

PREP GUIDE**MEAL #1**

- 9 cups cooked green or brown lentils prepared according to package directions * *for the week*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 6 ounces mushrooms, quartered (2 cups)

MEAL #2

- 16 ounces whole wheat pasta prepared according to package directions (8 cups cooked) * *for the week*
- 8 cups roasted butternut squash (see below) * *for the week*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoons zest) * *for the week*
- Cut vegetable:
 - 1 yellow onion, minced (1 cup)
 - 1 bunch kale, chopped (6 cups)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 3 carrots, small diced (1½ cups)
 - 3 stalks celery, small diced (1½ cups)
 - 1 bell pepper, chopped (1 cup)
 - ½ bunch kale, chopped (3 cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 2 carrots, chopped (1 cup)
 - 2 stalks celery, chopped (1 cup)
 - 1 bell pepper, chopped (1 cup)
 - 6 ounces mushrooms, chopped (2 cups)

MEAL #5

- Cut vegetables:
 - 1½ bunches kale, chopped (9 cups)

For Roast Butternut Squash (*make ahead for Meals #2 & #5*)

2 medium butternut squash, peeled, seeded and cubed

2 Tablespoons olive oil

¾ teaspoon kosher salt

½ teaspoon black pepper

In a large bowl, combine oil, salt, pepper. Add squash and toss well to coat. Spread out in an even layer on a large baking sheet. Bake at 400°F for about 20 minutes under just tender.

MENU**MONDAY ①**

TURKEY CACCIATORE
Lentils

TUESDAY ②

SHRIMP BUTTERNUT SAUTE

WEDNESDAY ③

TURKEY LENTIL SOUP

THURSDAY ④

BEEF LASAGNA SKILLET

FRIDAY ⑤

BUTTERNUT LENTIL SALAD



CLASSIC October 6, 2017

Shopping List

(1) Turkey Caccaitore (2) Shrimp Butternut Saute (3) Turkey Lentil Soup (4) Beef Lasagna Skillet (5) Butternut Lentil Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	ground turkey	2 pounds		12
2	shrimp, medium	1-1/2 pounds	peeled & deveined	15
4	ground beef	1 pound		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
2,5	butternut squash	2 medium		5
1,2,3,4	yellow onion	4		4
1,3,4	bell peppers (any color)	4		4
1,4	brown mushrooms	12 ounces		4
1,3	rosemary	few sprigs	<i>need 1-1/2 teaspoons chopped</i>	1
2,3,5	kale	3 bunches		6
2,5	lemon	1		0.5
3,4	carrots	5		1.5
3,4	celery	5 stalks		1.5
4	fresh basil	1 bunch	<i>optional, need 1/4 cup chopped</i>	1.5
5	apples	2		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,4	parmesan cheese	1/2 cup		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,4	crushed tomatoes	2 (15 oz) cans		3
1,3,5	green or brown lentils	4-1/2 cups		6
5	nuts (your choice)	1/2 cup		2.5

Fresh 20 Grocery Est \$76.50
 Cost Per Dinner \$15.30
 Cost Per Serving \$3.83

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	1 teaspoon
	grapeseed oil		herbes de provence	3 teaspoons
	balsamic vinegar	2 Tablespoons	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	5 cups (40 fl oz)	organic tomato paste	1 Tablespoon
	garlic	10 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2 teaspoons	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) TURKEY CACCIATORE

lentils

MADE AHEAD

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

DIRECTIONS

For turkey cacciatore

1. Heat a large pot over medium heat and add oil.
2. When oil is hot add onion and garlic and cook for 1 minute.
3. Add the turkey and cook about 2-3 minutes, crumbling the meat as it cooks.
4. Add bell peppers, mushrooms, crushed tomatoes, tomato paste, balsamic vinegar, Herbes, rosemary, salt, and pepper.
5. Simmer for about 10 minutes until peppers are tender.
6. Serve over warmed lentils with parmesan.

INGREDIENTS

For turkey cacciatore

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 pound ground turkey
- 2 bell peppers, diced (2 cups)
- 6 ounces brown mushrooms, quartered (2 cups)
- 1 (15 oz) can crushed tomatoes
- 1 Tablespoon tomato paste
- 2 Tablespoons balsamic vinegar
- 1 teaspoon Herbes de Provence
- 1 teaspoon chopped rosemary
- dash of kosher salt and black pepper

3 cups cooked lentils, warmed

¼ cup grated parmesan cheese

Chicken:300kcal, 31g Protein, 18g Carb, 330mg Sodium, 5g Fiber, 65mg Cholesterol, 13g Fat,2.5 g Saturated, 8g Sugar,10 % Calcium, 10% Iron
Lentils:170kcal, 13g Protein, 30g Carb, 0mg Sodium, 12g Fiber, 0mg Cholesterol, 0.5g Fat, 0g Saturated,3 g Sugar, 2% Calcium, 30% Iron



(2) SHRIMP BUTTERNUT SAUTE

MADE AHEAD

- 4 cups roasted butternut squash * *see prep guide*
- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, kale

DIRECTIONS

For shrimp butternut sauté

1. Heat a large non-stick skillet over medium heat.
2. Add oil, onion, garlic, and kale and cook for 2 minutes.
3. Add shrimp, salt, and pepper and cook for 2 minutes.
4. Add in squash and pasta and cook until heated through.
5. Garnish with lemon zest.

