

PREP GUIDE

MEAL #1

- 16 ounces whole wheat pasta prepared according to package directions (8 cups cooked) * *for the week*
- 1 lemon, zested & juiced (1½ Tablespoons juice, 1 Tablespoon zest) * *for the week*
- Cut vegetables:
 - 12 ounces mushrooms, sliced (4½ cups)
 - 1 yellow onion, sliced (1 cup)
 - ¾ pounds brussels sprouts, shredded (3 cups)

MEAL #2

- Cut vegetable:
 - 1 small head broccoli, florets (3½ cups)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 4 ounces spinach, chopped (3 cups)

MEAL #4

- 3 cups cooked brown rice prepared according to package directions
- 3-4" fresh ginger, grated (3½ Tablespoons) * *for the week*
- Cut vegetables:
 - 1 yellow onion, sliced (1 cup)
 - 4 ounces mushrooms, sliced (1½ cups)
 - 1 small head broccoli, chopped (3½ cups)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, sliced thin (1 cup)

MENU

MONDAY ①

SMOTHERED STEAK
Pasta & Brussels Sprouts

TUESDAY ②

CASHEW FISH
Sweet Potatoes & Broccoli

WEDNESDAY ③

HAM MAC & CHEESE

THURSDAY ④

GINGER BEEF STIR FRY

FRIDAY ⑤

SWEET POTATO SAAG



CLASSIC November 24, 2017

Shopping List

(1) Smothered Steak (2) Cashew Fish (3) Ham Mac & Cheese (4) Ginger Beef Stir Fry (5) Sweet Potato Saag

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	cube steak	2 pounds		10
2	fish fillets	1-1/4 pounds	<i>your choice</i>	10
3	ham	12 ounces		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	mushrooms	1 pound	<i>brown or button</i>	5
1,3,4,5	yellow onion	4		4
1	brussels sprouts	3/4 pound		2
1,5	lemon	1		0.5
2,5	sweet potatoes	3-1/4 pounds		5
2,4	broccoli	2 sm heads		4
3	bell peppers	2	<i>any color</i>	2
3,5	spinach	1-1/4 pounds		5
3	cilantro	1 bunch	<i>optional - need 1/4 cup chopped</i>	1.5
4,5	fresh ginger	3-4"	<i>need 3-1/2 Tablespoons grated</i>	3

Recipe #	Dairy	Quantity	Notes	Est Cost *
3,5	cream cheese	6 ounces		2
5	eggs	4		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2,5	cashews	1 cup		5
3	chili powder	1/4 teaspoon	<i>optional</i>	0.5
5	mild curry powder	1 Tablespoon		0.5

Fresh 20 Grocery Est \$68.00
 Cost Per Dinner \$13.60
 Cost Per Serving \$3.40

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup + 1 Tblspn	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	1/2 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	4 cups (32 fl oz)	organic tomato paste	2 Tablespoons
	garlic	8 cloves	Dijon mustard or brown mustard	2 Tablespoons
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	2 teaspoons	whole grain pasta	16 ounces
	cayenne pepper		long grain brown rice	1-1/2 cups
paprika	1/2 teaspoon	whole wheat flour	2 Tablespoons	

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) SMOTHERED STEAK

pasta & brussels sprouts

MADE AHEAD

- 8 ounces whole wheat pasta prepared according to package directions (4 cups cooked)
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: mushrooms, onion, brussels sprouts

DIRECTIONS

For smothered steak

1. In a shallow dish, combine salt, pepper, paprika, and flour.
2. Dip steak in flour mixture evenly coating both sides.
3. Heat a nonstick skillet over medium heat and add oil.
4. When oil is hot add steak and cook for about 2-3 minutes on each side.
5. Remove steak from pan and keep warm. Add mushrooms and onions to pan and cook for about 2-3 minutes.
6. Add broth and simmer 2 minutes.
7. Add steak back to pan and simmer another 2 minutes. Serve with pasta and brussels sprouts.

