

## PREP GUIDE

### MEAL #1

- Cut vegetables:
  - 3 Tablespoons minced yellow onion
  - ½ carrot, shredded (2 Tablespoons)
  - 1½ ounces mushrooms, chopped (½ cup)
  - 1 bell pepper, cut in half lengthwise and seeded

### MEAL #2

- Cut vegetables:
  - ½ butternut squash, peeled & cut into cubes (2½ cups)
  - ¼ bunch kale, chopped (1½ cups)

### MEAL #3

- 1½ cups cooked quinoa prepared according to package directions \* *for the week*
- Cut vegetables:
  - 3 Tablespoons minced yellow onion
  - ¼ head broccoli, chopped (1 cup)

### MEAL #4

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - ¼ bell pepper, diced small (¼ cup)
  - 1 ounce mushrooms, chopped (½ cup)
  - ¾ cup chopped kale

### MEAL #5

- 1-2 eggs, hardboiled
- Cut vegetables:
  - ¼ yellow onion, chopped (¼ cup)
  - ½ bunch kale, chopped (2¼ cups)
  - 1 ounce mushrooms, sliced (½ cup)

## MENU

### MONDAY ①

TURKEY STUFFED PEPPERS  
Roast Potatoes

### TUESDAY ②

ROAST SALMON with BUTTERNUT  
SQUASH & KALE

### WEDNESDAY ③

TURKEY BROCCOLI CHEESE BAKE

### THURSDAY ④

BACON CHOWDER

### FRIDAY ⑤

BUTTERNUT QUINOA



FOR ONE December 1, 2017

# Shopping List

(1) Turkey Stuffed Peppers (2) Roast Salmon with Butternut (3) Turkey Broccoli Cheese Bake (4) Bacon Chowder (5) Butternut Quinoa

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	ground turkey	1/2 pound		2.5
2	salmon fillets	1 (4-5 oz) fillet		3
4	bacon	2 ounces	<i>about 2 slices</i>	1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,4,5	yellow onion	1		1
1	carrots	1		0.5
1,4,5	mushrooms	1/4 pound	<i>brown or button</i>	1.5
1,4	bell peppers	2	<i>any color</i>	2
1,4	russet potatoes	2/3 pound		1
2,5	butternut squash	1 sm/med	<i>about 2-3 pounds</i>	2
2,4	rosemary	few sprigs	<i>need 1 teaspoon chopped</i>	0.5
2,4,5	kale	1 bunch		2
3	broccoli	1 head		2
4	frozen corn kernels	1/3 cup		1
2	pears	1		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,5	egg	2-3		1.5
3	shredded cheese (your choice)	2 Tablespoons		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3	panko bread crumbs	2 Tablespoons		1
1	crushed tomatoes	1 (15 oz) can		1.5
3,5	quinoa	3/4 cup		1

Fresh 20 Grocery Est                   \$27.00  
 Cost Per Dinner                         \$5.40  
 Cost Per Serving                         \$5.40

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	
	grapeseed oil		herbes de provence	1/2 teaspoon
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	1 teaspoon
	chicken or veggie broth: low sodium	1 cup (8 fl oz)	organic tomato paste	1/2 Tablespoon
	garlic	4 cloves	Dijon mustard or brown mustard	
	kosher salt	1/2 teaspoon	soy sauce or Braggs liquid amino acid	1 teaspoon
	black pepper	1/2 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	
paprika		whole wheat flour	1 teaspoon	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://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) TURKEY STUFFED PEPPERS

roast potatoes

OVEN TEMPERATURE: 400°F

## MADE AHEAD

- Cut vegetables: onion, carrots, mushrooms, bell peppers

## DIRECTIONS

### *For turkey stuffed peppers*

1. Heat oven to 400°F.
2. Combine all ingredients except tomatoes and peppers.
3. Fill pepper halves with turkey mixture and put in a baking dish or loaf pan.
4. Pour crushed tomatoes over peppers and cover dish with foil.
5. Bake about 20-25 minutes.

### Meanwhile

### *For roast potatoes*

1. Toss all ingredients together and put on a baking sheet.
2. Put in 400° oven with peppers for about 20-25 minutes.
3. Save half for Meal #4, serve remaining potatoes with stuffed peppers.

**Dairy Free:**

**Gluten Free:** Use gluten free tomato paste, soy sauce, & bread crumbs.

**Vegetarian:** Prepare roast potatoes as above. For stuffed peppers, omit turkey from mixture filling, add ½ cup black beans and ½ cup cooked quinoa. Continue recipe as above.

## INGREDIENTS

### *For turkey stuffed peppers*

- ¾ teaspoon olive oil
- 3 Tablespoons minced yellow onion
- ½ clove garlic, minced
- ½ carrot, shredded (2 Tablespoons)
- 1½ ounces mushrooms, chopped (½ cup)
- ¼ pound ground turkey
- 1 egg white
- ½ Tablespoon tomato paste
- ¾ teaspoon maple syrup
- ¾ teaspoon low-sodium soy sauce
- pinch of kosher salt
- pinch of black pepper
- ¼ teaspoon Herbes de Provence
- 1 Tablespoon panko bread crumbs
- ¼ (15 oz) can crushed tomatoes (⅓ cup)
- 1 bell pepper, cut in half lengthwise and seeded

### *For roast potatoes*

- ½ Tablespoon olive oil
- ¾ pound russet potatoes
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

Stuffed Peppers: 300kcal, 33g Protein, 29g Carb, 260mg Sodium, 5g Fiber, 100mg Cholesterol, 6g Fat, 1.5g Saturated, 17g Sugar, 6% Calcium, 15% Iron

Salad: 150kcal, 3g Protein, 35g Carb, 150mg Sodium, 2g Fiber, 0mg Cholesterol, 4.5g Fat, 0.5g Saturated, 1g Sugar, 2% Calcium, 6% Iron



## (2) ROAST SALMON with BUTTERNUT & KALE

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- Cut vegetables: squash, kale

### DIRECTIONS

*For roast salmon with butternut & kale*

1. Heat oven to 400°F.
2. Toss the squash with olive oil, garlic, rosemary, salt, and pepper and put on a baking sheet.
3. Roast for about 15-20 minutes. Remove from oven and save half the squash for Meal #5.
4. Leave the remaining squash on the baking sheet, toss in the chopped kale, and place salmon fillet on top. Season with salt and pepper.
5. Turn oven down to 375°F.
6. Put pan back in the oven for about 12-15 minutes until salmon is opaque and flakey. Chicken will take slightly longer depending on thickness, cook until no longer pink in the center.
7. Serve with a side of sliced pears.

Dairy Free:

Gluten Free:

**Vegetarian:** *Prepare squash and kale steps 1-3 as above, saving half the squash for Meal #5. Reduce oven to 375°F. Add kale and ½ cup white beans to remaining squash and return to oven for 10 minutes. Prepare polenta by heating 2 Tablespoons 2% milk with 1 cup vegetable broth in a sauce pan and bring to a boil. Stir in ½ cup medium grind cornmeal until well incorporated. Reduce heat and stir until thickened – about 8-10 minutes. Stir in a few drops of olive oil near the end of cook time. Serve squash & kale mixture oven polenta stopped with 1 fried egg.*

### INGREDIENTS

*For roast salmon with butternut & kale*

- ½ butternut squash, peeled & cut into cubes (2½ cups)
- 2¼ teaspoons olive oil
- 2 clove garlic, minced
- ¾ teaspoon chopped rosemary
- ⅛ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ¼ bunch kale, chopped (1½ cups)
- 1 (4-5 oz) salmon fillet (sub ⅓ pound chicken breast)
- pinch of kosher salt and pepper
  
- 1 pear, sliced

Salmon with Squash & Kale: 360kcal, 39g Protein, 16g Carb, 460mg Sodium, 5g Fiber, 75mg Cholesterol, 16g Fat, 3g Saturated, 3g Sugar, 10% Calcium, 10% Iron

Pear: 100kcal, 1g Protein, 26g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g fat, 0g saturated, 16g Sugar, 2% Calcium, 0% iron



## (3) TURKEY BROCCOLI CHEESE BAKE

OVEN TEMPERATURE: Medium Broil

### MADE AHEAD

- $\frac{3}{4}$  cup cooked quinoa prepared according to package directions
- Cut vegetables: onion, broccoli

### DIRECTIONS

*For turkey broccoli cheese bake*

1. Heat a non-stick skillet over medium heat and add oil, onion, and garlic; sauté for 30 seconds.
2. Add turkey and cook for 4-5 minutes then add broccoli, salt, and pepper and cook for another 2-3 minutes.
3. Stir in quinoa and transfer mixture to a small, lightly oiled baking dish.
4. Combine cheese, panko, and Herbes and sprinkle on top.
5. Broil about 3-4 minutes until topping is golden brown.

