

PREP GUIDE**MEAL #1**

- 8 cups cooked brown rice prepared according to package directions* *for the week*
- Cut vegetables:
 - ½ yellow onion, diced (½ cup)
 - 2 carrots, diced (1 cup)
 - 2 stalks celery, diced (1 cup)
 - 3 ounces mushrooms, chopped (1 cup)

MEAL #2

- Steam broccoli * *see below*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetable:
 - ½ yellow onion, chopped (½ cup)
 - 1 bell pepper, chopped (1 cup)
 - 1 stalk celery, chopped (½ cup)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 1 zucchini, diced (2 cups)
 - 8 ounces mushrooms, quartered (3 cups)

MEAL #4

- Steam broccoli * *see below*
- Cut vegetables:
 - 2 carrots, shredded (⅔ cup)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell peppers, diced (1 cup)
 - 2 zucchini, diced (4 cups)

Steamed Broccoli (Meals #2 & #4)

1 large head broccoli, florets (5 cups)

Heat pot of salted water to a boil. Add broccoli and cook for about 2-3 minutes, then transfer to a bowl of ice water. Drain well.

MENU**MONDAY ①**

PORK CHOPS & APPLES
Dirty Rice

TUESDAY ②

CRAB CAKE MELT
Broccoli

WEDNESDAY ③

CHICKEN CACCIATORE

THURSDAY ④

CUBAN SANDWICHES
Broccoli Salad

FRIDAY ⑤

VEGGIE FRITATTA



CLASSIC December 8, 2017

Shopping List

(1) Pork Chops & Apples (2) Crab Cake Melt (3) Cacciatore (4) Cuban Sandwiches (5) Veggie Frittata

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	boneless pork chops	2 pounds	<i>about 1/2" thick</i>	12
2	lump crab meat	1-1/4 pounds		12.5
3	chicken breast	1 pound		4
4	thinly sliced deli ham	2 ounces		2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,5	apples	8	<i>your choice, any variety</i>	4
1,2,3,5	yellow onion	3		3
1,4	carrots	4		2
1,2	celery	3 stalks		1.5
1,3	mushrooms	3/4 pound	<i>brown or button</i>	3
1,3	rosemary	few sprigs	<i>need 1 teaspoon chopped, can sub Herbes</i>	1
2,3,5	bell pepper	4	<i>any color</i>	4
2	lemon	1		0.5
2,4	broccoli	1 large head		2.5
3,5	zucchini	3		3

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,4,5	swiss cheese	1/2 pound	<i>thinly sliced</i>	6
4	plain Greek yogurt	1/4 cup		1
5	eggs	8		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2,4	whole wheat rolls	7		3.5
3	crushed tomatoes	1 (15 oz) can		1.5
4	pickle slices	1/2 cup		1
4	raisins	1/4 cup		1

Fresh 20 Grocery Est \$73.00
 Cost Per Dinner \$14.60
 Cost Per Serving \$3.65

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	1 teaspoon
	grapeseed oil	1/2 Tablespoon	herbes de provence	2-1/4 teaspoons
	balsamic vinegar	2 Tablespoons	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium	1/4 cup (2 fl oz)	organic tomato paste	1 Tablespoon
	garlic	6 cloves	Dijon mustard or brown mustard	3-1/2 Tablespoons
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/2 teaspoons	whole grain pasta	
	cayenne pepper	dash	long grain brown rice	4 cups
paprika	dash	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) PORK CHOPS & APPLES

dirty rice

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, carrots, celery, mushrooms

DIRECTIONS

For pork chops and apples

1. Combine Herbes, salt, pepper, oil, and garlic. Brush mixture evenly on pork chops.
2. Heat a large skillet over medium heat. Add pork chops and cook about 4 minutes per side or until internal temperature reaches 145°F. Save half for Meal #4, set aside remaining pork chops and keep warm.
3. Put skillet back on heat and add apples and cook for about 2-3 minutes and then stir in maple syrup. Serve over pork chops.

Meanwhile

For dirty rice

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onions, carrots, and celery and sauté for about 3-5 minutes.
3. Add mushrooms, rosemary, salt, and pepper and cook for 3 minutes.
4. Add rice and broth and stir until warmed through.

INGREDIENTS

For pork chops and apples

- 1 teaspoon Herbes de Provence
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1½ Tablespoons olive oil
- 2 cloves garlic, minced
- 2 pounds boneless pork chops, about ½ inch thick
- 2 apples, sliced thin (any variety)
- 1 Tablespoon maple syrup

For dirty rice

- 1½ Tablespoons olive oil
- ½ yellow onion, diced (½ cup)
- 2 carrots, diced (1 cup)
- 2 stalks celery, diced (1 cup)
- 3 ounces mushrooms, chopped (1 cup)
- ½ teaspoon chopped rosemary
- ¼ teaspoon kosher salt
- dash of black pepper
- 3 cups cooked brown rice
- ¼ cup low-sodium chicken broth

Pork and Apples: 230kcal, 19g Protein, 16g Carb, 200mg Sodium, 2g Fiber, 60mg Cholesterol, 10g Fat, 2g Saturated, 13g Sugar, 4% Calcium, 6% Iron

Rice: 240kcal, 4g Protein, 41g Carb, 190mg Sodium, 4g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 4g Sugar, 2% Calcium, 6% Iron



(2) CRAB CAKE MELT broccoli

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Steamed broccoli * *see prep guide*
- 1 lemon, zested & juiced (3 Tablespoons juiced, 1 Tablespoon zest)
- Cut vegetables: onion, bell pepper, celery

DIRECTIONS

For crab cake melt

1. Heat oven to 400°F.
2. Heat a medium skillet over medium heat and add oil. When oil is hot add onions, bell peppers, celery, and garlic and sauté for about 4-5 minutes until soft.
3. Transfer to a bowl and add salt, pepper, paprika, cayenne, Herbes, crab, Dijon, lemon, and bread crumbs. Mix gently until well combined.
4. Top each split roll with crab mixture and bake for 5-7 minutes.
5. Add cheese on top and bake another 1-2 minutes.
6. Serve with broccoli and apples.

For broccoli

1. Toss broccoli with oil, salt, and pepper.
2. Put on a baking sheet in 400° oven and cook for about 5-7 minutes.
3. Toss with lemon juice before serving.

INGREDIENTS

For crab cake melt

1 Tablespoon olive oil
½ yellow onion, chopped (½ cup)
1 bell pepper, chopped (1 cup)
1 stalk celery, chopped (½ cup)
2 cloves garlic, minced
¼ teaspoon kosher salt
dash of black pepper
dash of paprika
dash of cayenne
¼ teaspoon Herbes de Provence
1¼ pounds lump crab meat (sub 1¼ pound cooked shredded chicken)
1½ Tablespoons Dijon mustard
1 Tablespoon lemon zest
¼ cup bread crumbs *
2 whole wheat rolls, sliced in half
3 ounces sliced swiss cheese

For broccoli

½ large head broccoli, florets, steamed (2½ cups)
1 Tablespoon olive oil
dash of kosher salt and pepper
3 Tablespoons lemon juice

2 apples, sliced

** Use store brought bread crumbs or toast ½ whole wheat roll and pulse in food processor until crumbs*

Crab Melt: 350kcal, 37g Protein, 21g Carb, 580mg Sodium, 1g Fiber, 130mg Cholesterol, 12g Fat, 5g Saturated, 5g Sugar, 30% Calcium, 10% Iron

Broccoli: 70kcal, 2g Protein, 7g Carb, 115mg Sodium, 3g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 1g Sugar, 4% Calcium, 6% Iron

Apples: 40kcal, 0g Protein, 10g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 8g Sugar, 0% Calcium, 0% Iron



(3) CHICKEN CACCIATORE

brown rice

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell peppers, zucchini, mushrooms

DIRECTIONS

For chicken cacciatore

1. Heat a large pot over medium heat and add oil. When oil is hot add chicken, salt, and pepper and cook for 2 minutes.
2. Add onions, bell peppers, zucchini, mushrooms, and garlic and cook for 3-4 minutes.
3. Add rosemary, oregano, tomatoes, tomato paste, vinegar, and water and bring to simmer.
4. Cover and reduce heat to low. Cook about 15 minutes.
5. Serve over brown rice.

INGREDIENTS

For chicken cacciatore

2 Tablespoons olive oil
1 pound chicken breasts, cubed
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 yellow onion, diced (1 cup)
2 bell peppers, diced (2 cups)
1 zucchini, diced (2 cups)
8 ounces mushrooms, quartered (3 cups)
2 cloves garlic, minced
½ teaspoon chopped rosemary
1 teaspoon oregano
1 (15 ounce) can crushed tomatoes
1 Tablespoon tomato paste
2 Tablespoons balsamic vinegar
¼ cup water

3 cups cooked brown rice, warmed

Chicken Cacciatore: 270kcal, 30g Protein, 16g Carb, 260mg Sodium, 3g Fiber, 65mg Cholesterol, 9g Fat, 1g Saturated, 10g Sugar, 4% Calcium, 10% Iron

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



(4) CUBAN SANDWICH

broccoli salad

MADE AHEAD

- 1 pound cooked pork * *from Meal #1*
- Steamed broccoli * *see prep guide*
- Cut vegetables: carrots

DIRECTIONS

For Cuban sandwich

1. Heat a large non-stick skillet over medium heat and add oil.
2. Make sandwiches by layering pork, ham, cheese, pickles, and Dijon on the rolls.
3. Put sandwiches in hot skillet and press down for 1-2 minutes (place a heavy skillet on top of sandwiches). Turn and cook on other side.
4. Serve with broccoli salad.

For broccoli salad

Toss ingredients together.

INGREDIENTS

For Cuban sandwich

½ Tablespoon grapeseed oil
4 whole wheat rolls
1 pound cooked pork chops, sliced thin **from Meal #1*
2 ounces very thin sliced ham
2 ounces thinly sliced swiss cheese
½ cup pickle slices
2 Tablespoon Dijon mustard

For broccoli salad

½ large head broccoli, florets, steamed (2½ cups)
¼ cup raisins
2 carrots, shredded (¾ cup)
¼ cup plain Greek yogurt
dash of black pepper
1 Tablespoon maple syrup

Cuban sandwich: 430kcal, 33g Protein, 30g Carb, 690mg Sodium, 0g Fiber, 80mg Cholesterol, 18g Fat, 5g Saturated, 7g Sugar, 20% Calcium, 10% Iron

Broccoli Salad: 110kcal, 5g Protein, 23g Carb, 70mg Sodium, 5g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 15g Sugar, 6% Calcium, 6% Iron



(5) VEGGIE FRITTATA

OVEN TEMPERATURE: 350°F

MADE AHEAD

- 2 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell pepper, zucchini

DIRECTIONS

For veggie frittata

1. Heat oven to 350°F.
2. Heat a large non-stick skillet over medium heat and add oil, onion, bell pepper, and zucchini and cook for 3-4 minutes.
3. Add salt, pepper, Herbes, and rice and stir once. Let rice slightly brown on the bottom.
4. Mix eggs and cheese together then pour in skillet.
5. Let cook about 3-5 minutes then put in oven to finish for about 10 minutes.
6. Serve with sliced apples.

INGREDIENTS

For veggie frittata

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 1 bell pepper, diced (1 cup)
- 2 zucchini, diced (4 cups)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- 2 cups cooked brown rice
- 8 eggs, beaten
- 3 ounces diced or shredded swiss cheese

- 4 apples, sliced

Veggie Frittata:400kcal, 22g Protein, 34g Carb, 300mg Sodium, 4g Fiber, 385mg Cholesterol, 19g Fat, 7g Saturated, 6g Sugar, 20% Calcium, 15% Iron

Apple:80kcal, 0g Protein,21 g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron