

PREP GUIDE**MEAL #1**

- 5 cups cooked green lentils prepared according to package directions
- Make salsa * *see Meal #1*
- 4-5 limes, juiced (½ cup juice)
- Cut vegetables
 - 2 red onions, sliced (2 cups)
 - 4 bell peppers, sliced (4 cups)
 - 1 small red onion, chopped (¾ cup)
 - 1 jalapeno, minced, optional

MEAL #2

- 4 cups cooked brown rice prepared according to package directions
- 4 eggs, hardboiled
- Cut vegetables
 - 1 bunch kale, chopped (6 cups)

MEAL #3

- 5 cups quinoa prepared according to package directions **for the week*
- Cut vegetables
 - 4 carrots, shredded (1½ cups)
 - 1 bell pepper, chopped (1 cup)
 - 1 cucumber, diced (2 cups)
 - ½ bunch kale, chopped (3 cups)

MEAL #4

- Cut vegetables
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, diced (1 cup)
 - 3 carrots, diced (1½ cups)
 - 1 bunch kale, chopped (6 cups)

MEAL #5

- Cut vegetables
 - ½ bunch kale, chopped (3 cups)

MENU**MONDAY ①**

CHIPOTLE LENTIL FAJITAS
Fajita Veggies

TUESDAY ②

GARLIC KALE RICE

WEDNESDAY ③

CHIPOTLE LENTIL SALAD

THURSDAY ④

VEGETABLE QUINOA SOUP

FRIDAY ⑤

FAJITA SCRAMBLE NACHOS



Shopping List

(1) Chipotle Lentils (2) Garlic Kale Rice (3) Lentil Salad (4) Vegetable Quinoa Soup (5) Fajita Scramble Nachos

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3	cilantro	2 bunches		3
1,3,4	lime	4-5		2
1,4	onion (see notes)	4	3 red, 1 yellow	4
1,3,4	bell peppers (any color)	6		6
1,3,5	avocado	4		4
1	tomatoes	6		3
1	jalapeno pepper	1	optional	0.5
2,3,4,5	kale	3 bunches		6
2	pears	4		2
3,4	carrots	7		2
3	cucumber	1		1
4	sweet potato	1 (8 oz)		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,5	eggs	1 dozen		4
3,5	cotija cheese	1/2 cup		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	chipotle pepper in adobo sauce	1 small can		2
1,3	green lentils	2-1/2 cups		4
1,5	chili powder	1/2 teaspoon	optional	0.5
1,5	corn tortillas	16		3
2,4,5	white beans	4 (15 oz) cans		6
2	crushed red pepper	1/4 teaspoon	optional	0.5
3	almonds	1/4 cup		1.5
3,4	quinoa	2-1/2 cups		2.5
4	fire roasted tomatoes	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$63.00
 Cost Per Dinner \$12.60
 Cost Per Serving \$3.15

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	1/2 teaspoon
	grapeseed oil	3 Tablespoons	herbes de provence	
	balsamic vinegar	1 Tablespoon	ground cumin	1/2 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1 teaspoon
	veggie broth: low sodium	4 cups (32 fl oz)	organic tomato paste	
	garlic	8 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	2 cups
	paprika		whole wheat flour	

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) CHIPOTLE LENTIL FAJITAS

MAKE AHEAD

- Make salsa * *see recipe below*
- 5 cups cooked green lentils prepared according to package directions
- 3 limes, juiced (½ cup)
- Cut vegetables: onions, bell peppers, jalapeno

DIRECTIONS

For chipotle lentils

1. Heat oil in a skillet over medium heat. Add garlic and chipotle pepper and cook for 1 minute.
2. Add lentils, chili powder, cumin, cilantro, salt, pepper, and honey. Stir until well combined and warmed through.
3. Remove from heat and stir in lime juice.
4. Reserve half of lentils for Meal #3. Serve remaining lentils in tortillas with veggies, avocado, and salsa.

Meanwhile

For fajita veggies

1. Heat a large non-stick skillet over medium-high heat.
2. In batches, 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 lentils, avocado, and salsa.

For salsa

Combine all ingredients. Save half for Meal #5, serve remaining salsa with fajitas.

INGREDIENTS

For chipotle lentils

2 Tablespoons olive oil
2 cloves garlic, minced
1 chipotle pepper in adobo, minced
5 cups cooked green lentils
¼ teaspoon chili powder, optional
½ teaspoon ground cumin
½ cup chopped cilantro
½ teaspoon kosher salt
¼ teaspoon black pepper
1 teaspoon honey
1 Tablespoon lime juice

For fajita veggies

2 Tablespoons grapeseed oil
2 red onions, sliced (2 cups)
4 bell peppers, sliced (4 cups)

8 (6") corn tortillas
2 avocados, sliced

For salsa

6 tomatoes, chopped (4½ cups)
1 small red onion, chopped (¾ cup)
1 cup chopped cilantro
¼ cup lime juice
dash of salt and pepper
1 jalapeno, minced, optional
1 Tablespoon grapeseed oil

Fajitas: 480kcal, 17g Protein, 64g Carb, 170mg Sodium, 16g Fiber, 0mg Cholesterol, 20g Fat, 2.5g Saturated, 9g Sugar, 4% Calcium, 30% Iron

Salsa: 50kcal, 1g Protein, 7g Carb, 40mg Sodium, 1g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 4g Sugar, 2% Calcium, 0% Iron



(2) GARLIC KALE RICE

MAKE AHEAD

- 4 cups cooked brown rice prepared according to package directions
- 4 eggs, hardboiled
- Cut vegetables: kale

DIRECTIONS

For garlic kale rice

1. Heat a large non-stick skillet over medium heat.
2. Add oil and garlic and sauté 2 minutes.
3. Add kale and cook until wilted and then add rice, beans, salt, and pepper and stir until heated through.
4. Serve rice with sliced eggs and pears.

INGREDIENTS

For garlic kale rice

- 2 Tablespoons olive oil
- 3 cloves garlic, minced
- 1 bunch kale, chopped (6 cups)
- 4 cups cooked brown rice
- 1 (15 oz) can organic white beans, drained and rinsed
- ¼ teaspoon of kosher salt and crushed red pepper
- 4 hardboiled eggs, sliced
- 4 pears, sliced

Garlic Kale Rice: 440kcal, 18g Protein, 61g Carb, 270mg Sodium, 8g Fiber, 225mg Cholesterol, 15g Fat, 2.5g Saturated, 1g Sugar, 8% Calcium, 15% Iron

Pear: 100kcal, 1g Protein, 27g Carb, 0mg Sodium, 6g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 17g Sugar, 2% Calcium, 0% Iron



(3) CHIPOTLE LENTIL SALAD

MAKE AHEAD

- 3 cups cooked chipotle lentils * *from Meal #1*
- 2 cups cooked quinoa prepared according to package directions
- 1 lime, juiced (1½ Tablespoons)
- Cut vegetables: carrots, bell pepper, cucumber, kale

DIRECTIONS

For chipotle lentil salad

Toss all ingredients together.

INGREDIENTS

For chipotle lentil salad

- 3 cups cooked chipotle lentils*
from Meal #1
- 4 carrots, shredded (1⅓ cups)
- 1 bell pepper, chopped (1 cup)
- 1 cucumber, diced (2 cups)
- ½ bunch kale, chopped (3 cups)
- ¼ cup chopped almonds
- ¼ cup crumbled cotija cheese
- 1 avocado, diced
- 2 Tablespoons chopped cilantro
- 2 cups cooked quinoa
- 1½ Tablespoons lime juice
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon olive oil

Salad: 510kcal, 22g Protein, 63g Carb, 310mg Sodium, 19g Fiber, 55mg Cholesterol, 21g Fat, 3.5g Saturated, 12g Sugar, 15% Calcium, 40% Iron



(4) VEGETABLE QUINOA SOUP

MAKE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- ½ lime, juiced (1½ Tablespoons)
- Cut vegetables: onion, bell pepper, carrots, kale

DIRECTIONS

For vegetable quinoa soup

1. Heat a large soup pot over medium heat.
2. Add oil, onion, bell pepper, garlic, and carrots and cook for 1 minute.
3. Add sweet potato, salt, pepper, and oregano and cook for 2-3 minutes.
4. Add beans, tomatoes, kale, and broth and bring to a simmer. Cook for 10-15 minutes until veggies are tender.
5. Add lemon juice and quinoa, stir to warm through, and serve.

Vegetable Quinoa Soup: 510kcal, 20g Protein, 82g Carb, 420mg Sodium, 17g Fiber, 0mg Cholesterol, 11g Fat, 1g Saturated, 17g Sugar, 15% Calcium, 35% Iron

INGREDIENTS

For vegetable quinoa soup

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
1 bell pepper, diced (1 cup)
2 cloves garlic, minced
3 carrots, diced (1½ cups)
1 (8 oz) sweet potato, diced
¼ teaspoon kosher salt
dash of black pepper
½ teaspoon oregano
2 (15 oz) cans organic white beans, drained and rinsed
1 (15 oz) can organic fire roasted tomatoes
1 bunch kale, chopped (6 cups)
4 cups low-sodium vegetable broth
1½ Tablespoon lime juice
3 cups cooked quinoa



(5) FAJITA SCRAMBLE NACHOS

MAKE AHEAD

- Salsa * *from Meal #1*
- Sautéed peppers and onions * *from Meal #1*
- Cut vegetables: kale

DIRECTIONS

For fajita scramble nachos

1. Heat a large 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.

INGREDIENTS

For Fajita scramble nachos

1 Tablespoon olive oil
1 clove garlic, minced
½ bunch kale, chopped (3 cups)
¼ teaspoon chili powder, optional
8 eggs, whisked
dash of kosher salt and pepper
Sautéed onions and peppers **from Meal #1*
1 (15 ounce) can white beans, rinsed and drained

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

*Salsa *from Meal #1*

1 avocado, sliced
3 Tablespoons 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