

PREP GUIDE

MEAL #1

- Make salsa * *see Meal #1*
- 2 limes, juiced (2½ Tablespoons)
- 1 lemon, juiced (2½ Tablespoons) * *for the week*
- Cut vegetables
 - ½ red onion, sliced (½ cup)
 - ¼ small red onion, chopped (3 Tablespoons)
 - 1 bell pepper, sliced (1 cup)
 - ¼ jalapeno, minced, optional

MEAL #2

- 1½ cups cooked brown rice prepared according to package directions * *for the week*
- Cut vegetables
 - ¼ bunch kale, chopped (1½ cups)

MEAL #3

- Cut vegetables
 - 1 carrot, shredded (½ cup)
 - ¼ bell pepper, chopped (¼ cup)
 - ¼ cucumber, diced (½ cup)
 - ¾ cup chopped kale

MEAL #4

- Cut vegetables
 - ¼ red or yellow onion, diced (¼ cup)
 - ½ carrot, diced (¼ cup)
 - ¼ bunch kale, chopped (1½ cups)

MEAL #5

- Cut vegetables
 - ¾ cup chopped kale

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



FOR ONE 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	1/2 pound		3
2	salmon	1/4 pound		2.5
4	ground turkey	1/4 pound		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3	cilantro	1 bunch		1.5
1,2,3,4	lemon	2		1
1	lime	2		1
1,4	red onion	1		1
1,3	bell peppers (any color)	2		2
1,3,5	avocado	1		1
1	tomatoes	2		1
1	jalapeno	1	<i>optional</i>	0.5
2,3,4,5	kale	1 bunch		1.5
3,4	carrots	2		1
3	cucumber	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
3,5	cojita cheese, crumbled	2 Tablespoons		1
5	eggs	2		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,5	chili powder	1/4 teaspoon		0.5
1,5	corn tortillas (6")	4		2
2,3	almonds	1/4 cup		2
3,5	white beans	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$27.50
 Cost Per Dinner \$5.50
 Cost Per Serving \$5.50

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

fajita veggies

MAKE AHEAD

- Make salsa * *see recipe below*
- 2 limes, juiced (2½ Tablespoons)
- ½ lemon, juiced (2¼ teaspoons)
- 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 non-stick skillet over medium-high heat.
2. 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.

Dairy Free:

Gluten Free:

Vegetarian: *Omit carne asada, prepare veggies and salsa as above. For Chipotle Lentils: Heat 1 teaspoon oil over medium heat and add ½ minced garlic clove and ¼ chipotle pepper in adobo, minced. Cook 1 minute. Add 1¼ cups cooked green lentils, pinch of chili powder, cumin, salt, pepper, and ¼ teaspoon honey. Stir to warm through. Save half for Meal #3. Stir 1 teaspoon lime juice into lentils and serve in tortillas with veggies, salsa, and avocado.*

INGREDIENTS

For carne asada

½ pound flank steak
1 clove garlic, minced
2 Tablespoons chopped cilantro
⅛ teaspoon kosher salt
Pinch of black pepper
⅛ teaspoon chili powder
1½ Tablespoons lime juice
2¼ teaspoons lemon juice
¾ teaspoon white vinegar
½ Tablespoon olive oil

For fajita veggies

½ Tablespoon grapeseed oil
½ red onion, sliced (½ cup)
1 bell pepper, sliced (1 cup)

2 (6") corn tortillas
¼ avocado, sliced

For salsa

1½ tomatoes, chopped (1¼ cups)
¼ small red onion, chopped
(3 Tablespoons)
¼ cup chopped cilantro
1 Tablespoon lime juice
Pinch of salt and pepper
¼ jalapeno, minced, optional
¾ teaspoon 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

- ¾ cup 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 non-stick skillet over medium heat.
2. Add oil and garlic and sauté 1 minute.
3. Add kale and cook until wilted and then add rice, salt, and pepper and stir until heated through.

