

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 6 carrots, large dice (3 cups)
 - 6 parsnips, large dice (3 cups)
 - 1½ small butternut squash, large dice (4 cups)

MEAL #2

- 16 ounces whole wheat pasta prepared according to package directions (8 cups cooked)
- 2 lemons, juiced and zested (6 Tablespoons juice, 1 Tablespoon zest) * *for the week*
- Cut vegetable:
 - 4 ounces mushrooms, sliced (1½ cups)
 - 1 bunch kale, chopped (6 cups)

MEAL #3

- 7 cups cooked quinoa prepared according to package directions * *for the week*
- Cut vegetables:
 - ¾ large head broccoli, small florets (3 cups)
 - ½ butternut squash, shredded (1½ cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 8 ounces mushrooms, sliced (3 cups)
 - ¼ large head broccoli, chopped (1 cup)

MEAL #5

- Cut vegetables:
 - 1 bunch kale, chopped (6 cups)

MENU

MONDAY ①

ROAST CHICKEN
Root Veggie Medley

TUESDAY ②

SALMON PASTA

WEDNESDAY ③

CHICKEN BROCCOLI QUINOA SKILLET

THURSDAY ④

BEEF STROGANOFF

FRIDAY ⑤

FALL QUINOA SALAD



CLASSIC November 3, 2017

Shopping List

(1) Roast Chicken (2) Salmon Pasta (3) Chicken Broccoli Quinoa Skillet (4) Beef Stroganoff (5) Fall Quinoa Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	split chicken breasts	8	<i>about 2 pounds</i>	8
2	salmon	1-1/4 pounds		8
4	ground beef	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	carrots	6		2
1	sweet potatoes	3 (8 oz) potatoes		1.5
1	parsnips	6		3
1,3	butternut squash	2 medium	<i>about 1 pound each</i>	4
2,5	fresh dill	1 small bunch	<i>need 2 Tablespoons chopped</i>	1.5
2,5	lemon	2		1
2,4	mushrooms	3/4 pound	<i>brown or button</i>	4
2,5	kale	2 bunches		4
3,4	broccoli	1 head		2
4	yellow onion	1		1
4	fresh parsley	1 small bunch	<i>optional - need 2 Tablespoons chopped</i>	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,4	sour cream	1 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
3,5	quinoa	3-1/2 cups		3.5
3,5	pumpkin seeds	1/2 cup		3
4	worcestershire sauce	1.5 Tablespoons	<i>optional</i>	1
1,5	dried cranberries	1/4 cup		2

Fresh 20 Grocery Est \$58.00
 Cost Per Dinner \$11.60
 Cost Per Serving \$2.90

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	dried oregano	
	grapeseed oil		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	
	garlic	4 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	2 teapoons	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	1-1/2 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) ROAST CHICKEN

root veggie medley

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: carrots, parsnips, butternut squash

DIRECTIONS

For roast chicken

1. Heat oven to 375°F.
2. Put chicken on a lined baking sheet, drizzle with oil, then season with salt and pepper.
3. Cook for about 30-40 minutes until juices run clear.
4. Save 4 breasts for Meal #3. Serve remaining chicken with root vegetables.

Meanwhile

For root veggie medley

1. Toss all ingredients together (except cranberries) and put on 1 or 2 baking sheets.
2. Bake at 375°F for about 30 minutes until parsnips and carrots are tender.
3. Save 1/3 for Meal #5, toss remaining vegetables with cranberries and serve with chicken.

INGREDIENTS

For roast chicken

- 8 split chicken breasts
- 1½ Tablespoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

For root veggie medley

- 3 Tablespoons olive oil
- 6 carrots, large dice (3 cups)
- 3 sweet potatoes, large dice (4½ cups)
- 6 parsnips, large dice (3 cups)
- 1½ small butternut squash, large dice (4 cups)
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 Tablespoons dried cranberries

Roast Chicken:140kcal, 26g Protein, 0g Carb, 220mg Sodium, 0g Fiber, 65mg Cholesterol,4 g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Root Vegetables:310kcal, 6g Protein, 55g Carb, 270mg Sodium, 12g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 20g Sugar, 10% Calcium, 10% Iron

MADE AHEAD

- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: mushrooms, kale

DIRECTIONS

For salmon pasta

1. Heat broiler to medium-high.
2. Put salmon on a baking sheet and season with salt, pepper, dill, and lemon zest.
3. Broil for about 8-10 minutes, until just flakey.
4. Meanwhile, heat a large skillet over medium heat and add oil and garlic and sauté for 1 minute. Add mushrooms and cook for 3-4 minutes.
5. Add kale until just wilted. Stir in pasta, sour cream, and lemon juice until warmed through.
6. Break salmon into large flakes with a fork and add to pan. Stir gently to incorporate.

