

PREP GUIDE

MEAL #1

- ½ lemon, zested & juiced (2¼ teaspoons juice, ½ Tablespoon zest) * *for the week*
- Cut vegetables:
 - ¼ pound green beans, trimmed (¾ cup)

MEAL #2

- Cut vegetable:
 - ½ bell pepper, sliced thin (½ cup)
 - 3 ounces brussels sprouts, trimmed and sliced thin (¾ cup)

MEAL #3

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - 1 carrot, diced (½ cup)
 - 1 stalk celery, diced (½ cup)
 - ½ cup chopped spinach

MEAL #4

- 1 whole wheat roll, cubed and dried overnight or toasted
- Cut vegetables:
 - ¼ small yellow onion, small diced (3 Tablespoons)
 - ½ stalk celery, small dice (¼ cup)
 - 3 ounces green beans, trimmed (½ cup)

MEAL #5

- Cut vegetables:
 - ½ bell pepper, sliced thin (½ cup)
 - 3 ounces brussels sprouts, trimmed and sliced thin (¾ cup)

MENU

MONDAY ①

ROAST CHICKEN
Mashed Potatoes & Green Beans

TUESDAY ②

BLACKENED SHRIMP SANDWICH

WEDNESDAY ③

CHICKEN SOUP

THURSDAY ④

TURKEY DINNER

FRIDAY ⑤

MASHED POTATO STACK



Happy Thanksgiving!

There are TWO shopping lists this week.

Choose the correct list for your needs depending on whether you are making The Fresh 20 Thursday meal or your own Thanksgiving meal.



Use this shopping list if you ARE making Meal #4

FOR ONE November 17, 2017
Shopping List

(1) Roast Chicken (2) Blackened Shrimp Sandwich (3) Chicken Soup (4) Turkey Dinner (5) Mashed Potato Stack

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	split chicken breasts	2	about 1/2 pound	3
2	medium shrimp	1/3 pound		3
4	split bone-in turkey breast	1/2 pound		3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	lemon	1		0.5
1,3	russet potatoes	1 pound		1
1,4	green beans	1/2 pound		1.5
2,5	bell peppers (any color)	1		1
2,5	brussels sprouts	1/2 pound		1.5
3,4	yellow onion	1		1
3	carrots	1		0.5
3,4	celery	2 stalks		0.5
3	spinach	1 ounce	about 1/2 cup	1
4	fresh sage	1 sm bunch	need 2 teaspoons chopped	1.5
4	fresh whole cranberries	1/4 cup		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,4,5	butter	2 Tablespoons		1
1	low fat milk	1/4 cup		1
4,5	egg	3		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2,4	whole wheat rolls	2		1
2	hot sauce	to taste	optional	0.5
4	apple cider	2 Tablespoons	not juice or vinegar	1
2,3	white beans	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$26.00
 Cost Per Dinner \$5.20
 Cost Per Serving \$5.20

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	
	grapeseed oil	1 teaspoon	herbes de provence	1/8 teaspoon
	balsamic vinegar		ground cumin	dash
	white wine vinegar		raw honey or 100% maple syrup	1/2 Tablespoon
	chicken or veggie broth: low sodium	2 cups (16 fl oz)	organic tomato paste	
	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	
	cayenne pepper		long grain brown rice	
	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.



Use this shopping list if you are NOT making Meal #4

FOR ONE November 17, 2017
Shopping List

(1) Roast Chicken (2) Blackened Shrimp Sandwich (3) Chicken Soup (4) HAPPY THANKSGIVING! (5) Mashed Potato Stack

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	split chicken breasts	2	about 1/2 pound total	3
2	medium shrimp	1/3 pound		3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	lemon	1		0.5
1,3	russet potatoes	1 pound		1
1	green beans	1/4 pound		1
2,5	bell peppers (any color)	1		1
2,5	brussels sprouts	1/2 pound		1.5
3	yellow onion	1		1
3	carrots	1		0.5
3	celery	1 stalk		0.5
3	spinach	1 ounce	about 1/2 cup	2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,5	butter	1 Tablespoon		0.5
1	low fat milk	1/4 cup		1
5	eggs	2		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2	whole wheat rolls	1		0.5
2	hot sauce	to taste	optional	0.5
2,3	white beans	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$18.50
 Cost Per Dinner \$4.63
 Cost Per Serving \$4.63