Dairy Free:

Gluten Free:

Vegetarian: *Omit salmon sticks. Prepare Garlic Kale Rice as above increasing rice to 1 cup and adding ½ cup white beans. Serve with 1 hardboiled egg, sliced, and one sliced pear.*

INGREDIENTS

For salmon sticks

¼ pound salmon, cut into 1" strips
(sub ¼ pound chicken breast, cut into 1" strips)
3 Tablespoons ground almonds
¼ teaspoon paprika
Pinch of kosher salt
Pinch of black pepper
¾ teaspoon olive oil
1 lemon wedge

For garlic kale rice

¾ teaspoon olive oil
½ clove garlic, minced
¼ bunch kale, chopped (1½ cups)
¾ cup cooked brown rice
Pinch 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

MAKE AHEAD

- ¼ pound cooked carne asada * *from Meal #1*
- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables: carrots, bell pepper, cucumber, kale

DIRECTIONS

For steak salad

Toss all ingredients together.

Dairy Free: Omit cotija cheese.

Gluten Free:

Vegetarian: Prepare as above, replacing carne asada with reserved lentils from Meal #1. Omit white beans and add ½ cup cooked quinoa.

INGREDIENTS

For steak salad

- ¼ pound cooked carne asada, sliced * *from Meal #1*
- 1 carrot, shredded (⅓ cup)
- ¼ bell pepper, chopped (¼ cup)
- ¼ cucumber, diced (½ cup)
- ¾ cup chopped kale
- 1 Tablespoon chopped almonds
- 1 Tablespoon crumbled cotija cheese
- ¼ avocado, diced
- ½ Tablespoon chopped cilantro
- ¼ (15 ounce) can white beans, rinsed and drained
- 2¼ teaspoons lemon juice
- ¾ teaspoon balsamic vinegar

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

MAKE AHEAD

- $\frac{3}{4}$ cup cooked brown rice prepared according to package directions
- $\frac{1}{4}$ lemon, juiced (2 $\frac{1}{4}$ teaspoons)
- Cut vegetables: onion, carrots, kale

DIRECTIONS

For turkey rice soup

1. Heat a 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.

Dairy Free:

Gluten Free: *Use gluten free flour and gluten free broth.*

Vegetarian: *Omit above, prepare soup as follows: Heat a soup pot over medium heat and add $\frac{1}{2}$ Tablespoon oil, $\frac{1}{4}$ cup diced onion, $\frac{1}{4}$ cup diced bell pepper, $\frac{1}{2}$ minced garlic clove, and $\frac{1}{3}$ cup diced carrots. Cook 1 minute. Add $\frac{1}{4}$ cup diced sweet potato and a pinch of salt, pepper, and oregano. Cook 2-3 minutes. Add $\frac{3}{4}$ cup white beans, $\frac{1}{4}$ can fire roasted tomatoes, 1 $\frac{1}{2}$ cups kale, and 1 cup vegetable broth. Cook 8-10 minutes. Add 1 teaspoon lime juice and $\frac{3}{4}$ cup cooked quinoa, stir until warmed through.*

INGREDIENTS

For turkey rice soup

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{4}$ red or yellow onion, diced ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{2}$ carrot, diced ($\frac{1}{4}$ cup)
 $\frac{1}{4}$ pound ground turkey
Pinch of kosher salt
Pinch of black pepper
 $\frac{1}{4}$ teaspoon oregano
1 teaspoon whole wheat flour
 $\frac{1}{4}$ bunch kale, chopped (1 $\frac{1}{2}$ cups)
1 cup low-sodium chicken broth
2 $\frac{1}{4}$ teaspoons lemon juice
 $\frac{3}{4}$ cup 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 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.

Dairy Free: *Omit cotija cheese.*

Gluten Free:

Vegetarian:

INGREDIENTS

For Fajita scramble nachos

¼ teaspoon olive oil
¼ clove garlic, minced
¼ cup chopped kale
Pinch of chili powder
2 eggs, whisked
Pinch of kosher salt and pepper
Sautéed onions and peppers **from Meal #1*
¼ (15 ounce) can white beans, rinsed and drained

2 corn tortillas, wedged and crisped in oven (375°F for 5-6 minutes, turning once)

Salsa **from Meal #1*
¼ avocado, sliced
2 teaspoons 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