Meanwhile

For pasta & brussels sprouts

1. Heat a large non-stick skillet over medium heat and add oil.
2. Add sprouts, salt, and pepper and cook for about 3-4 minutes.
3. Add pasta and lemon zest and stir to warm through.

INGREDIENTS

For smothered steak

- 1 pound cube steak
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon paprika
- 2 Tablespoons whole wheat flour
- 1 Tablespoon grapeseed oil
- 12 ounces mushrooms, sliced (4½ cups)
- 1 yellow onion, sliced (1 cup)
- 1 cup low-sodium chicken broth

For pasta & brussels sprouts

- 1½ Tablespoons olive oil
- ¾ pound brussels sprouts, shredded (3 cups)
- dash of black pepper
- ¼ teaspoon kosher salt
- 4 cups cooked whole wheat pasta
- 1 Tablespoon lemon zest

Smothered steak: 270kcal, 33g Protein, 11g Carb, 250mg Sodium, 2g Fiber, 70mg Cholesterol, 10g Fat, 2.5g Saturated, 4g Sugar, 2% Calcium, 20% Iron

Pasta & Brussels: 230kcal, 10g Protein, 39g Carb, 160mg Sodium, 8g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 3g Sugar, 2% Calcium, 10% Iron



(2) CASHEW FISH sweet potatoes & broccoli

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Cut vegetables: broccoli

DIRECTIONS

For sweet potatoes & broccoli

1. Heat oven to 400°F.
2. Toss sweet potatoes with oil, salt, and pepper and place in a single layer on a baking sheet.
3. Roast for 25-30 minutes.
4. While potatoes cook, toss broccoli with oil, garlic, salt, and pepper.
5. Place broccoli on a second baking sheet and put in oven with sweet potatoes for 15 minutes.

For cashew fish

1. In a shallow dish, combine ground cashews, paprika, salt, and pepper.
2. Brush fish with Dijon then dredge in cashew mixture.
3. Heat a large non-stick skillet over medium heat and add oil.
4. Sauté fish until flakey in the center, about 4-5 minutes per side (depending on thickness). Chicken will take slightly longer, cook until no longer pink in the middle.

INGREDIENTS

For sweet potatoes

- 1¼ pounds sweet potatoes, diced
- 1 Tablespoon olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

For broccoli

- 1 small head broccoli, florets (3½ cups)
- 1 Tablespoon olive oil
- 1 clove garlic, minced
- dash of kosher salt
- dash of black pepper

For cashew fish

- 1¼ pounds fish fillets (sub 1¼ pounds chicken breast)
- ½ cup cashews, ground
- ¼ teaspoon paprika
- dash of kosher salt and pepper
- 2 Tablespoons Dijon mustard
- 1 Tablespoon olive oil

Sweet potato & broccoli: 240kcal, 6g Protein, 39g Carb, 330mg Sodium, 9g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 11g Sugar, 8% Calcium, 10% Iron

Fish: 220kcal, 28g Protein, 3g Carb, 350mg Sodium, 0g Fiber, 70mg Cholesterol, 9g Fat, 1.5g Saturated, 1g Sugar, 2% Calcium, 6% Iron



(3) HAM MAC & CHEESE

MADE AHEAD

- 8 ounces whole wheat pasta prepared according to package directions (4 cups cooked)
- Cut vegetables: onion, bell peppers, spinach

DIRECTIONS

For ham mac & cheese

1. Heat a large pot over medium heat and add oil. When oil is hot add onions and garlic and sauté for 1 minute.
2. Add bell pepper and ham and cook for 2-3 minutes.
3. Add in tomato paste, cumin, chili powder, and black pepper.
4. Stir in broth and cream cheese until smooth.
5. Add spinach and pasta and stir until heated through.
6. Stir in cilantro and serve.

INGREDIENTS

For ham mac & cheese

1½ Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
2 bell peppers, diced (2 cups)
12 ounces diced ham
½ Tablespoon tomato paste
½ teaspoon cumin
¼ teaspoon chili powder, optional
¼ teaspoon black pepper
½ cup low-sodium chicken broth
3 ounces cream cheese
(6 Tablespoons)
4 ounces spinach, chopped (3 cups)
4 cups cooked whole wheat pasta
¼ cup chopped cilantro, optional

Ham Mac N Cheese: 450kcal, 26g Protein, 50g Carb, 730mg Sodium, 7g Fiber, 65mg Cholesterol, 17g Fat, 7g Saturated, 15g Sugar, 6% Calcium, 20% Iron



(4) GINGER BEEF STIR FRY

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 2-3" fresh ginger, grated (2 Tablespoons)
- Cut vegetables: onion, mushrooms, broccoli

DIRECTIONS

For ginger beef stir fry

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, and ginger and sauté for 1 minute.
3. Add steak and mushrooms and cook for 2-3 minutes.
4. Add broccoli and cook for 2 minutes then add black pepper, soy sauce, and broth and cook until broccoli is tender and steak is cooked through.
5. Serve over warmed rice.

INGREDIENTS

For ginger beef stir fry

- 1 Tablespoon grapeseed oil
- 1 yellow onion, sliced (1 cup)
- 2 cloves garlic, minced
- 2 Tablespoons grated ginger
- 1 pound cube steak, thin strips
- 4 ounces mushrooms, sliced (1½ cups)
- 1 small head broccoli, chopped (3½ cups)
- ¼ teaspoon black pepper
- 2 Tablespoons low-sodium soy sauce
- 2 Tablespoons low-sodium chicken broth

- 3 cups cooked brown rice, warmed

Ginger Beef Stir Fry: 290kcal, 34g Protein, 15g Carb, 140mg Sodium, 5g Fiber, 70mg Cholesterol, 10g Fat, 2.5g Saturated, 5g Sugar, 6% Calcium, 20% Iron

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

Saag, a traditional side dish from Northern India, is made with chopped or pureed greens and spices. When cheese and other ingredients are added it becomes a flavorful main dish.

MADE AHEAD

- ½ lemon, juiced (1½ Tablespoons juice)
- 2" fresh ginger, grated (1½ Tablespoons)
- Cut vegetables: onion

DIRECTIONS

For sweet potato saag

1. Heat a large skillet over medium heat and add oil, onion, garlic, and ginger and sauté for 3 minutes. Stir in curry powder.
2. Add in sweet potatoes, salt, pepper, tomato paste, and broth. Bring to a simmer and cook until potatoes are tender, about 10 minutes. Add more broth or water if needed.
3. Stir in cream cheese. Add spinach and cook until wilted, then stir in lemon juice. Serve topped with an egg and garnish with cashews.

For eggs

Heat a large skillet over medium heat and add oil. Crack eggs into skillet and cook to desired doneness. Serve over sweet potato saag.

INGREDIENTS

For sweet potato saag

- 1½ Tablespoons olive oil
- 1 yellow onion, sliced thin (1 cup)
- 3 cloves garlic, minced
- 1½ Tablespoons grated ginger
- 1 Tablespoon mild curry powder
- 2 pounds sweet potatoes, diced
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1½ Tablespoons tomato paste
- 2 cups low-sodium chicken or vegetable broth
- 3 ounces cream cheese (6 Tablespoons)
- 16 ounces spinach (10-12 cups)
- 1½ Tablespoons lemon juice
- ½ cup cashews, chopped

For eggs

- 1 Tablespoon olive oil
- 4 eggs

Sweet potato saag: 380kcal, 12g Protein, 42g Carb, 430mg Sodium, 9g Fiber, 20mg Cholesterol, 19g Fat, 6g Saturated, 15g Sugar, 15% Calcium, 35% Iron

Egg: 100kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 180mg Cholesterol, 8g Fat, 2g Saturated, 0g Sugar, 2% Calcium, 6% Iron