INGREDIENTS

For shrimp butternut sauté

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 bunch kale, chopped (6 cups)
- 1½ pounds medium peeled and deveined shrimp (sub 1½ pounds chicken tenders)
- dash of kosher salt
- dash of black pepper
- 4 cups roasted butternut squash * *see prep guide*
- 4 cups cooked whole wheat pasta
- 1 Tablespoon lemon zest

Shrimp butternut saute:450kcal, 32g Protein, 53g Carb, 730mg Sodium, 4g Fiber, 215mg Cholesterol, 14g Fat, 2g Saturated, 7g Sugar, 15% Calcium, 15% Iron



(3) TURKEY LENTIL SOUP

MADE AHEAD

- 3 cups cooked lentils prepared according to package directions
- Cut vegetables: onion, carrots, celery, bell pepper, kale

DIRECTIONS

For turkey lentil soup

1. Heat a large pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add carrots, celery, bell pepper, turkey, salt, and pepper and cook for 2-3 minutes.
4. Add rosemary, Herbes, broth, and kale and cook for 5 minutes.
5. Add lentils and serve.

INGREDIENTS

For turkey lentil soup

1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
3 carrots, small diced (1½ cups)
3 stalks celery, small diced (1½ cups)
1 bell pepper, chopped (1 cup)
1 pound ground turkey
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon chopped rosemary
1 teaspoon Herbes de Provence
5 cups low-sodium chicken broth
½ bunch kale, chopped (3 cups)
3 cups cooked lentils

Soup: 450kcal, 41g Protein, 46g Carb, 440mg Sodium, 15g Fiber, 65mg Cholesterol, 12g Fat, 1.5g Saturated, 11g Sugar, 6% Calcium, 35% Iron



(4) BEEF LASAGNA SKILLET

MADE AHEAD

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

DIRECTIONS

For beef lasagna skillet

1. Heat a large pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add carrots, celery, bell pepper, mushrooms, beef, salt, and pepper and cook for 2-3 minutes crumbling beef as it cooks.
4. Add Herbes, oregano, and tomatoes and cook for 5 minutes.
5. Add pasta and stir until warmed through.
6. Garnish with cheese and basil.

INGREDIENTS

For beef lasagna skillet

- 1 Tablespoon olive oil
- 1 yellow onion, chopped (1 cup)
- 2 cloves garlic, minced
- 2 carrots, chopped (1 cup)
- 2 stalks celery, chopped (1 cup)
- 1 bell pepper, chopped (1 cup)
- 6 ounces brown mushrooms, chopped (2 cups)
- 1 pound ground beef
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- 1 teaspoon oregano
- 1 (15 ounce) can crushed tomatoes
- 4 cups cooked whole wheat pasta
- ¼ cup shredded parmesan cheese

- ¼ cup chopped basil, optional

Beef Lasagna Skillet: 490kcal, 35g Protein, 48g Carb, 420mg Sodium, 5g Fiber, 80mg Cholesterol, 19g Fat, 6g Saturated, 10g Sugar, 15% Calcium, 30% Iron



(5) BUTTERNUT LENTIL SALAD

MADE AHEAD

- 4 cups roasted butternut squash * *see prep guide*
- 3 cups cooked lentils prepared according to package directions
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: kale

DIRECTIONS

For butternut lentil salad

1. Heat a large non-stick skillet over medium heat and add oil, garlic, and kale and cook until just wilted, set aside to cool.
2. Toss cooled kale with squash, lentils, and nuts. Toss with dressing and serve with sliced apples.

For dressing

Whisk all ingredients together.

INGREDIENTS

For butternut lentil salad

1 Tablespoon olive oil
2 cloves garlic, minced
1½ bunches kale, chopped (9 cups)
4 cups roasted butternut squash
3 cups cooked lentils
½ cup chopped nuts

For dressing

1½ Tablespoons olive oil
3 Tablespoons lemon juice
1 teaspoon Dijon mustard
dash of salt and pepper

2 apples, sliced

Salad:450kcal, 18g Protein, 49g Carb, 170mg Sodium, 16g Fiber, 0mg Cholesterol, 22g Fat, 2.5g Saturated, 7g Sugar, 10% Calcium, 40% Iron

Apple Slices:45kcal, 0g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol,0g Fat, 0g Saturated, 9g Sugar, 0% Calcium, 0% Iron