

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1 pound green beans, trimmed (3 cups)

MEAL #2

- 4 cups cooked quinoa prepared according to package directions
- 2 lemons, zested & juiced (4 Tablespoons juice, 1 Tablespoon zest) * *for the week*
- Cut vegetable:
 - ¾ pound brussels sprouts, trimmed and sliced thin (3 cups)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 4 carrots, diced (2 cups)
 - 4 stalks celery, diced (2 cups)
 - 1 head organic Tuscan kale, finely chopped (6 cups)

MEAL #4

- 6-8 ounce whole grain baguette, cubed and dried overnight or toasted
- Cut vegetables:
 - 1 small yellow onion, diced small (¾ cup)
 - 3 stalks celery, small dice (1½ cups)
 - 12 ounces mushrooms, diced (4½ cups)
 - 12 ounces green beans, trimmed (2 cups)

MEAL #5

- Cut vegetables:
 - ¾ pound brussels sprouts, trimmed and sliced thin (3 cups)
 - 2 bell peppers, sliced thin (2 cups)

MENU

MONDAY ①

MUSHROOM TOAST
Mashed Potatoes & Green Beans

TUESDAY ②

QUINOA BRUSSELS SPROUT BOWL

WEDNESDAY ③

TUSCAN KALE SOUP

THURSDAY ④

ACORN SQUASH & DRESSING 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

VEGETARIAN November 17, 2017

Shopping List

(1) Mushroom Toast (2) Quinoa with Brussels Sprouts (3) Tuscan Kale Soup (4) Acorn Squash & Dressing Dinner (5) Mashed Potato Stack

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	mushrooms	1-1/2 pounds	<i>brown or button</i>	6
1,3	russet potatoes	4-1/2 pounds		5
1,4	green beans	1-3/4 pounds		3.5
2,4	lemon	2		1
2,5	brussels sprouts	1-1/2 pounds		3
3,4	yellow onion	2		2
3	carrots	4		1.5
3,4	celery	7 stalks		1.5
3	Tuscan kale	1 head	<i>organic</i>	2.5
4	fresh sage	small bunch	<i>can sub 2-1/2 tsp Herbes de Provence</i>	1.5
4	fresh cranberries	1 cup		2
5	bell peppers	2		2
4	acorn squash	1		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,4,5	butter	9 Tablespoons		2
1	low fat milk	1 cup		1
2,3	parmesan cheese	1/2 cup		1.5
5	eggs	8		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,4	whole grain baguette	2 large loaves		4
1	garbanzo beans	1 (15 oz) can		1.5
2	quinoa	2 cups		2
2,3,4	white beans	4 (15 oz) cans		6
4	pecans	1/4 cup		2
4	apple cider	1/2 cup	<i>not vinegar or apple juice</i>	3

Fresh 20 Grocery Est \$60.50
 Cost Per Dinner \$12.10
 Cost Per Serving \$3.03

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup + 1 Tblspn	dried oregano	
	grapeseed oil		herbes de provence	1/4 teaspoon
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	3 Tablespoons
	veggie broth: low sodium	7 cups (56 fl oz)	organic tomato paste	
	garlic	4 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/2 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	
paprika		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.

VEGETARIAN November 17, 2017

Shopping List

(1) Mushroom Toast (2) Quinoa with Brussels Sprouts (3) Tuscan Kale Soup (4) Happy Thanksgiving! (5) Mashed Potato Stack

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	mushrooms	3/4 pound	<i>brown or button</i>	4
1,3	russet potatoes	4-1/2 pounds		5
1	green beans	1 pound		2
2	lemon	1		0.5
2,5	brussels sprouts	1-1/2 pounds		3
3	yellow onion	1		1
3	carrots	4		1.5
3	celery	4 stalks		1.5
3	Tuscan kale	1 head	<i>organic</i>	2.5
5	bell peppers (any color)	2		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,5	butter	1/3 cup		1.5
1	low fat milk	1 cup		1
2,3	parmesan cheese	1/2 cup		1.5
5	eggs	8		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	whole grain baguette	1 large loaf		2
1	garbanzo beans	1 (15 oz) can		1.5
2	quinoa	2 cups		2
2,3	white beans	3 (15 oz) cans		4.5

Fresh 20 Grocery Est \$41.00
 Cost Per Dinner \$10.25
 Cost Per Serving \$2.56

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil		herbes de provence	1/4 teaspoon
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	6 cups (48 fl oz)	organic tomato paste	
	garlic	4 cloves	Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	
	black pepper	1 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	
	paprika		whole wheat flour	

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(1) MUSHROOM TOAST

mashed potatoes & green beans

OVEN TEMPERATURE: 500°F

MADE AHEAD

- Cut vegetables: green beans

DIRECTIONS

For mushroom toast

1. Brush oil on baguette slices and toast in oven or toaster oven.
2. Meanwhile, heat butter in a medium skillet. Add mushrooms and cook 3-4 minutes.
3. Add garlic and garbanzos, salt and pepper and toss to combine.
4. Serve mushrooms over baguette slices with potatoes and green beans.

