

PREP GUIDE

MEAL #1

- Cut vegetables:
 - ¼ yellow onion, chopped (¼ cup)
 - ¾ zucchini, sliced (1½ cups)

MEAL #2

- 1¾ cups cooked brown rice prepared according to package directions * *for the week*
- ¼ lemon, zested & juiced (1 teaspoon juice, ¾ teaspoon zest) * *for the week*
- Cut vegetable:
 - 1½ ounces mushrooms, diced (½ cup)
 - ¼ bunch kale, chopped (1½ cups)

MEAL #3

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - 1 carrot, diced (½ cup)
 - 1 stalk celery, diced (½ cup)
 - ½ zucchini, diced (1 cup)

MEAL #4

- Cut vegetables:
 - ¼ yellow onion, sliced (¼ cup)
 - ¾ bell pepper, sliced (¾ cup)
 - 1 ounce mushrooms, sliced (⅓ cup)

MEAL #5

- Cut vegetables:
 - 1½ ounces mushrooms, sliced (½ cup)
 - ¼ bell pepper, sliced (¼ 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



FOR ONE 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	1/2 pound		3
2	large scallops	1/3 pound		3
3	ham	2-1/2 ounces		2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,4	yellow onion	1		1
1,3	zucchini	2		2
2,3	lemon	1		0.5
2,4,5	mushrooms	1/4 pound	<i>brown or button</i>	1.5
2	kale	1 bunch		2
2,3	fresh basil	1 sm bunch	<i>need 1-1/2 Tblspns chopped basil</i>	1.5
3	carrots	1		0.5
3	celery	1 stalk		0.5
4,5	bell peppers (any color)	1		1
5	pears	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
2	butter	1 teaspoon		0.5
4	provolone cheese	1/2 ounce		1
5	eggs	2		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3	navy beans	2 (15 oz) cans		3
1	chili powder	1/8 teaspoon		0.5
1,4	Worcestershire sauce	1/2 Tablespoon		1
3,5	diced tomatoes	1 (15 oz) can		1.5
4	red wine vinegar	1/2 Tablespoon	<i>optional, can use white wine vinegar</i>	1

Fresh 20 Grocery Est \$29.00
 Cost Per Dinner \$5.80
 Cost Per Serving \$5.80

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2 Tablespoon	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar	1/2 Tablespoon	ground cumin	
	white wine vinegar	1/2 Tablespoon	raw honey or 100% maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium	3 cups (24 fl oz)	organic tomato paste	1 Tablespoon
	garlic	2 cloves	Dijon mustard or brown mustard	
	kosher salt	1/2 teaspoon	soy sauce or Braggs liquid amino acid	1/2 Tablespoon
	black pepper	1/2 teaspoon	whole grain pasta	
	cayenne pepper	pinch	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) 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 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 5-8 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 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.

Dairy Free:

Gluten Free: *Use gluten free tomato paste and Worcestershire.*

Vegetarian: *Omit steak, prepare BBQ Beans and zucchini as above. Serve beans in a roasted sweet potato (45-50 minutes at 400°F) topped with 2 Tablespoons plain Greek yogurt and a side of zucchini.*

INGREDIENTS

For grilled steak

½ pound sirloin steak
 ¾ teaspoon grapeseed oil (if cooking indoors)
 ⅛ teaspoon kosher salt
 Pinch of black pepper

For BBQ beans

¾ teaspoon grapeseed oil
 ¼ yellow onion, chopped (¼ cup)
 ¼ clove garlic, minced
 ¾ (15 oz) can navy beans, rinsed and drained, saving ¼ cup liquid
 2¼ teaspoons tomato paste
 ½ Tablespoon balsamic vinegar
 2¼ teaspoons maple syrup
 ⅛ teaspoon chili powder
 Pinch of kosher salt
 Pinch of black pepper
 ¾ teaspoon Worcestershire sauce

For zucchini

¾ teaspoon olive oil
 ¾ zucchini, sliced (1½ cups)
 Pinch 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

- 1 cup cooked brown rice prepared according to package directions
- ¼ lemon, juiced (1 teaspoon)
- Cut vegetables: mushrooms, kale

DIRECTIONS

For seared scallops

1. Heat a 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 non-stick skillet over medium-high heat.
2. Add oil and garlic and cook for 30 seconds.
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.

Dairy Free: Omit butter.

Gluten Free:

Vegetarian: Omit scallops. Prepare rice as above adding ¾ cup cooked green lentils with mushrooms. Stir in 1-2 teaspoons balsamic vinegar after rice has heated through.

INGREDIENTS

For seared scallops

¾ teaspoon grapeseed oil
½ pound large scallops (sub ½ pound chicken breast, cut into chunks)
pinch of salt and pepper
¾ teaspoon butter
1 teaspoon lemon juice

For mushroom kale rice

1 teaspoon olive oil
½ clove garlic, minced
1½ ounces mushrooms, diced (½ cup)
¼ bunch kale, chopped (1½ cups)
pinch of salt and pepper
1 cup cooked brown rice
1 Tablespoon 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, 1g Saturated, 1g Sugar, 4% Calcium, 10% Iron



(3) HAM AND BEAN SOUP

MADE AHEAD

- ¼ lemon, zested (¾ teaspoon)
- Cut vegetables: onion, carrots, celery, zucchini

DIRECTIONS

For ham and bean soup

1. Heat a soup pot over medium heat and add oil, onion, and garlic; sauté for 30 seconds.
2. Add carrots and celery and cook for 1-2 minutes.
3. Add ham, zucchini, beans, broth, tomatoes and pepper and bring to simmer for 5-10 minutes.
4. Garnish with zest and basil.

Dairy Free:

Gluten Free: Use gluten free broth.

Vegetarian: Omit ham, use vegetable broth. Add ½ diced sweet potato in step 3, increase simmering time to 10 minutes or until tender. Omit lemon, garnish with basil and 1 Tablespoon parmesan cheese. Serve with 1 sliced pear.

INGREDIENTS

For ham and bean soup

¾ teaspoon olive oil
¼ yellow onion, diced (¼ cup)
½ clove garlic, minced
1 carrot, diced (½ cup)
1 stalk celery, diced (½ cup)
2½ ounces ham, diced
½ zucchini, diced (1 cup)
½ (15 ounce) can navy beans, rinsed and drained
1¼ cups low-sodium chicken broth and/or water (40 fl oz)
2-3 Tablespoons diced tomatoes (canned or fresh)
Pinch of black pepper
¾ teaspoon lemon zest
½ Tablespoon 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

- ¼ pound grilled sirloin steak * *from Meal #1*
- ¾ cup cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For cheesesteak stir-fry

1. Heat a 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.

Dairy Free: Omit provolone cheese or use dairy free alternative.

Gluten Free: Use gluten free broth, soy sauce, and Worcestershire.

Vegetarian: Omit above. Prepare Vegetable Fried Rice: Heat a skillet over medium heat and add 1 teaspoon oil, ¼ cup chopped onion, ¼ minced garlic clove, and 1 teaspoon minced ginger. Cook 1 minute. Add ½ sliced bell pepper, ½ cup sliced mushrooms, and 1 cup shelled edamame; cook 2 minutes. Add 2 Tablespoons vegetable broth, ½ Tablespoon soy sauce, and ¾ cup cooked rice. Stir to combine making a well in the center of the rice mixture. Stir in one beaten egg white and cook until scrambled. Stir into rice mixture.

INGREDIENTS

For cheesesteak stir-fry

- ¾ teaspoon grapeseed oil
- ¼ yellow onion, sliced (¼ cup)
- ¼ clove garlic, minced
- ¾ bell pepper, sliced (¾ cup)
- 1 ounce mushrooms, sliced (⅓ cup)
- ¼ pound grilled sirloin steak, sliced thin* *from Meal #1*
- 2 Tablespoons low-sodium chicken broth
- ½ Tablespoon white or red wine vinegar
- ½ Tablespoon low-sodium soy sauce
- ¾ teaspoon Worcestershire sauce
- ¾ teaspoon maple syrup
- Pinch of cayenne
- ½ ounce provolone, sliced thin
- ¾ cup 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 small casserole dish or a loaf pan. 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.

Dairy Free:

Gluten Free

Vegetarian:

INGREDIENTS

For English breakfast

Baked beans **see Meal #1*
2-3 Tablespoons diced tomatoes
(canned or fresh)

2 eggs
dash of pepper

$\frac{3}{4}$ teaspoon olive oil
1½ ounces mushrooms, sliced ($\frac{1}{2}$ cup)
 $\frac{1}{4}$ bell pepper, sliced ($\frac{1}{4}$ cup)
Pinch of salt and pepper

1 pear, 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