

**PREP GUIDE****MEAL #1**

- Make pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Cut vegetables:
  - ¼ yellow onion, chopped (¼ cup)
  - 1-2 cups chopped romaine lettuce
  - ¼ cucumber, peeled and sliced

**MEAL #2**

- 1 lemon, zested & juiced (2 Tablespoons juice, ¾ teaspoon zest) \* *for the week*
- Bulgur can be made ahead (see Meal #2 for directions)
- Cut vegetables:
  - 1 Tablespoon diced yellow onion
  - ¼ cucumber, peeled & diced (½ cup)

**MEAL #3**

- Make bread crumbs \* *see below*

**MEAL #4**

- ¾ cup cooked brown rice prepared according to package directions
- Cut vegetables:
  - 2 Tablespoons diced yellow onion
  - ¼ pound mushrooms, sliced (1½ cups)

**MEAL #5**

- Cut vegetables:
  - ¼ large yellow onion, large pieces
  - 1 celery stalk, roughly chopped

**Bread Crumbs** (Meal #3)

1 slice whole wheat bread

Toast bread and crumble into food processor or blender. Blend until sandy in texture. Store bread crumbs in an airtight container until needed (use half for Meal 3, freeze the rest).

**MENU****MONDAY ①**

WEEKNIGHT LASAGNA  
Simple Salad

**TUESDAY ②**

PAN FRIED FISH  
Lemon Cucumber Bulgur Salad

**WEDNESDAY ③**

CHEESY CHICKEN NUGGETS  
Homemade Apple Sauce

**THURSDAY ④**

TURKEY MUSHROOM SKILLET

**FRIDAY ⑤**

ROASTED TOMATO SOUP  
Avocado Toast



FOR ONE October 27, 2017

# Shopping List

(1) Weeknight Lasagna (2) Pan fried fish (3) Cheesy Chicken Nuggets (4) Turkey Mushroom Skillet (5) Roasted Tomato Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	ground beef	1/2 pound	or 1/4 pound each ground beef & turkey	3
2	fresh fish	1 (4-5 oz) fillet		2.5
3	chicken breast	1/4 pound		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,4,5	yellow onion	1		1
1	romaine lettuce	1 head		2
1,2	cucumber	1		1
2,5	tomato	3		1.5
2,3,5	lemon	1		0.5
3,4	tart apples	2		1
3,5	celery	2 stalks		1
4	mushrooms	1/4 pound	<i>brown or button</i>	1.5
4	fresh thyme	1 bunch	<i>optional, need 2 tsp chopped</i>	1
5	avocadoes	1		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	part skim ricotta cheese	1/4 cup		1
3	egg	1		0.5
1,3,5	parmesan cheese	1/2 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,4	diced tomatoes	1 (15 oz) can		1.5
2	bulgur or couscous	1/4 cup		1
2,5	pine nuts	2 Tablespoons		1
3,5	whole grain bread	2 slices		1

Fresh 20 Grocery Est                   \$27.50  
 Cost Per Dinner                         \$5.50  
 Cost Per Serving                         \$5.50

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

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://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) WEEKNIGHT LASAGNA

## simple salad

### MAKE AHEAD

- Make pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Cut vegetables: onion, romaine, cucumber

### DIRECTIONS

#### *For weeknight lasagna*

1. Heat a deep sauté pan over medium-high heat and add oil.
2. When oil is hot add onions and garlic and sauté for 1-2 minutes until onions have softened. Add ground beef and cook until brown.
3. Add tomato paste, 1 teaspoon oregano, salt, and uncooked pasta and stir well.
4. Pour in broth to cover noodles.
5. Pour tomatoes over top of beef and pasta.
6. Top with dollops of ricotta cheese.
7. Cover and cook on medium heat for 15 minutes until liquid has absorbed and noodles are soft.
8. Top with parmesan and sprinkle with remaining oregano. Cover again and cook for 5 more minutes. Let sit a few minutes before serving.

#### *For simple salad*

Toss romaine with dressing and cucumber. Chill until ready to serve.

**Dairy Free:** *Omit ricotta, replace parmesan with a sprinkle of nutritional yeast if desired.*

**Gluten Free:** *Use gluten free tomato paste, pasta (such as garbanzo), and chicken broth.*

**Vegetarian:** *Replace ground beef with ¾ cup cooked lentils. Use vegetable broth. Omit salad and serve with 1 sliced apple.*

### INGREDIENTS

#### *For weeknight lasagna*

- ¾ teaspoon olive oil
- ¼ yellow onion, chopped (¼ cup)
- ¼ clove garlic, minced
- ¼ pound ground beef
- 1½ ounces tomato paste (1-2 Tablespoons)
- 2 teaspoons dried oregano, divided
- ½ teaspoon kosher salt
- 2 ounces short whole wheat pasta (like rigatoni)
- ½ cup low sodium chicken broth
- ¼ (14 oz) can diced tomatoes
- ¼ cup part-skim ricotta cheese
- 2 Tablespoons parmesan cheese

#### *For simple salad*

- 1-2 cups chopped romaine lettuce
- ¼ cucumber, peeled and sliced
- 1 Tablespoon pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

Lasagna: 440kcal, 40g protein, 29g carb, 470mg sodium, 4g fiber, 85g cholesterol, 17g fat, 6g sat fat, 9g sugar, 25%DV calcium, 20%DV iron

Salad (undressed): 15kcal, 2g protein, 3g carb, 10mg sodium, 1g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 1g sugar, 2%DV calcium, 6%DV iron



## (2) PAN FRIED FISH

### lemon cucumber bulgur salad

#### MAKE AHEAD

- ¼ lemon zested & juiced (2¼ teaspoons juice, ¾ teaspoon zest)
- Bulgur can be made ahead (see steps 1-4 below)
- Cut vegetables: onion, cucumber,

#### DIRECTIONS

##### *For lemon cucumber bulgur salad*

1. Heat a stockpot with a lid over medium heat and add oil. When oil is hot add onion and cook 1-2 minutes or until it becomes soft and translucent.
2. Add bulgur and stir to coat with the olive oil; cook for one minute.
3. Add in water and salt, cover, and bring to a boil for 1 minute. Turn off the heat and allow bulgur to absorb the water, about 30 minutes (see kitchen notes).
4. Remove the lid, fluff with a fork, and let cool.
5. Once the bulgur has cooled, transfer it to a medium bowl and toss with the remaining salad ingredients.

##### *For pan fried fish*

1. Season the fillet with salt, pepper, and paprika on both sides.
2. Heat a nonstick sauté pan over medium-high heat and add oil. Once oil is hot, add the fillet.
3. Cook about 2 minutes on each side or until the fish flakes with a fork. Squeeze fresh lemon juice over the top. (*For chicken, cook 3-4 minutes per side, chicken is done when it is no longer pink in the middle.*)

#### *Kitchen notes:*

- (1) *If your bulgur has different cooking directions, please follow those.*
- (2) *Pine nuts can be purchased raw and toasted in a sauté pan over low heat for 4-5 minutes. Move them around in the pan with a spatula so they do not burn. They will brown and become fragrant when done.*

**Dairy Free:**

**Gluten Free:** *Replace bulgur with quinoa, follow package cooking directions.*

**Vegetarian:** *Omit fish. Prepare bulgur salad as above adding ½ cup white beans and topping with a sliced hard boiled egg. Serve with a side of sliced apples.*

#### INGREDIENTS

##### *For lemon cucumber bulgur salad*

¾ teaspoon olive oil  
1 Tablespoon diced yellow onion  
¾ cup bulgur or couscous  
½ cup water  
Pinch of kosher salt  
¼ cucumber, peeled & diced (½ cup)  
¼ tomato, seeds removed, diced  
½ Tablespoons toasted pine nuts \*  
*see kitchen notes*  
2¼ teaspoons lemon juice  
¾ teaspoon lemon zest  
¾ teaspoon olive oil  
Pinch of kosher salt  
Pinch of black pepper

##### *For pan fried fish*

1 (4-5 oz) fresh white fish fillet (can sub ½ pound chicken breast)  
Pinch of kosher salt  
Pinch of black pepper  
½ teaspoon paprika  
¾ teaspoon grapeseed oil  
1 lemon wedge