INGREDIENTS

For salmon pasta

1¼ pound salmon fillets (sub 1¼ pounds chicken breast)
¼ teaspoon kosher salt
dash of black pepper
1 Tablespoon chopped fresh dill
1 Tablespoon lemon zest
1½ Tablespoons olive oil
2 cloves garlic, minced
4 ounces mushrooms, sliced (1½ cups)
1 bunch kale, chopped (6 cups)
4 cups cooked whole wheat pasta
½ cup sour cream
3 Tablespoons lemon juice

Salmon Pasta: 470kcal, 39g Protein, 36g Carb, 250mg Sodium, 5g Fiber, 75mg Cholesterol, 19g Fat, 4.5g Saturated, 2g Sugar, 10% Calcium, 15% Iron



(3) CHICKEN BROCCOLI QUINOA SKILLET

MADE AHEAD

- Cooked chicken breast * *from Meal #1*
- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: broccoli, butternut squash

DIRECTIONS

For chicken broccoli quinoa skillet

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add broccoli and cook for 2-3 minutes then add butternut squash, salt, and pepper and cook for another 3-4 minutes.
3. Add in quinoa, chicken, syrup, and seeds and serve.

INGREDIENTS

For chicken broccoli quinoa skillet

- 1½ Tablespoons olive oil
- 1 garlic clove, minced
- ¾ large head broccoli, small florets (3 cups)
- ½ butternut squash, shredded (1½ cups)
- dash of kosher salt and pepper
- 3 cups cooked quinoa
- 4 cooked chicken breasts, diced * *from Meal #1*
- 1 Tablespoon maple syrup
- 2 Tablespoons pumpkin seeds

Chicken Broccoli Skillet: 470kcal, 37g Protein, 50g Carb, 350mg Sodium, 10g Fiber, 65mg Cholesterol, 15g Fat, 2g Saturated, 8g Sugar, 8% Calcium, 30% Iron



(4) BEEF STROGANOFF

MADE AHEAD

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

DIRECTIONS

For beef stroganoff

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add garlic and onion and sauté for 1 minute.
3. Add beef and crumble as it cooks (2-3 minutes) then add salt, pepper, and mushrooms and cook 1-2 minutes.
4. Add flour and stir for 1 minute. Stir in broth, broccoli, parsley, and Worcestershire sauce to heat through.
5. Turn off heat and stir in sour cream.
6. Serve over warmed pasta.

INGREDIENTS

For beef stroganoff

1½ Tablespoons olive oil
1 garlic clove, minced
1 yellow onion, diced (1 cup)
1 pound lean ground beef
¼ teaspoon kosher salt
¼ teaspoon black pepper
8 ounces mushrooms, sliced (3 cups)
1½ Tablespoons whole wheat flour
1 cup low-sodium chicken broth
¼ large head broccoli, chopped (1 cup)
2 Tablespoons chopped parsley
1½ Tablespoons Worcestershire sauce, optional
½ cup sour cream
4 cups cooked whole wheat pasta, warmed

Beef Stroganoff: 460kcal, 33g Protein, 46g Carb, 330mg Sodium, 7g Fiber, 75mg Cholesterol, 17g Fat, 6g Saturated, 6g Sugar, 6% Calcium, 20% Iron

MADE AHEAD

- 4 cups cooked quinoa prepared according to package directions
- Roasted Vegetables * *from Meal #1*
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: kale

DIRECTIONS

For fall quinoa salad

Toss all ingredients together with dressing.

INGREDIENTS

For fall quinoa salad

4 cups cooked quinoa
Roasted veggies **from Meal #1*
1 bunch kale, chopped (6 cups)
¼ cup pumpkin seeds
2 Tablespoons dried cranberries

For dressing

3 Tablespoons lemon juice
2 Tablespoons olive oil
1 teaspoon Dijon mustard
dash of salt and pepper
1 Tablespoon chopped fresh dill

Fall Quinoa Salad: 470kcal, 17g Protein, 76g Carb, 180mg Sodium, 14g Fiber, 0mg Cholesterol, 12g Fat, 2g Saturated, 15g Sugar, 10% Calcium, 30% Iron

Dressing: 70kcal, 0g Protein, 0g Carb, 105mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron