

PREP GUIDE

MEAL #1

- 9 cups cooked quinoa prepared according to package directions
* *for the week*
- 2 lemons, zested (2 Tablespoons) * *for the week*
- Cut vegetables:
 - 1 pound brussels sprouts, shaved (4 cups)

MEAL #2

- Roasted sweet potatoes *see below
- Cut vegetable:
 - 1 small bunch broccoli, florets (3½ cups)

MEAL #3

- 1-2" fresh ginger, grated (1 Tablespoon), optional
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 3 carrots, diced small (1½ cups)
 - ½ small cabbage, shredded (3 cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 pound brussels sprouts, shaved (4 cups)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 carrots, diced small (1 cup)
 - 1 small bunch broccoli, chopped (3½ cups)
 - ½ small head cabbage, shredded (3 cups)
 - 4 ounces mushrooms, sliced (1½ cups)

For Roast Sweet Potatoes (*make ahead for Meals #2, #4 & #5*)

3½ pounds sweet potatoes, cubed

2 Tablespoons olive oil

¾ teaspoon kosher salt

½ teaspoon black pepper

In a large bowl, combine oil, salt, pepper. Add potatoes and toss well to coat. Spread out in an even layer on a large baking sheet. Bake at 400°F for 20-25 minutes until just tender.

MENU

MONDAY ①

BALSAMIC PORK CHOPS
Brussels Sprouts & Quinoa

TUESDAY ②

CASHEW CRUSTED FISH
Roasted Broccoli & Sweet Potatoes

WEDNESDAY ③

PORK FRIED QUINOA

THURSDAY ④

CHICKEN HASH

FRIDAY ⑤

VEGGIE QUINOA



GLUTEN FREE October 13, 2017

Shopping List

(1) Balsamic Pork Chops (2) Cashew Crusted Fish (3) Pork Fried Quinoa (4) Chicken Hash (5) Veggieinoa

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	boneless pork chops	2 pounds		12
2	fish fillets	1-1/4 pounds	<i>your choice</i>	8
4	chicken breast	1 pound		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	fresh rosemary	few sprigs	<i>need 3 teaspoons chopped</i>	1
1,2	lemon	2		1
1,4	brussels sprouts	2 pounds		5
2,5	broccoli	2 sm bunches		4
2,4,5	sweet potatoes	3-1/2 pounds		5
3,4,5	yellow onion	3		3
3	fresh ginger	1-2"	<i>need 1 Tablespoon grated</i>	1
3,5	carrots	5		2
3,5	green cabbage	1 small head		2
3	frozen peas	3/4 cup		1
5	mushrooms	4 ounces	brown or button	2
4	pears	4		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
3	eggs	2		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3,5	quinoa	4-1/2 cups		5
2,5	cashews	3/4 cup		2.5

Fresh 20 Grocery Est \$62.50
 Cost Per Dinner \$12.50
 Cost Per Serving \$3.13

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar	6 Tablespoons	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	gluten free chicken/veg broth: low sodium	1/4 cup	gluten free organic tomato paste	
	garlic	7 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	2-1/2 teaspoons	gluten free soy sauce or Braggs liquid aminos	2 Tablespoons
	black pepper	2 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	
paprika		gluten free 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) BALSAMIC PORK CHOPS

brussels sprouts & quinoa

MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: brussels sprouts

DIRECTIONS

For balsamic pork chops

1. Combine pork with garlic, rosemary, lemon, salt, and pepper and marinate for at least 5 minutes.
2. Heat a large skillet over medium-high heat and add oil. Add pork and cook to an internal temperature of 145°F, about 3-4 minutes per side depending on thickness.
3. Remove chops from pan, saving half for Meal #3.
4. Add broth and balsamic vinegar to pan and cook until reduced by half.
5. Add remaining pork chops back to skillet and turn to coat in glaze.
6. Serve with brussels sprouts and quinoa.

For brussels sprouts

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add brussels sprouts, salt, and pepper.
3. Cook for about 3-5 minutes.

INGREDIENTS

For balsamic pork chops

2 pounds boneless pork chops
3 garlic cloves, minced
2 teaspoons rosemary, chopped
1 Tablespoon lemon zest
½ teaspoon kosher salt
½ teaspoon black pepper
1½ Tablespoons olive oil
¼ cup gluten free low-sodium chicken broth
¼ cup balsamic vinegar

For brussels sprouts

1½ Tablespoons olive oil
1 pound brussels sprouts, shaved (4 cups)
¼ teaspoon kosher salt
dash of black pepper

3 cups cooked quinoa, warmed

Pork:240kcal, 28g Protein, 0g Carb, 240mg Sodium, 0g Fiber, 90mg Cholesterol, 13g Fat, 3g Saturated, g Sugar, % Calcium, % Iron

Brussels :100kcal, 4g Protein, 10g Carb, 170mg Sodium, 4g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 2g Sugar, 4% Calcium,10 % Iron

Quinoa:170kcal, 6g Protein, 30g Carb, 10mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 10% Iron



(2) CASHEW CRUSTED FISH

roasted broccoli & sweet potatoes

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Roasted sweet potatoes * *see prep guide*
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: broccoli

DIRECTIONS

For roasted broccoli & cashew crusted fish

1. Heat oven to 400°F.
2. Toss broccoli with olive oil, salt, and pepper and put on a baking sheet.
3. Roast about 5 minutes.
4. Put fish on a separate baking sheet. Combine cashews, salt, pepper, and zest and press on each fillet.
5. Put fish in the oven with broccoli and cook both for about 10 minutes, until broccoli is tender and fish is flakey.
6. You can also put fish under the broiler for a crunchier crust.
7. Serve with warmed sweet potatoes.

INGREDIENTS

For roasted broccoli

1 small bunch broccoli, florets (3½ cups)
1½ Tablespoons olive oil
dash of kosher salt and pepper

For cashew crusted fish

½ cup finely chopped cashews
¼ teaspoon kosher salt
dash of black pepper
1 Tablespoon lemon zest
1¼ pounds fish fillets (sub 1¼ pounds chicken breast)

1¼ pounds roasted sweet potatoes, warmed * *see prep guide*

Broccoli: 100kcal, 3g Protein, 10g Carb, 130mg Sodium, 5g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 2g Sugar, 0% Calcium, 6% Iron

Cashew Fish: 210kcal, 29g Protein, 4g Carb, 220mg Sodium, 1g Fiber, 70mg Cholesterol, 8g Fat, 1.5g Saturated, 1g Sugar, 2% Calcium, 6% Iron

Sweet Potatoes: 140kcal, 3g Protein, 27g Carb, 190mg Sodium, 5g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 9g Sugar, 4% Calcium, 6% Iron



(3) PORK FRIED QUINOA

MADE AHEAD

- 1 pound cooked pork chops * *from Meal #1*
- 2 cups cooked quinoa prepared according to package directions
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, carrots, cabbage

DIRECTIONS

For pork fried quinoa

1. Heat a large non-stick skillet over medium-high heat and add oil, onion, ginger, and garlic and sauté for 1 minute.
2. Add carrots and cabbage and cook for 2-3 minutes.
3. Add peas, pork, and quinoa and stir to heat through.
4. Whisk together eggs, soy sauce, and pepper and pour into the middle of pan.
5. Cook until eggs are mostly cooked, then stir through.

INGREDIENTS

For pork fried quinoa

- 1 Tablespoon grapeseed or sesame oil
- 1 yellow onion, chopped (1 cup)
- 1 Tablespoon grated ginger, optional
- 2 cloves garlic, minced
- 3 carrots, diced small (1½ cups)
- ½ small head cabbage, shredded (3 cups)
- ¾ cup frozen peas
- 1 pound cooked pork chops, diced * *from Meal #1*
- 2 cups cooked quinoa
- 2 eggs
- 2 Tablespoons gluten free low-sodium soy sauce
- dash of black pepper

Pork Fried Quinoa: 490kcal, 37g Protein, 40g Carb, 320mg Sodium, 8g Fiber, 170mg Cholesterol, 20g Fat, 4g Saturated, 12g Sugar, 10% Calcium, 20% Iron

MADE AHEAD

- Roasted sweet potatoes * *see prep guide*
- Cut vegetables: onion, brussels sprouts

DIRECTIONS

For chicken hash

1. Heat a large non-stick skillet over medium-high heat and add oil and onion; cook for 1 minute.
2. Add chicken, salt, pepper, and rosemary and cook for about 2-3 minutes.
3. Add the brussels sprouts and cook for 2-3 minutes.
4. Add sweet potatoes and balsamic vinegar, stir to heat through, and serve with a side of sliced pears.

INGREDIENTS

For chicken hash

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 1 pound chicken breast, diced
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon chopped rosemary
- 1 pound brussels sprouts, shaved (4 cups)
- 1¼ pounds roasted sweet potatoes
- 1½ Tablespoons balsamic vinegar

- 4 pears, sliced

Chicken Breast: 360kcal, 33g Protein, 41g Carb, 590mg Sodium, 10g Fiber, 65mg Cholesterol, 8g Fat, 1g Saturated, 14g Sugar, 8% Calcium, 10% Iron

Pear: 100kcal, 1g Protein, 26g Carb, 0mg Sodium, 6g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

MADE AHEAD

- 4 cups cooked quinoa prepared according to package directions
- Roasted sweet potatoes * *see prep guide*
- Cut vegetables: onion, carrots, broccoli, cabbage, mushrooms

DIRECTIONS

For veggie quinoa

1. Heat a large non-stick skillet over medium-high heat and add oil, onions, and garlic and sauté for 1 minute.
2. Add carrots, broccoli, cabbage, and mushrooms and cook for 3-4 minutes.
3. Add sweet potatoes and quinoa and stir until warmed through.
4. Garnish with cashews.

INGREDIENTS

For veggie quinoa

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 carrots, diced small (1 cup)
- 1 small bunch broccoli, chopped (3½ cups)
- ½ small head cabbage, shredded (3 cups)
- 4 ounces mushrooms, sliced (1½ cups)
- 1 pound roasted sweet potatoes * *see prep guide*
- 4 cups cooked quinoa
- ¼ cup chopped cashews

Veggie Quinoa: 520kcal, 18g Protein, 88g Carb, 270mg Sodium, 18g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 19g Sugar, 15% Calcium, 35% Iron