarian: Omit fish. Prepare Spinach & Tomato Rice as above adding $\frac{1}{2}$ can white beans with tomatoes.

INGREDIENTS

For glazed fish

$\frac{3}{4}$ teaspoon olive oil
 $\frac{3}{4}$ teaspoon honey
1 teaspoon low-sodium soy sauce
pinch of black pepper
1 (5 oz) fish fillet (your choice, or sub
 $\frac{1}{2}$ pound chicken tenders)

For spinach & tomato rice

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{2}$ clove garlic, minced
3 ounces spinach, chopped (2 $\frac{1}{4}$ cups)
 $\frac{1}{2}$ tomato, chopped
pinch of kosher salt and pepper
 $\frac{3}{4}$ cup cooked brown rice

Fish:220kcal, 30g Protein, 7g Carb, 330mg Sodium,0 g Fiber, 100mg Cholesterol, 8g Fat, 1.5g Saturated, 4g Sugar, 2% Calcium,0 % Iron

Rice:230kcal, 6g Protein, 41g Carb, 140mg Sodium, 5g Fiber,0 mg Cholesterol, 5g Fat, 0.5g Saturated, 2g Sugar, 8% Calcium, 20% Iron



(3) GRILLED CHICKEN

Greek salad

MAKE AHEAD

- $\frac{1}{2}$ lemon, juiced ($1\frac{1}{2}$ Tablespoons)
- Cut vegetables: cucumber, bell pepper

DIRECTIONS

For grilled chicken

1. Heat a stovetop grill pan or outdoor grill to medium/medium-high.
2. In a glass bowl, combine oil, lemon, mint, Herbes, salt, and pepper. Add chicken and marinate for at least 5 minutes.
3. Remove from marinade and discard any remaining liquid.
4. Place chicken on grill and cook about 3-4 minutes on each side.
5. Serve with Greek salad.

Meanwhile

For Greek salad

Toss all ingredients together and serve with grilled chicken.

Dairy Free: Omit feta cheese.

Gluten Free:

Vegetarian: Omit grilled chicken. Prepare salad as above topping with 1 sliced hard boiled egg; serve with a side of sliced oranges.

INGREDIENTS

For grilled chicken

$\frac{3}{4}$ teaspoon olive oil
 $2\frac{1}{2}$ teaspoons lemon juice
 $\frac{3}{4}$ teaspoon chopped mint
 $\frac{1}{4}$ teaspoon Herbes de Provence
Pinch of kosher salt
Pinch of black pepper
 $\frac{1}{4}$ pound chicken tenders

For Greek salad

$\frac{1}{4}$ cucumber, diced ($\frac{1}{2}$ cup)
 $\frac{1}{2}$ tomato, diced
 $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ (15 oz) can garbanzo beans, rinsed and drained
1 ounce crumbled feta cheese ($\frac{1}{4}$ cup)
2 ounces spinach ($1\frac{1}{2}$ cups)
1 Tablespoon black or Kalamata olives, optional
 $2\frac{1}{2}$ teaspoons lemon juice
 $\frac{3}{4}$ teaspoon olive oil
pinch of pepper

Chicken:150kcal, 26g Protein, 0g Carb, 220mg Sodium, 0g Fiber, 65mg Cholesterol, 5g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Salad:330kcal, 17g Protein, 37g Carb, 500mg Sodium, 10g Fiber, 20mg Cholesterol, 12g Fat, 4g Saturated, 6g Sugar, 20% Calcium, 30% Iron



(4) PORK STEW brown rice

MAKE AHEAD

- $\frac{1}{3}$ pound cooked pork * from Meal #1
- $\frac{3}{4}$ cup cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For pork stew

1. Heat a soup pot over medium heat.
2. Add oil, onions, garlic, and rosemary and sauté for 30 seconds. Add bell peppers and mushrooms and cook for 2-3 minutes.
3. Add pork, broth, syrup, vinegar, salt, and pepper and bring to a simmer for about 5-10 minutes.
4. Serve over warmed brown rice.

Dairy Free:

Gluten Free: Use gluten free broth.

Vegetarian: Omit above, prepare Mushroom Tofu Stew:
Heat a pot over medium heat and add 1 teaspoon oil, $\frac{1}{4}$ cup diced onion, and $\frac{1}{2}$ minced garlic clove, cook 1 minute. Add 1 cup diced mushrooms and $\frac{1}{2}$ small diced sweet potato; cook 2-3 minutes. Add $\frac{1}{4}$ block of extra firm tofu (drained and cubed) and cook 2 minutes. Add $\frac{1}{2}$ cup spinach, $\frac{1}{2}$ cup vegetable broth, $\frac{1}{2}$ Tablespoon maple syrup, 1 teaspoon white vinegar, and a pinch of salt and pepper. Simmer 10 minutes and serve over $\frac{3}{4}$ cup warmed brown rice.

INGREDIENTS

For pork stew

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{4}$ teaspoon chopped rosemary
 $\frac{1}{2}$ bell pepper, diced ($\frac{1}{2}$ cup)
1 $\frac{1}{2}$ ounces mushrooms, diced ($\frac{1}{2}$ cup)
 $\frac{1}{3}$ pound cooked pork, diced * from Meal #1
 $\frac{1}{4}$ cup low-sodium chicken broth
2 $\frac{1}{2}$ teaspoons maple syrup
 $\frac{1}{2}$ Tablespoon red wine vinegar
Pinch of kosher salt
Pinch of black pepper

$\frac{3}{4}$ cup cooked brown rice, warmed

Pork Stew:290kcal, 32g Protein, 15g Carb, 410mg Sodium, 1g Fiber, 95mg Cholesterol, 10g Fat, 2g Saturated, 12 g Sugar, 2 % Calcium, 10% Iron

Rice:160kcal, 3g Protein, 34g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 6% Iron



(5) CURRY VEGGIES

MAKE AHEAD

- $\frac{1}{3}$ pound roasted potatoes * see prep guide
- 1" fresh ginger, grated ($\frac{1}{2}$ Tablespoon)
- 1 lemon, zested ($\frac{3}{4}$ teaspoon)
- Cut vegetables: onion, bell peppers, mushrooms, green beans

DIRECTIONS

For curry veggies

1. Heat a soup pot over medium heat.
2. Add oil, onions, garlic, and ginger and sauté for 1 minute.
3. Add flour and stir for 1 minute.
4. Add curry, bell pepper, mushrooms, green beans, potatoes, garbanzos, broth, and tomatoes and bring to a simmer for about 5-8 minutes.
5. Garnish with zest and mint.

Dairy Free:

Gluten Free: Use almond or coconut flour. Use gluten free broth.

Vegetarian:

INGREDIENTS

For curry veggies

$\frac{1}{2}$ Tablespoon olive oil
 $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{2}$ Tablespoon grated ginger
 $\frac{3}{4}$ teaspoon whole wheat flour
 $\frac{1}{2}$ teaspoon curry powder
 $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)
1 ounce mushrooms, halved ($\frac{1}{3}$ cup)
 $\frac{1}{3}$ cup green beans, trimmed and cut into 1 inch pieces
 $\frac{1}{3}$ pound roasted potatoes * see prep guide
 $\frac{1}{2}$ (15 ounce) can garbanzo beans, rinsed and drained
 $\frac{1}{4}$ cup low sodium vegetable broth
 $\frac{1}{2}$ tomato, chopped
 $\frac{3}{4}$ teaspoon lemon zest
 $\frac{3}{4}$ teaspoon chopped mint

Curry Vegetables:500kcal, 18g Protein, 72g Carb, 160mg Sodium, 14g Fiber, 0mg Cholesterol, 14g Fat, 1.5g Saturated, 11g Sugar, 10% Calcium, 30% Iron