Meanwhile

For mashed potatoes

1. Put potatoes in a large 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 mushroom toast and green beans.

For green beans

1. Heat a large 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.

INGREDIENTS

For mushroom toast

- 1 Tablespoon olive oil
- 8 slices whole grain baguette, cut on a bias
- 1 Tablespoon butter
- 12 ounces mushrooms, sliced (4½ cups)
- 1 clove garlic, minced
- 1 (15 oz) can organic garbanzo beans, drained and rinsed
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

For mashed potatoes

- 3 pounds russet potatoes, cut into cubes
- 3 Tablespoons butter
- 2 cloves garlic, minced
- 1 cup low fat milk
- ½ cup low sodium vegetable broth

For green beans

- 1 pound green beans, trimmed (3 cups)
- 1½ Tablespoons olive oil
- dash of kosher salt and pepper

Mushroom Toast: 250kcal, 12g Protein, 32g Carb, 300mg Sodium, 4g Fiber, 10mg Cholesterol, 9g Fat, 2g Saturated, 4g Sugar, 4% Calcium, 10% 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) QUINOA BRUSSELS BOWL

MADE AHEAD

- 4 cups cooked quinoa prepared according to package directions
- ½ lemon, juiced (1 Tablespoon)
- Cut vegetables: brussels sprouts

DIRECTIONS

For quinoa Brussels bowl

Toss quinoa with lemon juice and oil. Top with brussels sprouts and parmesan cheese.

For brussels sprouts

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

INGREDIENTS

For quinoa Brussels bowl

4 cups cooked quinoa, warmed
1 Tablespoon lemon juice
1 Tablespoon olive oil
Brussels sprouts (see below)
¼ cup shaved parmesan cheese

For brussels sprouts

1½ Tablespoons olive oil
¾ pound Brussels sprouts, trimmed
and sliced thin (3 cups)
1 (15 oz) can organic white beans,
drained and rinsed
dash of kosher salt and pepper

Quinoa Brussels Bowl: 450kcal, 20g Protein, 59g Carb,
180mg Sodium, 12g Fiber, 5mg Cholesterol, 15g Fat,
2.5g Saturated, 4g Sugar, 15% Calcium, 30% Iron



(3) TUSCAN KALE SOUP

MADE AHEAD

- Cut vegetables: onion, carrots, celery, kale

DIRECTIONS

For Tuscan kale soup

1. Heat a large 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 kale and bring to a simmer; cook until potatoes are tender.
4. Stir in salt, pepper, and Herbes. Serve topped with parmesan cheese.

INGREDIENTS

For Tuscan kale soup

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 1 clove garlic, minced
- 4 carrots, diced (2 cups)
- 4 stalks celery, diced (2 cups)
- 3 (6-8 oz) russet potatoes, diced small
- 2 (15 oz) cans organic white beans, drained and rinsed
- 5 cups low-sodium vegetable broth
- 1 head organic Tuscan kale, finely chopped (6 cups)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon Herbes de Provence
- ¼ cup freshly grated parmesan cheese

Soup: 450kcal, 19g Protein, 70g Carb, 590mg Sodium, 14g Fiber, 5mg Cholesterol, 11g Fat, 2g Saturated, 13g Sugar, 20% Calcium, 30% Iron



(4) SQUASH & DRESSING DINNER

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Whole grain baguette dried overnight or in the oven
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: onion, celery, mushrooms, green beans

DIRECTIONS

For squash

1. Heat oven to 400°F.
2. Mix butter with syrup, sage, salt, and pepper. Brush on to cut side of squash.
3. Roast cut side up for 45-60 minutes until tender. Top with pecans and serve with dressing and sides.

Meanwhile

For dressing

1. Heat a large skillet over medium heat and add butter, onion, celery, beans, and mushrooms and sauté for about 5 minutes.
2. Stir in salt, pepper, sage, and cubed bread.
3. Add broth to skillet to wet the bread mixture, but not soak it (add additional broth if needed).
4. Put in a lightly oiled casserole dish and bake for about 20-25 minutes.

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 10-15 minutes.

For green beans

1. Heat a large 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.

Squash:130kcal, 2g Protein, 16g Carb, 0mg Sodium, 2g Fiber, 10mg Cholesterol, 8g Fat, 2.5g Saturated, 4g Sugar, 2% Calcium, 6% Iron

Dressing:290kcal, 15g Protein, 39g Carb, 430mg Sodium, 5g Fiber, 60mg Cholesterol, 9g Fat, 4g Saturated, 8g Sugar, 10% Calcium, 15% 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 squash

- 1 acorn squash, halved, seeds scooped out
- 1 Tablespoon butter
- 1 Tablespoon maple syrup
- 1 Tablespoon chopped sage (or 1 teaspoon Herbes de Provence)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup pecans, chopped, optional

For dressing

- 2 Tablespoons butter
- 1 small yellow onion, diced small (¾ cup)
- 3 stalks celery, diced small (1½ cups)
- 1 (15 oz) can organic white beans, drained and rinsed
- 12 ounces mushrooms, diced (4½ cups)
- ¼ teaspoon kosher salt
- dash of black pepper
- 1½ Tablespoons chopped sage (or 1½ teaspoons Herbes de Provence)
- 6-8 ounce whole grain baguette, cubed and dried
- 1 cup low sodium vegetable broth

For cranberries (can be made ahead)

- 1 cup fresh whole cranberries
- ½ cup apple cider
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- 1-2 Tablespoons maple syrup

For green beans

- 1 Tablespoon olive oil
- 12 ounces green beans, trimmed (2 cups)
- dash of kosher salt and pepper



(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 8 small patties and put on a lined baking sheet.
3. Cook for about 10-15 minutes until heated through.

Meanwhile

1. Heat a large 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.

INGREDIENTS

For mashed potato stack

Leftover mashed potatoes ** from Meal #1*

- 1 Tablespoon olive oil
- $\frac{3}{4}$ pound Brussel sprouts, trimmed and slice thin (3 cups)
- 2 bell peppers, sliced thin (2 cups)
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper

1½ Tablespoons butter

8 eggs

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