

PREP GUIDE

MEAL #1

- Cut vegetables:
 - ½ yellow onion, finely chopped (½ cup)
 - ¼ poblano chili, seeded and minced

MEAL #2

- ½ lime, juiced (1 Tablespoon) * *for the week*
- Cut vegetables:
 - ½ stalk celery, finely chopped (¼ cup)
 - 2 Tablespoons finely chopped red onion

MEAL #3

- 2 ounces whole wheat penne prepared according to package directions (1 cup cooked)
- Cut vegetables:
 - ½ zucchini, sliced (1 cup)
 - 2-3 brown mushrooms, halved (½ cup)
 - ¼ red onion, in large pieces

MEAL #4

- Cut vegetables:
 - ¼ small head romaine lettuce, chopped (1 cup)
 - Few thin slices red onion
 - ½ ears corn, kernels removed (½ cup)

MEAL #5

- ¾ cup cooked rice prepared according to package directions
- Cut fruit & vegetables:
 - ¼ yellow onion, chopped (¼ cup)
 - ½ stalk celery, chopped (¼ cup)
 - ¼ small head romaine, shredded (1 cup)

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



FOR ONE 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	3/4 pound		3.75
2	ahi or albacore tuna	3 ounces		3
2	turkey bacon	2 slices		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,3,4,5	onion	2	1 red, 1 yellow	2
1	poblano chili	1		1
1,2,4,5	tomatoes	2		1
2,4	lime	1		0.5
2,5	celery	1 stalk		0.5
2,4	fresh corn	2 ears		1
3	zucchini	1		1
3	brown mushrooms	2-3 small	about 1 ounce	3
4,5	romaine lettuce	1 small head		1.5
4	avocado	1		1
5	sweet potatoes	1 (4-5 oz)		1

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

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,4	chili powder	1/4 teaspoon		0.5
1	white beans	1 (15 oz) can		1.5
2	whole wheat pita bread	1		1
4,5	black beans	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$29.75
 Cost Per Dinner \$5.95
 Cost Per Serving \$5.95

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	
	grapeseed oil		herbes de provence	1/4 teaspoon
	balsamic vinegar	1/2 Tablespoon	ground cumin	1/2 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	2-3 cups (16-24 fl oz)	organic tomato paste	
	garlic	2 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	1/2 Tablespoon
	black pepper	1 teaspoon	whole grain pasta	2 ounces penne
	cayenne pepper		long grain brown rice	1/2 cup
	paprika		whole wheat flour	1/2 Tablespoon

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.

MAKE AHEAD:

- Cut vegetables: onion, poblano

DIRECTIONS

For white chicken chili

1. Heat olive oil in a skillet over medium heat.
2. Add onions and poblano chili and cook 2-3 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 saucepan, melt butter over low heat. Add flour and whisk for 30 seconds. 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 10-12 minutes.
7. Fold in yogurt, stir until heated through, and serve immediately garnished with tomatoes and cheese.

Dairy Free: Use dairy free yogurt, such as almond or coconut. Omit cheese. Use olive oil instead of butter.

Gluten Free: Use gluten free flour and chicken broth.

Vegetarian: Omit chicken, add $\frac{1}{2}$ cup white beans and $\frac{1}{2}$ cup corn kernels in step 3. Use vegetable broth.

INGREDIENTS

For white chicken chili

- $\frac{1}{2}$ Tablespoon olive oil
- $\frac{1}{2}$ yellow onion, finely chopped ($\frac{1}{2}$ cup)
- $\frac{1}{4}$ poblano chili, seeded and minced
- $\frac{1}{4}$ pound chicken breast, cubed
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{8}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon chili powder
- $\frac{3}{4}$ teaspoon olive oil or butter
- $\frac{1}{2}$ Tablespoon whole wheat flour
- 1 cup low sodium chicken broth
- $\frac{1}{4}$ (15 oz) can white beans, drained and rinsed (about $\frac{1}{3}$ cup)
- $\frac{1}{4}$ cup plain Greek yogurt
- $\frac{1}{2}$ tomato, chopped
- 2 Tablespoons 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

MADE AHEAD

- ¼ lime, juiced (½ Tablespoon)
- Cut vegetables: celery, onion

DIRECTIONS

For bacon ahi tuna pocket

1. In a small sauce pan, combine broth, lime juice, and garlic. Bring to a simmer over low heat. Add tuna and poach for about 5 minutes until opaque.
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, mayonnaise, salt, and pepper.
5. Open pita bread and fill pockets with bacon, tuna salad, and tomatoes.
6. Boil corn in a large pot of salted water for 6-8 minutes; serve on the side.

Dairy Free: Use vegan mayonnaise.

Gluten Free: Serve tuna in 2 corn tortillas, use gluten free broth.

Vegetarian: Omit above, prepare Avocado Toast Melt:
Fry one egg in 1 teaspoon oil in an ovenproof skillet.
Preheat oven to 450°. Spread Dijon on a slice of hearty wheat bread, top with ½ sliced tomato, ¼ avocado, cooked egg, and 2 Tablespoons Monterey jack cheese.
Place in skillet and cook for 1 minute in preheated oven.
Serve with 1 ear of corn, boiled.

INGREDIENTS

For tuna

- ½ cup low sodium chicken broth
- ½ Tablespoon lime juice
- ½ garlic clove, minced
- 3 ounces ahi or albacore tuna (sub ¼ pound chicken breast)
- 2 slices turkey bacon
- ½ stalk celery, finely chopped (¼ cup)
- 2 Tablespoons finely chopped red onion
- ¾ teaspoon mayonnaise
- ⅛ teaspoon kosher salt
- Pinch of black pepper
- ½ tomato, thinly sliced
- 1 whole wheat pita bread
- 1 ear fresh corn, boiled

Tuna pocket: 420kcal, 32g Protein, 32g Carb, 550mg Sodium, 4g 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

- 2 ounces whole wheat penne prepared according to package directions (1 cup 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 2 Tablespoons 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 2 Tablespoons 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 serving bowl, mix cooked pasta with chicken broth, vegetables, and chicken. Season with salt and pepper.

Dairy Free:

Gluten Free: *Use gluten free soy sauce, Dijon, and broth. Use gluten free pasta or replace pasta with ¾ cup cooked brown rice.*

Vegetarian: *Omit above. Heat 1 teaspoon oil in a skillet and add ¼ cup diced onion, ½ minced garlic clove, and a pinch of red pepper flakes; cook 2 minutes. Add 1½ cups sliced zucchini and 1 cup sliced brown mushrooms. Cook 3 minutes. Add ½ diced tomato and cook another minute. Add ½ cup white beans, 2 Tablespoons vegetable broth, and 1 cup cooked whole wheat penne. Season with salt and pepper. Simmer until warm, serve topped with 1 Tablespoon chopped basil and 2 Tablespoons pine nuts*

INGREDIENTS

For end of summer penne

1 Tablespoon olive oil
 ½ Tablespoon balsamic vinegar
 ½ Tablespoon low sodium soy sauce
 ¾ teaspoon Dijon mustard
 ½ garlic clove, minced
 ½ pound chicken breast, cut into strips
 ½ zucchini, sliced (1 cup)
 2-3 brown mushrooms, halved (½ cup)
 ¼ red onion, in large pieces
 1 cup cooked whole wheat penne
 2 Tablespoons low sodium chicken broth
 Pinch of kosher salt
 Pinch of black pepper

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

MADE AHEAD

- Cooked chicken * *from Meal #3*
- ¼ lime, juiced (½ Tablespoon)
- 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 bowl, combine chicken, romaine, beans, onion, corn, and tomatoes.
3. Add dressing, toss to combine, and top with avocado.

Dairy Free:

Gluten Free:

Vegetarian: *Omit above. Serve Southwest Quinoa Salad: Whisk together 1 Tablespoon plain Greek yogurt, ½ Tablespoon lime juice, ½ Tablespoon olive oil, and a pinch of salt, cumin, and red pepper flakes. Set aside. In a salad bowl combine ¾ cup cooked quinoa, 1 cup chopped spinach, ½ cup black beans, a few thin slices of red onion, ½ cup corn kernels, and ½ diced tomato. Add yogurt dressing and toss to combine. Top with ¼ sliced avocado to serve.*

INGREDIENTS

For Southwest chicken salad

½ Tablespoon lime juice
1 Tablespoon olive oil
⅛ teaspoon kosher salt
½ garlic clove, minced
Pinch of chili powder
⅛ teaspoon ground cumin
¼ pound chicken breast, diced
* *from Meal #3*
¼ small head romaine lettuce, chopped (1 cup)
¼ (15 oz) can black beans, drained & rinsed (⅓ cup)
few thin slices of red onion
½ ears corn, kernels removed (⅓ cup)
½ tomato, diced
¼ 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

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

DIRECTIONS

For sweet potato rice

1. In a small saucepan, heat vegetable broth, garlic, and Herbes. Bring to a boil and add cubed sweet potatoes. Simmer 5-6 minutes until tender adding additional water or broth if needed. Drain, set aside, and *reserve any cooking liquid*.
2. Heat olive oil in a large skillet. Add onion and celery and cook 1 minute 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 yogurt, if desired

For side salad

Place romaine in a salad bowl and top with tomatoes. Serve with pantry dressing. Feel free to add any leftover vegetables from the week!

Dairy Free: *Omit yogurt.*

Gluten Free: *Use gluten free broth.*

Vegetarian:

INGREDIENTS

For sweet potato rice

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

$\frac{1}{4}$ cup Greek yogurt, optional

For side salad

- $\frac{1}{4}$ small head romaine, shredded (1 cup)
- $\frac{1}{2}$ tomato, cut in wedges
- Pantry dressing
(www.thefresh20.com/pantrydressings)

Sweet potato rice: 460kcal, 18g Protein, 77 g Carb, 260mg Sodium, 11 g 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,