

PREP GUIDE**MEAL #1**

- 3 cups cooked quinoa prepared according to package directions
- 6 cups cooked lentils prepared according to package directions
**for the week*
- Cut vegetables:
 - ½ red onion, finely diced (½ cup)
 - 1 bell pepper, diced (1 cup)
 - 8 ounces mushrooms, cleaned and diced (3 cups)

MEAL #2

- 1 lemon, juiced (3 Tablespoons) **for the week*
- Cut vegetables:
 - 3 ears corn, kernels (2¼ cups)

MEAL #3

- 16 ounces whole wheat pasta prepared according to package directions (8 cups cooked) ** for the week*
- Cut vegetables:
 - ½ red onion, diced (½ cup)
 - 8 ounces mushrooms, sliced (3 cups)
 - 1 bell pepper, diced (1 cup)
 - 1 zucchini, diced (2 cups)

MEAL #4

- 4 eggs, hard boiled
- Cut vegetables:
 - 4 ears corn, kernels (3 cups)
 - ¼ red onion, chopped (¼ cup)

MEAL #5

- Cut vegetables:
 - ½ red onion, diced (½ cup)
 - 2 bell peppers, diced (2 cups)
 - 1 zucchini, diced (2 cups)

MENU**MONDAY ①**

WARM LENTIL QUINOA SALAD

TUESDAY ②SIMPLE SCRAMBLE
Arugula & Peach Salad**WEDNESDAY ③**

LENTIL RATATOUILLE PASTA

THURSDAY ④

SANTA FE SALAD

FRIDAY ⑤

TAPENADE PASTA



Shopping List

(1) Lentil Quinoa Salad (2) Simple Scramble (3) Lentil Ratatouille Pasta (4) Santa Fe Salad (5) Tapenade Pasta

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,4,5	red onion	2		2
1,3,5	bell pepper (any color)	4		4
1,3	mushrooms	1 pound	<i>brown or button</i>	5
1,2,4	arugula	1 pound		5
1,4	cilantro	1 bunch	<i>need 1/2 cup chopped</i>	1.5
2,4	avocado	2		2
2,3,5	fresh basil	1 bunch		1.5
2	peaches	3		1.5
2,4	corn	7 ears	<i>or 5-1/4 cups kernels</i>	3.5
2,4	lemon	1		0.5
3,5	zucchini	2		2
3,4	tomatoes	4		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,3,5	goat cheese	6 ounces		5
2,4	eggs	12		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3	lentils (brown or green)	3 cups		4.5
1	quinoa	1-1/2 cups		1.5
2,5	white beans	2 (15 oz) cans		3
3,5	green olives	1/2 cup		3
4	black beans	1 (15 oz) can		1.5
4	corn tortillas	4		1.5
5	pine nuts	1/4 cup	<i>optional</i>	1.5

Fresh 20 Grocery Est \$56.00
 Cost Per Dinner \$11.20
 Cost Per Serving \$2.80

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	9 Tablespoons	dried oregano	
	grapeseed oil		herbes de provence	1 teaspoon
	balsamic vinegar	2 Tablespoons	ground cumin	1/2 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	veggie broth: low sodium		organic tomato paste	
	garlic	3 cloves	Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	
	black pepper	1 teaspoon	whole grain pasta	16 ounces
	cayenne pepper		long grain brown rice	
	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) WARM LENTIL QUINOA SALAD

MAKE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 3 cups cooked lentils prepared according to package directions
- Cut vegetables: red onion, bell peppers, mushrooms

DIRECTIONS

For warm lentil quinoa salad

1. Heat oil in a skillet over medium heat.
2. Add onion, bell pepper, mushrooms, and lentils and cook for 4 minutes. Stir in quinoa to warm through.
3. In a large bowl combine arugula and cilantro. In a small bowl, whisk together balsamic vinegar, oil, honey, salt, and pepper and toss with arugula.
4. Stir in warmed quinoa mixture. Crumble goat cheese over the top before serving.

Lentil Quinoa Salad: 490kcal, 25g Protein, 69g Carb, 240mg Sodium, 17g Fiber, 20mg Cholesterol, 14g Fat, 3.5g Saturated, 11g Sugar, 10% Calcium, 45% Iron

INGREDIENTS

For warm lentil quinoa salad

- 1 Tablespoon olive oil
- ½ red onion, finely diced (½ cup)
- 1 bell pepper, diced (1 cup)
- 8 ounces mushrooms, cleaned and diced (3 cups)
- 3 cups cooked lentils
- 3 cups cooked quinoa
- 6 ounces arugula (6 cups)
- ¼ cup chopped cilantro
- 1½ Tablespoons balsamic vinegar
- 1 Tablespoon olive oil
- 1 Tablespoon honey
- ¼ teaspoon of salt
- dash of pepper
- 2 ounces goat cheese (about ½ cup)



(2) SIMPLE SCRAMBLE

arugula & peach salad

MAKE AHEAD

- ½ lemon, juiced (1½ Tablespoons)
- Cut vegetables: corn

DIRECTIONS

For simple scramble

1. Heat oil or butter in skillet over medium heat.
2. Beat eggs lightly and combine with remaining ingredients.
3. Add to pan and scramble until cooked through. Serve with a side of arugula salad.

For arugula & peach salad

Toss all ingredients together, serve with scramble.

Scramble: 220kcal, 15g Protein, 5g Carb, 320mg Sodium, 2g Fiber, 460mg Cholesterol, 18g Fat, 6g Saturated, 0g Sugar, 4% Calcium, 10% Iron
Salad: 270kcal, 11g Protein, 50g Carb, 125mg Sodium, 9g Fiber, 0mg Cholesterol, 6g Fat, 0g Saturated, 15g Sugar, 10% Calcium, 15% Iron

INGREDIENTS

For simple scramble

1 Tablespoon olive oil or butter
8 eggs
1 avocado, small dice
2 Tablespoons chopped basil
¼ teaspoon kosher salt
dash of ground black pepper

For arugula & peach salad

8 ounces arugula (about 8 cups)
3 peaches, sliced
2 Tablespoons chopped basil
3 ears corn, kernels (2¼ cups)
1 (15 oz) can white beans, rinsed and drained
1½ Tablespoons lemon juice
1 Tablespoon olive oil
dash of salt and pepper



(3) LENTIL RATATOUILLE PASTA

MAKE AHEAD

- 3 cups cooked lentils prepared according to package directions
- 8 ounces whole wheat pasta prepared according to package directions (4 cups cooked)
- Cut vegetables: onion, mushrooms, bell pepper, zucchini

DIRECTIONS

For lentil ratatouille pasta

1. Heat a very large skillet over medium heat and add oil. When oil is hot add onion and cook for 1 minute.
2. Add mushrooms and cook about 3 minutes.
3. Add garlic, lentils, bell pepper, zucchini, tomatoes, Herbes, salt, pepper, and olives and cook for about 5-6 minutes.
4. Either toss pasta in or serve over warmed pasta.
5. Garnish with basil and cheese.

Pasta: 480kcal, 26g Protein, 77g Carb, 250mg Sodium, 14g Fiber, 20mg Cholesterol, 11g Fat, 3g Saturated, 9g Sugar, 8% Calcium, 40% Iron

INGREDIENTS

For lentil ratatouille pasta

1½ Tablespoons olive oil
½ red onion, diced (½ cup)
8 ounces mushrooms, sliced (3 cups)
2 cloves garlic, minced
3 cups cooked lentils
1 bell pepper, diced (1 cup)
1 zucchini, diced (2 cups)
2 tomatoes, diced (1½ cups)
1 teaspoon Herbes de Provence
¼ teaspoon kosher salt
⅛ teaspoon black pepper
2 Tablespoons chopped green olives
4 cups cooked whole wheat pasta
2 Tablespoons chopped basil
2 ounces goat cheese crumbles (about ½ cup)



(4) SANTA FE SALAD

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- ½ lemon, juiced (1½ Tablespoons)
- 4 eggs, hard boiled
- Cut vegetables: corn, onion

DIRECTIONS

For Santa Fe salad

Toss all ingredients together except eggs and tortillas. Serve salad topped with eggs and crisp tortillas.

For tortillas

Heat oven to 400°F. Cut each tortilla into 8 triangles. Lay in a single layer on a baking sheet and cook for about 8-9 minutes until crisp. Serve on top of salad.

Salad: 450kcal, 20g Protein, 57g Carb, 180mg Sodium, 12g Fiber, 225mg Cholesterol, 19g Fat, 3g Saturated, 9g Sugar, 10% Calcium, 20% Iron

INGREDIENTS

For Santa Fe salad

4 ears corn, kernels (3 cups)
2 tomatoes, chopped (1½ cups)
¼ red onion, chopped (¼ cup)
1 (15 oz) can organic black beans,
drained and rinsed
1 avocado, diced
1½ Tablespoon lemon juice
2 Tablespoons olive oil
½ teaspoon cumin
dash of salt and pepper
¼ cup chopped cilantro
2 ounces arugula (2 cups)

4 hard boiled eggs, sliced
4 corn tortillas



(5) TAPENADE PASTA

MAKE AHEAD

- 8 ounces whole wheat pasta prepared according to package directions (4 cups cooked)
- Cut vegetables: onion, bell pepper, zucchini

DIRECTIONS

For tapenade pasta

1. Heat a large skillet over medium heat and add oil. When oil is hot add onion and garlic and cook for 1 minute.
2. Add bell peppers, zucchini, and beans and cook for 3-4 minutes.
3. Add olives, pasta, and goat cheese and stir until heated through.
4. Garnish with basil and nuts.

Tapenade Pasta: 450kcal, 19g Protein, 60g Carb, 210mg Sodium, 6g Fiber, 20mg Cholesterol, 17g Fat, 3.5g Saturated, 8g Sugar, 8% Calcium, 20% Iron

INGREDIENTS

For tapenade pasta

- 1½ Tablespoons olive oil
- ½ red onion, diced (½ cup)
- 1 clove garlic, minced
- 2 bell peppers, diced (2 cups)
- 1 zucchini, diced (2 cups)
- 1 (15 oz) can white bean, rinsed and drained
- ¼ cup chopped green olives
- 4 cups cooked whole wheat pasta
- 2 ounces goat cheese (½ cup)
- ¼ cup chopped basil
- ¼ cup pine nuts, optional