Fish: 180 kcal, 32g protein, 0g carb, 260mg sodium, 0g fiber, 85mg cholesterol, 6g fat, 1g sat fat, .0g sugar, 0%DV calcium, 0%DV iron

Bulgur (¾ cup):  
260kcal, 6g protein, 36g carb, 115mg sodium, 7g fiber, 0mg cholesterol, 10g fat, 1g sat fat, 2g sugar, 2%DV calcium, 6%DV iron



## (3) CHEESY CHICKEN NUGGETS

### homemade apple sauce

OVEN TEMPERATURE: 375°F

#### MADE AHEAD

- ¼ lemon, juiced (1 teaspoon)
- Bread crumbs *\*see prep guide*

#### DIRECTIONS

##### *For cheesy chicken nuggets*

1. Note: Start cooking apple sauce before preparing chicken.
2. Preheat oven to 375°F. Lightly coat a baking dish or cookie sheet with olive oil.
3. Cut chicken into 1" cubes.
4. Sprinkle chicken with salt and pepper.
5. In a small bowl, whisk together water and egg.
6. In medium dish, combine bread crumbs, Parmesan, oregano, and cayenne pepper.
7. Using a fork or chopsticks, one piece at a time, dip chicken into egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay on oiled baking sheet.
8. Repeat with remaining pieces.
9. Place in oven for 10-15 minutes, or until chicken is no longer pink inside.

##### *For homemade apple sauce*

1. In a heavy pot, combine apples, honey, lemon, salt, and water.
2. Cover and cook over medium-low heat for 30 minutes or until apples are tender, stirring occasionally.
3. Remove from the heat; mash apples until sauce reaches desired consistency. Serve warm or cold.

**Dairy Free:** *Replace parmesan cheese with nutritional yeast.*

**Gluten Free:** *Replace bread crumbs with 1 Tablespoon gluten free flour and 1½ Tablespoons almond meal.*

**Vegetarian:** *Omit above, prepare Kale Fried Quinoa: Heat 1 teaspoon oil in a skillet and add 2 Tablespoon chopped yellow onion, ¼ garlic clove, ¼ cup each diced celery and carrots; cook 1-2 minutes. Add ¼ cup diced mushrooms and 1½ cups chopped kale, cook 2-3 minutes. Add ¾ cup shelled edamame and ¾ cup cooked quinoa; stir to warm through. Make a well and add 1 egg white, stirring until cooked; stir through to distribute. Stir in ½ Tablespoon soy sauce and a pinch of cayenne.*

#### INGREDIENTS

##### *For cheesy chicken nuggets*

¾ teaspoon olive oil (for pan)  
¼ pound chicken breast  
Pinch of kosher salt  
Pinch of black pepper  
1 Tablespoon water  
1 egg  
Bread crumbs *\* see prep guide*  
2 Tablespoons grated Parmesan  
¼ teaspoon dried oregano  
Small pinch cayenne pepper

##### *For homemade apple sauce*

1 tart apples, peeled & cored  
1 Tablespoon honey  
1 teaspoon lemon juice  
Pinch of kosher salt  
2 Tablespoons water

1 stalk celery, cut into sticks

##### Chicken Nuggets:

280kcal, 36g protein, 10g carb, 610mg sodium, 1g fiber, 120mg cholesterol, 11g fat, 3g sat fat, 2g sugar, 15%DV calcium, 6%DV iron

##### Apple Sauce & Celery: (½ cup + 4 sticks)

170kcal, 1g protein, 45g carb, 100mg sodium, 6g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 37g sugar, 4%DV calcium, 3%DV iron

### MADE AHEAD

- $\frac{3}{4}$  cup cooked brown rice prepared according to package directions
- Cut vegetables: onion, mushrooms

### DIRECTIONS

#### *For turkey mushroom skillet*

1. Heat olive oil in a sauté pan over medium-high heat. Once hot, add onions and sauté over medium-high heat until softened, about 2-3 minutes.
2. Add ground beef or turkey and cook until no longer pink. Add salt, pepper, mushrooms, tomatoes, and thyme and cook for 4 minutes.
3. Serve over warmed rice with a side of sliced apples.

*Dairy Free:*

*Gluten Free:*

*Vegetarian:* Replace ground turkey or beef with  $\frac{3}{4}$  cup cooked green or brown lentils.

### INGREDIENTS

#### *For turkey mushroom skillet*

- $\frac{3}{4}$  teaspoon olive oil
- 2 Tablespoons diced yellow onion
- $\frac{1}{4}$  pound ground turkey (or beef)
- Pinch of kosher salt
- Pinch of black pepper
- $\frac{1}{4}$  pound mushrooms, sliced ( $1\frac{1}{2}$  cups)
- $\frac{1}{4}$  (15 oz) can diced tomatoes
- 2 teaspoons fresh thyme, chopped (to taste)
- $\frac{3}{4}$  cup cooked brown rice, warmed
- 1 apple, cored and cut into wedges

Turkey Skillet ( $1\frac{1}{2}$  cups):  
210kcal, 31g protein, 9g carb, 240mg sodium, 1g fiber, 55mg cholesterol, 4.5g fat, 1g sat fat, 5g sugar, 2%DV calcium, 10%DV iron

Brown Rice ( $\frac{3}{4}$  cup):  
160kcal, 3g protein, 34g carb, 0mg sodium, 3g fiber, 0mg cholesterol, 1g fat, 0g sat fat .0g sugar, 2%DV calcium, 6%DV iron

Apple:  
80kcal, 0g Protein, 22g Carb, 0mg Sodium, 4g Fiber, 0mg cholesterol, 0g Fat, 0g Saturated, 16g sugar, 0% calcium, 0% Iron



## (5) ROASTED TOMATO SOUP

### avocado toast

OVEN TEMPERATURE: 425°F

#### MADE AHEAD

- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables: onion, celery

#### DIRECTIONS

##### *For roasted tomato soup*

1. Preheat the oven to 425°F.
2. Line a large baking sheet with aluminum foil.
3. Arrange the tomatoes, cut side up, on one half of baking sheet. On other side, place onion, celery and garlic.
4. Lightly toss the vegetables with olive oil. Sprinkle entire sheet with salt and roast in oven for 25-35 minutes. Check once or twice to make sure onions are not burning; turn them if necessary. Remove from oven and cool.
5. Transfer all roasted ingredients to a food processor or blender. Add ¼ cup of broth. Puree on medium until fairly smooth. Add as much or as little of the additional broth until you reach a desired consistency.
6. Pour soup into medium stockpot and heat over medium for 8-10 minutes; add pepper to taste and stir in parmesan.

##### *For avocado toast*

1. Toast bread.
2. Option 1: mash avocado with lemon and seasonings, spread on toasted bread and top with pine nuts.
3. Option 2: slice avocado, layer on toasted bread, drizzle with lemon juice, and sprinkle with salt, pepper, cayenne and pine nuts.

**Dairy Free:** Omit parmesan cheese.

**Gluten Free:** Use gluten free broth. Replace bread with 2 corn tortillas, toasted.

**Vegetarian:**

#### INGREDIENTS

##### *For roasted tomato soup*

2 tomatoes, cut in half  
¼ large yellow onion, large pieces  
1 celery stalk, roughly chopped  
1 clove garlic  
½ Tablespoon olive oil  
Pinch of kosher salt  
½ cup low sodium vegetable broth, warmed  
Ground black pepper to taste  
2 Tablespoons grated parmesan

##### *For avocado toast*

1 slice whole grain bread  
½ avocado, sliced  
2¼ teaspoons lemon juice  
Pinch of kosher salt  
Pinch of black pepper  
Pinch of cayenne or red pepper flakes  
1 Tablespoon pine nuts

Tomato Soup (1¼ cups):  
220kcal, 11g protein, 20g carb, 410mg sodium, 6g fiber, 10mg cholesterol, 12g fat, 3g sat fat, 13g sugar, 20%DV calcium, 6%DV iron

Avocado Toast: 250kcal, 7g Protein, 23g Carb, 170mg Sodium, 5g Fiber, 0mg Cholesterol, 18g fat, 2g Saturated, 2g Sugar, 0% Calcium, 6% Iron