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2 Tablespoons	dried oregano	
	grapeseed oil	1 teaspoon	herbes de provence	1/8 teaspoon
	balsamic vinegar		ground cumin	dash
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	1-1/2 cups (12 fl oz)	organic tomato paste	
	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	
	cayenne pepper		long grain brown rice	
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) ROAST CHICKEN

mashed potatoes & green beans

OVEN TEMPERATURE: 375°F

MADE AHEAD

- ¼ lemon, zested (¾ teaspoon)
- Cut vegetables: green beans

DIRECTIONS

For roast chicken

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

Meanwhile

For mashed potatoes

1. Put potatoes in a pot of salted water and bring to a boil until very tender, about 10-15 minutes. Drain and set potatoes aside.
2. Put pot back on low heat and add butter and garlic and sauté for 1 minute. Add in milk and broth.
3. Add potatoes back in and mash.
4. Save half the potatoes for Meal #5, serve remaining potatoes with chicken and green beans.

For green beans

1. Heat a non-stick skillet over medium-high heat.
2. Add oil then beans and toss frequently until slightly brown and just tender.
3. Add salt and pepper to taste.

Dairy Free: *Replace butter with olive oil, replace milk with nondairy milk such as coconut or almond.*

Gluten Free: *Use gluten free broth.*

Vegetarian: *Make green beans & mashed potatoes as above. Serve with Mushroom Toast; brush two slices of whole grain baguette with olive oil and toast or broil. In a skillet combine 1 teaspoon butter with 1 cup sliced mushrooms, ½ minced garlic clove, ½ cup white beans and salt and pepper. Cook 3-4 minutes until tender, serve on toasted baguette.*

INGREDIENTS

For roast chicken

- 2 split chicken breasts (about ½ pound)
- 1 teaspoon olive oil
- ¾ teaspoon lemon zest
- ⅛ teaspoon kosher salt
- ⅛ teaspoon black pepper

For mashed potatoes

- ¾ pound russet potatoes, cut into cubes
- 2 teaspoons butter
- ½ clove garlic, minced
- ¼ cup low fat milk
- 2 Tablespoons low sodium chicken broth

For green beans

- ¼ pound green beans, trimmed (¾ cup)
- 1 teaspoon olive oil
- pinch of kosher salt and pepper

Roast Chicken: 170kcal, 32g Protein, 0g Carb, 240mg Sodium, 0g Fiber, 80mg Cholesterol, 4.5g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Potatoes: 180kcal, 4g Protein, 32g Carb, 20mg Sodium, 2g Fiber, 15mg Cholesterol, 4.5g Fat, 3g Saturated, 3g Sugar, 4% Calcium, 6% Iron

Green Beans: 90kcal, 2g Protein, 9g Carb, 80mg Sodium, 4g Fiber, 0mg Cholesterol, 6g Fat, 0g Saturated, 4g Sugar, 4% Calcium, 6% Iron



(2) BLACKENED SHRIMP SANDWICH

brussels sprouts

MADE AHEAD

- Cut vegetables: bell peppers, brussels sprouts

DIRECTIONS

For blackened shrimp sandwich

1. Toss shrimp with seasonings (salt through cumin).
2. Heat a non-stick skillet over medium-high heat and add grapeseed oil.
3. When oil is hot add shrimp, tossing frequently, for about 3-4 minutes until pink and opaque (chicken may take a bit longer, cook until no longer pink in the center).
4. Remove shrimp from skillet and keep warm. Add bell peppers to pan cook for about 1-2 minutes until tender.
5. Serve shrimp and peppers in toasted roll with hot sauce.

For brussels sprouts

1. Heat a non-stick skillet over medium-high heat.
2. Add oil then brussels sprouts and toss occasionally until lightly browned.
3. Toss in white beans and continue to cook for 3-4 minutes.
4. Add salt and pepper to taste.