*Dairy Free: Omit cheese or use a vegan alternative.*

*Gluten Free: Use gluten free bread crumbs.*

*Vegetarian: Omit turkey. Add  $\frac{1}{2}$  cup white beans with quinoa in step 3.*

### INGREDIENTS

*For turkey broccoli cheese bake*

- 1 teaspoon olive oil
- 3 Tablespoons minced yellow onion
- $\frac{1}{2}$  clove garlic, minced
- $\frac{1}{4}$  pound ground turkey
- $\frac{1}{4}$  head broccoli, chopped (1 cup)
- Pinch of kosher salt
- Pinch of black pepper
- $\frac{3}{4}$  cup cooked quinoa
- 2 Tablespoons shredded cheese (your choice)
- 2 teaspoons panko bread crumbs
- $\frac{1}{4}$  teaspoon Herbes de Provence

Turkey broccoli Cheese Bake: 470kcal, 41g Protein, 47g Carb, 310mg Sodium, 10g Fiber, 70mg Cholesterol, 14g Fat, 4.5g Saturated, 6g Sugar, 15% Calcium, 20% Iron

### MADE AHEAD

- Roasted potatoes *\*from Meal #1*
- Cut vegetables: onion, bell pepper, mushrooms, kale

### DIRECTIONS

#### *For bacon chowder*

1. Heat a soup pot over medium heat and add oil, garlic, onion, and bacon. Cook until most of fat has rendered and remove excess grease from pot.
2. Add bell pepper and mushrooms and cook for about 2-3 minutes.
3. Add flour and stir for 1 minute then add in broth and bring to a simmer for 2 minutes.
4. Add corn, black pepper, rosemary, potatoes, and kale and bring to a simmer again, cook until kale is wilted.

Dairy Free:

Gluten Free:

Vegetarian: *Omit above, prepare Black Bean Potato Soup as follows: Heat a soup pot over medium heat and add ½ Tablespoon oil, ¼ garlic clove, and ¼ cup diced yellow onion; cook 2 minutes. Add ½ cup diced bell pepper and ¼ cup diced mushrooms, cook 3 minutes. Add the following: 1 cup vegetable broth, ½ can black beans, ¼ cup crushed tomatoes, pinch of salt, pepper, and rosemary and stir well. Add roasted potatoes from Meal #1 and 1½ cup cupped kale; simmer 4-5 minutes until kale has wilted.*

### INGREDIENTS

#### *For bacon chowder*

¾ teaspoon olive oil  
¼ garlic clove, minced  
¼ yellow onion, diced (¼ cup)  
2 ounces bacon, diced (about 2 slices)  
¼ bell pepper, diced small (¼ cup)  
1 ounce mushrooms, chopped (⅓ cup)  
¾ teaspoon whole wheat flour  
1 cup low-sodium chicken broth  
⅓ cup frozen corn kernels  
Pinch of black pepper  
⅓ teaspoon chopped rosemary  
Roasted potatoes *\*from Meal #1*  
¾ cup chopped kale

Chowder: 550kcal, 18g Protein, 47g Carb, 640mg Sodium, 6g Fiber, 0mg Cholesterol, 33g Fat, 1g Saturated, 9g Sugar, 4% Calcium, 10% Iron

## MADE AHEAD

- Roasted butternut squash \* *from Meal #2*
- $\frac{3}{4}$  cup cooked quinoa prepared according to package directions
- 1-2 eggs, hardboiled
- Cut vegetables: onion, kale, mushrooms

## DIRECTIONS

### *For butternut quinoa*

1. Heat a non-stick skillet over medium heat and add oil, onion, and garlic and cook for 1-2 minutes.
2. Add kale and mushrooms and cook for 2 minutes.
3. Add salt, pepper, squash, and quinoa. Remove from heat.
4. Mix in chopped egg and serve.

Dairy Free:

Gluten Free:

Vegetarian:

## INGREDIENTS

### *For butternut quinoa*

$\frac{1}{2}$  Tablespoon olive oil  
 $\frac{1}{4}$  yellow onion, chopped ( $\frac{1}{4}$  cup)  
 $\frac{1}{2}$  clove garlic, minced  
 $\frac{1}{3}$  bunch kale, chopped (2 $\frac{1}{4}$  cups)  
1 ounce mushrooms, sliced ( $\frac{1}{3}$  cup)  
Pinch of kosher salt  
Pinch of black pepper  
Roasted butternut squash  
\**from Meal #2*  
 $\frac{3}{4}$  cup cooked quinoa  
1-2 hardboiled eggs, chopped

Butternut Quinoa: 460kcal, 19g Protein, 47g Carb, 270mg Sodium, 8g Fiber, 270mg Cholesterol, 22g Fat, 4g Saturated, 6g Sugar, 10% Calcium, 20% Iron