

PREP GUIDE

MEAL #1

- Marinate pork up to 1 hour * *see Meal #1*
- Roasted potatoes **see below*
- 2 lemons, zested & juiced (6 Tablespoons juice, 2 Tablespoons zest) * *for the week*
- Cut vegetables:
 - 1 pound green beans, trimmed (3 cups)

MEAL #2

- 6 cups cooked brown rice prepared according to package directions * *for the week*
- Cut vegetable:
 - 12 ounces spinach, chopped (9 cups)

MEAL #3

- Cut vegetables:
 - 1 cucumber, diced (2 cups)
 - 1 bell pepper, diced (1 cup)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 6 ounces mushrooms, diced (2 cups)

MEAL #5

- 1-2" fresh ginger, grated (2 Tablespoons)
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, diced (1 cup)
 - 4 ounces mushrooms, diced (1½ cups)
 - ½ pound green beans, trimmed and cut in 1 inch pieces (1½ cups)

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

3 pounds potatoes, cubed

2 Tablespoons olive oil

¾ teaspoon kosher salt

½ teaspoon black pepper

1 teaspoon Herbes de Provence

In a large bowl, combine oil, salt, pepper, and Herbes. Add potatoes and toss well to coat. Spread out in an even layer on a large 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



GLUTEN FREE 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	2-1/2 pounds		15
2	fish (your choice)	1-1/4 pounds		12.5
3	chicken tenders	1 pound		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	potatoes	3 pounds		3
1,4	fresh rosemary	few sprigs	<i>need 4 teaspoons chopped</i>	1
1,3,5	lemon	2		1
1,5	fresh green beans	1-1/2 pounds		3
2,3	spinach	1-1/4 pounds		2
2,3,5	tomatoes	7		3.5
3,5	fresh mint	1 small bunch	<i>optional -need 2 Tablespoons chopped</i>	1.5
3	cucumber	1		1
3,4,5	bell peppers (any color)	4		4
4,5	yellow onion	2		2
4,5	mushrooms	2/3 pound		3
5	fresh ginger	1-2"	<i>need 2 Tablespoons grated</i>	1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,3	feta cheese	5 ounces		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
3,5	garbanzo beans	4 (15 oz) cans		6
3	black or kalamata olives	1/4 cup		3
4	red white vinegar	2 Tablespoons	<i>optional, can use white wine vinegar</i>	1
5	curry powder	2 teaspoons		0.5

Fresh 20 Grocery Est \$72.00
 Cost Per Dinner \$14.40
 Cost Per Serving \$3.60

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	dried oregano	
	grapeseed oil		herbes de provence	2 teaspoons
	balsamic vinegar	1/2 cup	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	4 Tablespoons
	gluten free chicken/veg broth: low sodium	2-1/2 cups	gluten free organic tomato paste	
	garlic	9 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	2-1/4 teaspoons	gluten free soy sauce or Braggs liquid aminos	1-1/2 Tablespoons
	black pepper	1-3/4 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	3 cups
paprika		gluten free flour	1 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.



(1) BALSAMIC PORK TENDERLOIN

roast potatoes & green beans

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Marinate pork for up to 1 hour
- 1½ pounds roasted potatoes * *see prep guide*
- 1 lemon, zested (1 Tablespoon)
- 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 large skillet over medium-high heat and add marinated pork tenderloins and sear on each side (about 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.

INGREDIENTS

For balsamic pork tenderloin

2½ pounds pork tenderloin
3 cloves garlic, minced
2 Tablespoons olive oil
1 Tablespoon chopped rosemary
1 Tablespoon lemon zest
½ teaspoon kosher salt
¼ teaspoon black pepper
½ cup gluten free low-sodium chicken broth
½ cup balsamic vinegar

For green beans

1 Tablespoon olive oil
1 pound green beans, trimmed (3 cups)
dash of kosher salt and pepper
1 ounce feta cheese

1½ pounds 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

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

INGREDIENTS

For glazed fish

1 Tablespoon olive oil
1 Tablespoon honey
1½ Tablespoons gluten free low sodium soy sauce
dash of black pepper
1¼ pounds fish (your choice, or sub 1¼ pounds chicken breast)

For spinach & tomato rice

1 Tablespoon olive oil
2 cloves garlic, minced
12 ounces spinach, chopped (9 cups)
2 tomatoes, chopped (1½ cups)
dash of kosher salt and pepper
3 cups cooked brown rice

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

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



(3) GRILLED CHICKEN

Greek salad

MAKE AHEAD

- 2 lemons, juiced (6 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 4 minutes on each side.
5. Serve with Greek salad.

Meanwhile

For Greek salad

Toss all ingredients together and serve with grilled chicken.

INGREDIENTS

For grilled chicken

- 1 Tablespoon olive oil
- 3 Tablespoons lemon juice
- 1 Tablespoon chopped mint
- 1 teaspoon Herbes de Provence
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 pound chicken tenders

For Greek salad

- 1 cucumber, diced (2 cups)
- 3 tomatoes, diced (2¼ cups)
- 1 bell pepper, diced (1 cup)
- 1½ (15 oz) cans garbanzo beans, rinsed and drained
- 4 ounces crumbled feta cheese (1 cup)
- 8 ounces spinach (5-6 cups)
- ¼ cup black or Kalamata olives, optional
- 3 Tablespoons lemon juice
- 1 Tablespoon olive oil
- dash 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, 17gProtein, 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

- 1¼ pounds cooked pork * *from Meal #1*
- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For pork stew

1. Heat a large pot over medium heat.
2. Add oil, onions, garlic, and rosemary and sauté for 1 minute. 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.

INGREDIENTS

For pork stew

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 teaspoon chopped rosemary
- 2 bell peppers, diced (2 cups)
- 6 ounces mushrooms, diced (2 cups)
- 1¼ pounds cooked pork, diced * *from Meal #1*
- 1 cup gluten free low-sodium chicken broth
- 3 Tablespoons maple syrup
- 2 Tablespoons red wine vinegar
- ¼ teaspoon kosher salt
- dash of black pepper

3 cups 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

MAKE AHEAD

- 1½ pounds roasted potatoes * *see prep guide*
- 1-2" fresh ginger, grated (2 Tablespoons)
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, bell peppers, mushrooms, green beans

DIRECTIONS

For curry veggies

1. Heat a large 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.

INGREDIENTS

For curry veggies

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
2 Tablespoons grated ginger
1 Tablespoon gluten free flour
2 teaspoons curry powder
1 bell pepper, diced (1 cup)
4 ounces mushrooms, halved (1½ cups)
½ pound green beans, trimmed and cut into 1 inch pieces (1½ cups)
1½ pounds roasted potatoes * *see prep guide*
2 (15 ounce) cans garbanzo beans, rinsed and drained
1 cup gluten free low sodium vegetable broth
2 tomatoes, chopped (1½ cups)
1 Tablespoon lemon zest
1 Tablespoon 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