Dairy Free:

Gluten Free: *Omit whole wheat roll, serve shrimp in 2 corn tortillas.*

Vegetarian: *Omit Shrimp Sandwich. Prepare Brussels sprouts as above. Prepare Quinoa Brussels Bowl as follows; Toss 1 cup cooked quinoa with 1 teaspoon each olive oil and lemon juice. Serve brussels sprouts over quinoa topped with 1 Tablespoon parmesan cheese.*

INGREDIENTS

For blackened shrimp sandwich

⅓ pound medium shrimp, peeled and deveined (sub ⅓ pound chicken tenders)
Pinch of kosher salt
Pinch of black pepper
Pinch of paprika
½ clove garlic, minced
Pinch of Herbes de Provence
Pinch of cumin
¾ teaspoon grapeseed oil
½ bell pepper, sliced thin (½ cup)

1 whole wheat roll, sliced and toasted
Hot sauce (your choice) * *optional*

For brussels sprouts

1 teaspoon olive oil
3 ounces Brussels sprouts, trimmed and sliced thin (¾ cup)
¼ (15 oz) can organic white beans, drained and rinsed
pinch of kosher salt and pepper

Blackened Shrimp Sandwich:300kcal, 28g Protein, 30g Carb, 670mg Sodium,1 g Fiber, 180mg Cholesterol, 7g Fat, 1g Saturated,6g Sugar, 15% Calcium,10 % Iron

Brussels Sprout and White Beans:160kcal, 8g Protein, 20 Carb, 115mg Sodium, 7g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 3g Sugar, 4% Calcium, 10% Iron

MADE AHEAD

- Roasted chicken * *from Meal #1*
- Cut vegetables: onion, carrots, celery, spinach

DIRECTIONS

For chicken soup

1. Heat a soup pot over medium heat and add oil, onion, and garlic and sauté for 1-2 minutes.
2. Add carrots, celery, and potatoes and cook for 2 minutes.
3. Add beans, broth and chicken and bring to a simmer; cook until potatoes are tender.
4. Add salt, pepper, Herbes, and spinach and cook for 2 minutes until spinach wilts.

Dairy Free:

Gluten Free: *Use gluten free broth.*

Vegetarian. *Omit chicken, replace chicken broth with vegetable broth. Increase potatoes from ½ to 1. Increase beans from ¼ can to ½ can. Add 1½ cups kale with beans. Top with 1 Tablespoon parmesan cheese.*

INGREDIENTS

For chicken soup

½ Tablespoon olive oil
¼ yellow onion, diced (¼ cup)
¼ clove garlic, minced
1 carrot, diced (½ cup)
1 stalk celery, diced (½ cup)
½ (6-8 oz) russet potato, diced small
¼ (15 oz) can organic white beans,
drained and rinsed
1¼ cups low-sodium chicken broth
Roasted chicken breast, meat diced
* *from Meal #1*
Pinch of kosher salt
Pinch of black pepper
Pinch of Herbes de Provence
½ cup chopped spinach

Soup: 450kcal, 43g Protein, 40g Carb, 590mg Sodium, 9g Fiber, 80mg Cholesterol, 12g Fat, 1g Saturated, 9g Sugar, 8% Calcium, 20% Iron



(4) TURKEY DINNER

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Dry roll overnight or in the oven
- ¼ lemon, zested & juiced 2¼ teaspoons juice, ¾ teaspoon zest)
- Cut vegetables: onion, celery, green beans

DIRECTIONS

For turkey

1. Heat oven to 375°F.
2. Mix butter with sage, salt, and pepper. Rub under and on turkey skin.
3. Roast turkey skin side up about 40-50 minutes or until juices run clear (internal temperature 165°F).
4. Let rest before slicing against the grain. Save half the turkey for another use or freeze.

Meanwhile

For dressing

1. Heat a large skillet over medium heat and add butter, onion, and celery; sauté for about 3-4 minutes.
2. Stir in salt, pepper, sage, and cubed bread.
3. In a small bowl, whisk ½ cup broth and egg together. Add broth to skillet to wet the bread mixture, but not soak it (add additional broth if needed).
4. Put in a lightly oiled small casserole dish or loaf pan and bake for about 18-20 minutes at 375°F

For cranberries

1. Heat a saucepan over medium heat and add all ingredients.
2. When cranberries begin to pop, lower heat to low and cook until slightly thickened, about 8-10 minutes.

For green beans

1. Heat a non-stick skillet over medium-high heat and add oil.
2. Add beans and toss frequently until slightly brown and just tender.
3. Add salt and pepper to taste.

