CLASSIC October 20, 2017

PREP GUIDE

MEAL #1

- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 3 zucchini, sliced (6 cups)

MEAL #2

- 7 cups cooked brown rice prepared according to package directions * *for the week*
- 1 lemon, zested & juiced (1½ Tablespoons juice, 1 Tablespoon zest) * *for the week*
- Cut vegetable:
  - 6 ounces mushrooms, diced (2 cups)
  - 1 bunch kale, chopped (6 cups)

MEAL #3

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 4 carrots, diced (2 cups)
  - 4 stalks celery, diced (2 cups)
  - 2 zucchini, diced (4 cups)

MEAL #4

- Cut vegetables:
  - 1 yellow onion, sliced (1 cup)
  - 3 bell peppers, sliced (3 cups)
  - 4 ounces mushrooms, sliced (1½ cups)

MEAL #5

- Cut vegetables:
  - 6 ounces mushrooms, sliced (2 cups)
  - 1 bell pepper, sliced (1 cup)

MENU

MONDAY ①
GRILLED STEAK
BBQ Beans & Zucchini

TUESDAY ②
SEARED SCALLOPS
Mushroom Kale Rice

WEDNESDAY ③
HAM & BEAN SOUP

THURSDAY ④
CHEESESTEAK STIR-FRY

FRIDAY ⑤
ENGLISH BREAKFAST
For dinner

CLASSIC October 20, 2017

Shopping List

(1) Grilled Steak (2) Seared Scallops (3) Ham & Bean Soup (4) Cheesesteak Stir Fry (5) English Breakfast

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	sirloin steak	2 pounds		12
2	large scallops	1-1/4 pounds		12.5
3	ham	10 ounces		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,4	yellow onion	3		3
1,3	zucchini	5		5
2,3	lemon	1		0.5
2,4,5	mushrooms	1 pound	*brown or button*	5
2	kale	1 bunch		2
2,3	fresh basil	1 bunch	*need 6 Tablespoons chopped basil*	1.5
3	carrots	4		1
3	celery	4 stalks		1
4,5	bell peppers (any color)	4		4
5	pears	4		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
2	butter	1 Tablespoon		0.5
4	provolone cheese	2 ounces		2
5	eggs	8		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3	navy beans	5 (15 oz) cans		7.5
1	chili powder	1/2 teaspoon		0.5
1,4	Worcestershire sauce	2 Tablespoons		1
3,5	diced tomatoes	1 (15 oz) can		1.5
4	red wine vinegar	2 Tablespoons	*optional, can use white wine vinegar*	1

Fresh 20 Grocery Est	$72.50
Cost Per Dinner	$14.50
Cost Per Serving	$3.63

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/3 cup	dried oregano	
	grapeseed oil	1/4 cup	herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	1/4 cup
	chicken or veggie broth: low sodium	5-1/2 cups (44 fl oz)	organic tomato paste	3 Tablespoons
	garlic	6 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	1-1/2 teaspoons	whole grain pasta	
	cayenne pepper	dash	long grain brown rice	3-1/2 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) GRILLED STEAK

BBQ beans & zucchini

MADE AHEAD

- Cut vegetables: onion, zucchini

DIRECTIONS

For grilled steak

1. Heat an outdoor grill to medium-high heat (see note).
2. Season steak with salt and pepper, place on the grill, and cook for about 4-6 minutes per side (cooking time will vary on thickness of steak).
3. Remove from grill and let rest for 5 minutes.
4. Reserve half the steak for Meal #4, slice remaining steak into thin pieces and serve with beans and zucchini.

Cooking indoors? Heat a large sauté pan over medium heat and add 1 Tablespoon grapeseed oil. Once oil is hot add steak and cook for 4-6 minutes per side.

Meanwhile

For BBQ beans

1. Heat a medium pot over medium heat and add oil.
2. Add onion and garlic and sauté for 1 minute.
3. Add beans with liquid, tomato paste, vinegar, maple syrup, chili powder, salt, and pepper, and Worcestershire sauce.
4. Heat on low simmer for about 5-10 minutes, adding a little water if needed.
5. Save half for Meal #5, serve remaining beans with steak and zucchini.

For zucchini

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add zucchini, salt, and pepper and sauté for 2-3 minutes.

INGREDIENTS

For grilled steak

2 pounds sirloin steak
1 Tablespoon grapeseed oil (if cooking indoors)
½ teaspoon kosher salt
¼ teaspoon black pepper

For BBQ beans

1 Tablespoon grapeseed oil
1 yellow onion, chopped (1 cup)
1 clove garlic, minced
3 (15 ounce) cans navy beans, rinsed and drained, saving 1 cup liquid
3 Tablespoons tomato paste
2 Tablespoon balsamic vinegar
3 Tablespoons maple syrup
½ teaspoon chili powder
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 Tablespoon Worcestershire sauce

For zucchini

1 Tablespoon olive oil
3 zucchini, sliced (6 cups)
dash of salt and pepper

Steak:200kcal, 35g Protein, 0g Carb, 210mg Sodium, 0g Fiber, 85mg Cholesterol, 7g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 20% Iron

BBQ baked Beans :170kcal, 8g Protein, 31g Carb, 115mg Sodium, 8g Fiber, 0mg Cholesterol, 1.5g Fat, 0g Saturated, 7g Sugar, 8% Calcium, 10% Iron

Zucchini: 70kcal, 2g Protein, 6g Carb, 85mg Sodium, 1g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 3g Sugar, 2% Calcium, 6% Iron

(2) SEARED SCALLOPS

mushroom kale rice

MADE AHEAD

- 4 cups cooked brown rice prepared according to package directions
- ½ lemon, juiced (1½ Tablespoons)
- Cut vegetables: mushrooms, kale

DIRECTIONS

For seared scallops

1. Heat a large skillet over medium-high heat and add oil.
2. Season scallops with salt and pepper and sear for about 2 minutes on each side (chicken will take longer, 3-4 minutes depending on thickness).
3. Remove scallops. Add butter to pan to melt and then add lemon juice; pour over scallops.
4. Serve with rice.

For mushroom kale rice

1. Heat a large non-stick skillet over medium-high heat.
2. Add oil and garlic and cook for 1 minute.
3. Add mushrooms and cook for 2 minutes then add kale, salt, and pepper and cook for 2-3 minutes. Add rice and stir until heated through.
4. Toss in basil and serve with scallops.

INGREDIENTS

For seared scallops

1 Tablespoon grapeseed oil
1¼ pounds large scallops (sub 1¼ pounds chicken breast, cut into chunks)
dash of salt and pepper
1 Tablespoon butter
1½ Tablespoons lemon juice

For mushroom kale rice

1½ Tablespoons olive oil
2 cloves garlic, minced
6 ounces mushrooms, diced (2 cups)
1 bunch kale, chopped (6 cups)
dash of salt and pepper
4 cups cooked brown rice
¼ cup chopped basil

Scallops:150kcal, 17g Protein, 5g Carb, 600mg Sodium, 0g Fiber, 40mg Cholesterol, 7g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Rice: 300kcal, 8g Protein, 50g Carb, 85mg Sodium, 5g Fiber, 0mg Cholesterol, 7g Fat, 1 g Saturated, 1g Sugar, 4% Calcium, 10% Iron

(3) HAM AND BEAN SOUP

MADE AHEAD

- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, carrots, celery, zucchini

DIRECTIONS

For ham and bean soup

1. Heat a large pot over medium heat and add oil, onion, and garlic; sauté for 1 minute.
2. Add carrots and celery and cook for 2 minutes.
3. Add ham, zucchini, beans, broth, tomatoes and pepper and bring to simmer for 5-10 minutes.
4. Garnish with zest and basil.

INGREDIENTS

For ham and bean soup

1 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
4 carrots, diced (2 cups)
4 stalks celery, diced (2 cups)
10 ounces ham, diced
2 zucchini, diced (4 cups)
2 (15 ounce) cans navy beans, rinsed and drained
5 cups low-sodium chicken broth and/or water (40 fl oz)
½ (15 ounce) can diced tomatoes
dash of black pepper
1 Tablespoon lemon zest
2 Tablespoons chopped basil

Soup:430kcal, 27g Protein, 58g Carb, 840mg Sodium, 15g Fiber, 35mg Cholesterol, 9g Fat, 2g Saturated, 20g Sugar, 15% Calcium, 20% Iron

Pears:100kcal, 1g Protein, 26g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

(4) CHEESESTEAK STIR-FRY

MADE AHEAD

- 1 pound grilled sirloin steak * *from Meal #1*
- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For cheesesteak stir-fry

1. Heat a large skillet over medium heat and add oil, onion, and garlic and cook for 1 minute.
2. Add bell peppers, mushrooms, and steak and cook for 2-3 minutes.
3. Add broth, vinegar, soy sauce, Worcestershire sauce, maple syrup, and cayenne and simmer for 3-5 minutes.
4. Put cheese slices on top to melt. Serve over warmed rice.

INGREDIENTS

For cheesesteak stir-fry

1 Tablespoon grapeseed oil
1 yellow onion, sliced (1 cup)
1 clove garlic, minced
3 bell peppers, sliced (3 cups)
4 ounces mushrooms, sliced (1½ cups)
1 pound grilled sirloin steak, sliced thin* *from Meal #1*
½ cup low-sodium chicken broth
2 Tablespoons white or red wine vinegar
2 Tablespoons low-sodium soy sauce
1 Tablespoon Worcestershire sauce
1 Tablespoon maple syrup
dash of cayenne
2 ounces provolone, sliced thin

3 cups cooked brown rice, warmed

Stir Fry:350kcal, 41g Protein, 14g Carb, 350mg Sodium, 2g Fiber, 95mg Cholesterol, 14g Fat, 4.5g Saturated, 10g Sugar, 10% Calcium, 30% Iron

Rice:160kcal, 3g Protein, 34g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 6% Iron

(5) ENGLISH BREAKFAST

for dinner

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Baked beans * *from Meal #1*
- Cut vegetables: mushrooms, bell peppers

DIRECTIONS

For English breakfast

1. Heat oven to 400°F.
2. Combine beans and tomatoes and put into a 9x11 casserole dish. Crack the eggs on top of beans and put in oven for about 10-12 minutes depending on doneness of egg desired.
3. Season with pepper.

Meanwhile

1. Heat a skillet over medium heat and add oil.
2. Add mushrooms, bell peppers, salt, and pepper and cook about 3 minutes.
3. Serve with eggs and fruit.

INGREDIENTS

For English breakfast

Baked beans **see Meal #1*
½ (15 oz) can diced tomatoes
8 eggs
dash of pepper

1 Tablespoon olive oil
6 ounces mushrooms, sliced (2 cups)
1 bell pepper, sliced (1 cup)
dash of salt and pepper

4 pears, sliced

English Breakfast:370kcal, 22g Protein, 38g Carb, 340mg Sodium, 10g Fiber, 360mg Cholesterol, 14g Fat, 3.5g Saturated, 10g Sugar, 15% Calcium, 20% Iron

Pears:100kcal, 1g Protein, 26g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron