

PREP GUIDE

MEAL #1

- Cut vegetables:
 - ¾ medium zucchini, sliced (1½ cups)

MEAL #2

- 1¼ cups cooked brown rice prepared according to package directions
- ¼ lemon, zested (¾ teaspoon zest)
- Cut vegetables:
 - ¼ yellow onion, chopped (¼ cup)
 - ¾ carrots, grated (¼ cup)
 - 1 ounce mushrooms, chopped (⅓ cup)

MEAL #3

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - 2½ ounces mushrooms, quartered (1 cup)
 - 1½ ounces spinach, chopped (1 cup)

MEAL #4

- Cut vegetables:
 - ¼ bell pepper, sliced thin (¼ cup)
 - ¼ zucchini, small strips (½ cup)
 - ¼ small head green cabbage, shredded (1½ cups)

MEAL #5

- Cut vegetables:
 - 3 ounces spinach, chopped (2 cups)

MENU

MONDAY ①

HERB ROASTED PORK TENDERLOIN
Maple Sweet Potatoes & Zucchini

TUESDAY ②

FISH STICKS
Veggie Rice

WEDNESDAY ③

SAUSAGE MUSHROOM SAUTE

THURSDAY ④

PORK SANDWICH
Warm Slaw

FRIDAY ⑤

SWEET POTATO BURGERS
Bruschetta Sauté



FOR ONE November 10, 2017

Shopping List

(1) Herb Roasted Pork Tenderloin (2) Fish Sticks (3) Sausage Mushroom Saute (4) Pork Sandwich (5) Sweet Potato Burger

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	pork tenderloin	1/2 pound		3
2	fresh white fish fillets	1 (4-5 oz) fillet	<i>your choice, cod works well</i>	2.5
3	sausage (Italian or turkey)	1/4 pound	<i>bulk or links removed from casings</i>	1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	fresh rosemary	few sprigs	<i>optional, need 1 teaspoon chopped</i>	1
1,3,5	sweet potatoes	1 pound		1.5
1,4	zucchini	1 medium		1
2	lemon	1		0.5
2,3	yellow onion	1		1
2	carrots	1		0.5
2,3	mushrooms	1/4 pound	<i>brown or button</i>	1.5
2,5	tomatoes	2		1
2,3,5	fresh basil	1 bunch		1.5
3,4,5	spinach	1/3 pound		1.5
4	bell peppers (any color)	1		1
4	green cabbage	1 small head		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,3,4	cream cheese	2 ounces		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2,4,5	almonds	1/4 cup		1.5
2,4	whole wheat roll	2		1

Fresh 20 Grocery Est \$24.50
 Cost Per Dinner \$4.90
 Cost Per Serving \$4.90

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	
	grapeseed oil		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	1/4 cup (2 fl oz)	organic tomato paste	
	garlic	3 cloves	Dijon mustard or brown mustard	1/2 Tablespoon
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	
	black pepper	1/2 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	2/3 cup
paprika	1/8 teaspoon	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) HERB ROASTED PORK TENDERLOIN

maple sweet potatoes & zucchini

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- Cut vegetables: zucchini

DIRECTIONS

For herb roasted pork tenderloin

1. Heat oven to 375°F.
2. Combine oil, garlic, rosemary, Dijon, salt, and pepper and spread all over pork.
3. Put on a baking sheet and roast about 20-25 minutes or until internal temperature reaches 145°F.
4. Let rest 5 minutes before slicing. Save half the pork for Meal #4, serve remaining pork with sweet potatoes and zucchini.

For maple sweet potatoes

1. Put potatoes in a pot of salted water and bring to a boil. Cook 8-10 minutes until tender, drain, and set aside.
2. Put pot back on stove on medium heat and add oil and garlic. When garlic is starting to brown add the chicken broth.
3. Add potatoes back to the pot with cream cheese, salt, and maple syrup; mash together.
4. Save half the mash for Meal #5, serve remaining potatoes with pork and zucchini.

For zucchini

1. Heat a non-stick skillet over medium-high heat and add oil.
2. Add zucchini and sauté until just tender, not mushy.
3. Season with salt and pepper.

Dairy Free: *Omit cream cheese. Replace with dairy free yogurt if desired.*

Gluten Free: *Use gluten free broth.*

Vegetarian: *Prepare zucchini and potatoes as above, using vegetable broth. Replace pork with ¼ pound sliced tofu. Marinate 20 minutes and cook 20 minutes at 400°F, turning once.*

INGREDIENTS

For herb roasted pork tenderloin

- ½ pound pork tenderloin
- ½ Tablespoon olive oil
- ½ clove garlic, minced
- ¾ teaspoon chopped rosemary
- ¾ teaspoon Dijon mustard
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

For maple sweet potatoes

- ¾ pound sweet potato(s), cut into large chunks
- ¾ teaspoon olive oil
- ½ clove garlic, minced
- 2 Tablespoons low-sodium chicken broth
- ¾ ounce cream cheese
- ½ teaspoon kosher salt
- ½ Tablespoon maple syrup

For zucchini

- ¾ medium zucchini, sliced (1½ cups)
- ¾ teaspoon olive oil, divided
- Pinch of kosher salt
- Pinch of black pepper

Pork: 170kcal, 25g Protein, 0g Carb, 320mg Sodium, 0g Fiber, 75mg Cholesterol, 6g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Maple Sweet Potatoes: 200kcal, 4g Protein, 39g Carb, 250mg Sodium, 6g Fiber, 10mg Cholesterol, 3.5g Fat, 2g Saturated, 15g Sugar, 6% Calcium, 6% Iron

Zucchini: 70kcal, 2g Protein, 5g Carb, 160mg Sodium, 1g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 3g Sugar, 2% Calcium, 6% Iron



(2) FISH STICKS

veggie rice

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- 1¼ cups cooked brown rice prepared according to package directions
- ¼ lemon, zested (¾ teaspoon zest)
- Cut vegetables: onion, carrots, mushrooms

DIRECTIONS

For fish sticks

1. Heat oven to 375°F.
2. Toast whole wheat roll and cool (you can also put in under the broiler for a minute or two). Put into blender or food processor and pulse until coarse crumbs.
3. Combine salt, pepper, paprika, almonds, and 2 Tablespoons crumbs in a shallow dish. Dip fish strips into mixture and press to coat.
4. Put on a lined baking sheet and bake for about 20 minutes.
5. Sprinkle with lemon zest before serving.

For veggie rice

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, and carrots and cook for 2-3 minutes.
3. Add mushrooms and tomatoes and cook for 2-3 minutes.
4. Add in rice, basil, salt, and pepper.
5. Save ½ cup rice for Meal #5, serve remaining rice with fish sticks.

Dairy Free:

Gluten Free: *Replace breadcrumbs (toasted whole wheat roll) with 2 Tablespoons ground oats.*

Vegetarian: *Omit fish sticks, serve Veggie Rice with Stewed Beans. Heat 2 teaspoons oil in a skillet and add ½ clove garlic and ¼ cup diced onion; cook 2 minutes. Add ¾ cup diced bell pepper, ¼ minced jalapeno, ¼ teaspoon cumin, and ½ cup diced tomatoes; cook 3-4 minutes. Add ¾ cup black beans, 1 Tablespoon broth, and a pinch of salt and pepper. Stir in ½ Tablespoon lemon juice. Save ⅔ for Meal #4.*

INGREDIENTS

For fish sticks

1 (4-5 oz) fillet fresh white fish cut into strips (can sub ½ pound chicken breast)
Pinch of kosher salt
Pinch of black pepper
⅛ teaspoon paprika
2 Tablespoons almonds, ground
1 whole wheat roll *
¾ teaspoon lemon zest

For veggie rice

¾ teaspoon olive oil
¼ yellow onion, chopped (¼ cup)
½ clove garlic, minced
¾ carrot, grated (¼ cup)
1 ounce mushrooms, chopped (⅓ cup)
1 tomato, chopped (¾ cup)
1¼ cups cooked brown rice
2 Tablespoons chopped basil
Pinch of kosher salt
dash of black pepper

* *substitute 2 Tablespoons store bought bread crumbs.*

Fish Sticks: 260kcal, 37g Protein, 10g Carb, 320mg Sodium, 4g Fiber, 80mg Cholesterol, 8g Fat, 0.5g Saturated, 2g Sugar, 6% Calcium, 10% Iron

Rice: 210kcal, 5g Protein, 40g Carb, 125mg Sodium, 5g Fiber, 0mg Cholesterol, 3.5g Fat, 0.5g Saturated, 6g Sugar, 4% Calcium, 6% Iron

MADE AHEAD

- Cut vegetables: onion, mushrooms, spinach

DIRECTIONS

For sausage mushroom sauté

1. Heat a nonstick skillet over medium heat and add oil.
2. Add sausage, sweet potatoes, and onion crumbling sausage as it cooks; about 5-7 minutes.
3. Add mushrooms, spinach, broth, salt, and pepper and cook for 3-4 minutes until sweet potatoes are tender.
4. Turn heat to low and stir in cream cheese and basil.

Dairy Free: Omit cream cheese, use dairy free yogurt if desired.

Gluten Free: Use gluten free broth.

Vegetarian: Omit above, serve Mushroom Omelet with Sweet Potatoes. Heat 1 teaspoon oil in a skillet over medium heat and add 2 Tablespoons diced onion and 1 cup sliced mushrooms; sauté 3 minutes. Add 1 cup chopped spinach and cook until wilted. Whisk 2 eggs with pinch of salt and pepper and pour into mushroom mixture, top with 1 Tablespoon each basil and goat cheese. Cook until sides are set, transfer to 425°F oven and cook 4-5 minutes. For potatoes, slice 1 small sweet potato into ½" rounds and toss with 1 teaspoon oil and pinch of cinnamon. Place in a single layer on a baking sheet and cook in 425° oven 10 minutes per side.

INGREDIENTS

For sausage mushroom sauté

¾ teaspoon olive oil
¼ pound sausage, no casings
½ medium (8 oz) sweet potato, cut into small cubes
¼ yellow onion, diced (¼ cup)
2½ ounces mushrooms, quartered (1 cup)
1½ ounces spinach, chopped (1 cup)
2 Tablespoons low-sodium chicken broth
⅛ teaspoon kosher salt
⅛ teaspoon black pepper
½ ounce cream cheese
1 Tablespoon chopped basil

Sauté: 480kcal, 19g Protein, 25g Carb, 980mg Sodium, 6g Fiber, 80mg Cholesterol, 33g Fat, 13g Saturated, 7g Sugar, 10% Calcium, 10% Iron

MADE AHEAD

- ¼ pound cooked pork tenderloin * *from Meal #1*
- Cut vegetables: bell pepper, zucchini, cabbage

DIRECTIONS

For sandwich

1. Warm sliced pork in a sauté pan over medium heat if desired.
2. Combine cream cheese, Dijon, and syrup and spread on roll.
3. Layer pork slices and spinach on roll.
4. Serve with slaw.

For warm slaw

1. Heat a non-stick skillet over medium heat and add oil and bell pepper. Sauté for 1-2 minutes.
2. Add zucchini and cabbage and cook for 2-3 minutes.
3. Add salt, pepper, syrup, and vinegar; cook for 1-2 minutes.
4. Toss in almonds before serving.

Dairy Free: *Omit cream cheese, use 1 Tablespoon dairy free yogurt if desired.*

Gluten Free: *Omit cream cheese and wheat roll. Combine mustard and maple syrup and spread on two corn tortillas and top with pork and spinach.*

Vegetarian: *Prepare slaw as above, omit pork sandwich, serve with Black Bean Tacos. Warm black beans from Meal #2, serve in two corn tortillas with ½ cup spinach leaves and ¼ sliced avocado.*

INGREDIENTS

For pork sandwich

¼ pound pork tenderloin, sliced and warmed if desired * *from Meal #1*
 ½ ounce cream cheese (1 Tablespoon)
 ¾ teaspoon Dijon mustard
 ¾ teaspoon maple syrup
 ½ ounce spinach (⅓ cup)
 1 whole wheat roll

For warm slaw

¾ teaspoon olive oil
 ¼ bell pepper, sliced thin (¼ cup)
 ¼ zucchini, into small strips (½ cup)
 ¼ small head green cabbage, shredded (1½ cups)
 pinch of kosher salt and pepper
 ¾ teaspoon maple syrup
 ½ Tablespoon white or red wine vinegar
 1 Tablespoon chopped almonds

Pork Sandwich: 290kcal, 26g Protein, 20g Carb, 600mg Sodium, 3g Fiber, 85mg Cholesterol, 12g Fat, 4g Saturated, 6g Sugar, 8% Calcium, 10% Iron

Slaw: 130kcal, 4g Protein, 17g Carb, 120mg Sodium, 6g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 11g Sugar, 8% Calcium, 6% Iron



(5) SWEET POTATO BURGERS

bruschetta sauté

OVEN TEMPERATURE: 425°F

MADE AHEAD

- Mashed sweet potatoes * *from Meal #1*
- ½ cup veggie brown rice * *from Meal #2*
- Cut vegetables: spinach

DIRECTIONS

For sweet potato burgers

1. Preheat the oven to 425°F.
2. Line a baking sheet with parchment.
3. Combine all the ingredients and form in to a patty.
4. Place on a baking sheet and cook about 20 minutes, turning once.
5. Serve with bruschetta sauté.

For bruschetta sauté

1. Heat a non-stick skillet to medium heat and add oil and garlic and sauté for 1 minute.
2. Add tomatoes and spinach and sauté for about 3-4 minutes. Add salt, pepper, basil, and balsamic vinegar and stir to combine. Serve with sweet potato burger.

Dairy Free:

Gluten Free:

Vegetarian:

INGREDIENTS

For sweet potato burgers

Mashed sweet potatoes **from Meal #1*
½ cup veggie brown rice **from Meal #2*
1 Tablespoon ground almonds

For bruschetta sauté

½ Tablespoon olive oil
½ clove garlic, minced
½ tomato, diced
3 ounces spinach, chopped (2 cups)
Pinch of kosher salt
Pinch of black pepper
1 Tablespoon chopped basil
½ Tablespoon balsamic vinegar

Burgers: 340kcal, 10g Protein, 56g Carb, 310mg Sodium, 9g Fiber, 10mg Cholesterol, 8g Fat, 2.5g Saturated, 18g Sugar, 8% Calcium, 10% Iron

Bruschetta: 160kcal, 9g Protein, 24g Carb, 170mg Sodium, 7g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 4g Sugar, 10% Calcium, 20% Iron