Turkey:140kcal, 28g Protein, 0g Carb, 250mg Sodium, 0g Fiber, 50mg Cholesterol, 3g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Dressing:220kcal, 9g Protein, 29g Carb, 480mg Sodium, 1g Fiber, 60mg Cholesterol, 9g Fat, 4g Saturated, 7g Sugar, 8% Calcium, 10% Iron

Cranberries:40kcal, 0g Protein, 10g Carb, 0mg Sodium, 1g Fiber, 0 mg Cholesterol, 0g Fat, 0g Saturated, 8g Sugar, 0% Calcium, 0% Iron

Green Beans:60kcal, 1g Protein, 5g Carb, 75mg Sodium, 3g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 2% Calcium, 6% Iron

INGREDIENTS

For turkey

½ pound bone in turkey breast
¾ teaspoon butter
¾ teaspoon chopped sage (or ¼ teaspoon Herbes de Provence)
Pinch of kosher salt
Pinch of black pepper

For dressing

½ Tablespoon butter
¼ small yellow onion, diced small (3 Tablespoons)
½ stalk celery, diced small (¼ cup)
Pinch of kosher salt
Pinch of black pepper
1 teaspoon chopped sage (or ¼ teaspoon Herbes de Provence)
1 whole wheat roll, diced and dried
⅓-½ cup low sodium chicken broth
1 egg white, beaten

For cranberries (can be made ahead)

¼ cup fresh whole cranberries
2 Tablespoons apple cider
2¼ teaspoons lemon juice
¾ teaspoon lemon zest
½ Tablespoon maple syrup

For green beans

¾ teaspoon olive oil
3 ounces green beans, trimmed (½ cup)
Pinch of kosher salt and pepper

(4) TURKEY DINNER

Dairy Free: Replace butter with oil

Gluten Free: Use gluten free broth. For dressing, replace bread with 1 cup diced brown or button mushrooms and ½ cup white bean and sauté for 5 minutes; serve (omit broth and egg, do not bake).

Vegetarian: Omit turkey, prepare cranberries and green beans as above. For stuffing, omit chicken and egg. Use vegetable broth and reduce to 1 cup. In step one add ½ cup white beans and 1 cup chopped mushrooms with celery. Continue recipe as above. Serve with Acorn Squash: Heat oven to 400°F. Cut 1 acorn squash in half and remove seeds. Combine 1 Tablespoon each butter, maple syrup, sage and pinch of salt and pepper; brush on cut side of squash. Bake, cut side up, for 45-60 minutes. Serving size is ¼ of squash. Use remaining squash for another meal, or scoop from skin, mash, and freeze. Is excellent added to soups! Top squash with 1 Tablespoon chopped pecans before serving with dressing, cranberries, and green beans.



(5) MASHED POTATO STACK

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Mashed potatoes *from Meal #1
- Cut vegetables: brussels sprouts, bell peppers

DIRECTIONS

For mashed potato stack

1. Heat oven to 375°F.
2. Form mashed potatoes into 2 small patties and put on lined baking sheet.
3. Cook for about 8-10 minutes until heated through.

Meanwhile

1. Heat a non-stick skillet over medium-high heat.
2. Add oil then Brussels sprouts and bell peppers and toss frequently until slightly brown and just tender.
3. Add salt and pepper to taste, remove from pan, and set aside.
4. Put skillet back on heat and add butter.
5. Crack eggs into skillet and cook until desired doneness.
6. To serve, top mashed potato patties with Brussels sprouts, bell peppers, and cooked egg.

Dairy Free: *Replace butter with olive oil.*

Gluten Free:

Vegetarian:

INGREDIENTS

For mashed potato stack

Leftover mashed potatoes * from meal #1

¾ teaspoon olive oil
3 ounces Brussel sprouts, trimmed and slice thin (¾ cup)
½ bell pepper, sliced thin (½ cup)
Pinch of kosher salt
Pinch of black pepper

1 teaspoon butter
2 eggs

Potato Stack: 450kcal, 21g Protein, 44g Carb, 340mg Sodium, 7g Fiber, 385mg Cholesterol, 21g Fat, 9g Saturated, 7g Sugar, 10% Calcium, 20% Iron