

**PREP GUIDE****MEAL #1**

- 2 cups cooked brown rice prepared according to package directions\* *for the week*
- Cut vegetables:
  - 2 Tablespoons minced yellow onion
  - ½ carrot, diced (¼ cup)
  - ½ stalk celery, diced (¼ cup)
  - ¼ cup chopped mushrooms

**MEAL #2**

- Steam broccoli \* *see below*
- ¼ lemon, zested & juiced (2¼ teaspoons juice, ¼ teaspoon zest)
- Cut vegetable:
  - 2 Tablespoons minced yellow onion
  - ¼ bell pepper, chopped (¼ cup)
  - ¼ stalk celery, chopped (2 Tablespoons)

**MEAL #3**

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - ½ bell pepper, diced (½ cup)
  - ¼ zucchini, diced (½ cup)
  - 2 ounces mushrooms, quartered (¾ cup)

**MEAL #4**

- Steam broccoli \* *see below*
- Cut vegetables:
  - ½ carrot, shredded (2 Tablespoons)

**MEAL #5**

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - ¼ bell peppers, diced (¼ cup)
  - ½ zucchini, diced (1 cup)

**Steamed Broccoli** (Meals #2 & #4)

¼ large head broccoli, florets (1½ 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



FOR ONE 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	1/2 pound	<i>about 1/2" thick</i>	3
2	lump crab meat	1/3 pound		3.5
3	chicken breast	1/4 pound		1
4	thinly sliced deli ham	1/2 ounce		1

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,5	apples	2	<i>your choice, any variety</i>	1
1,2,3,5	yellow onion	1		1
1,4	carrots	1		0.5
1,2	celery	1 stalk		0.5
1,3	mushrooms	3 ounces	<i>brown or button</i>	1
1,3	rosemary	few sprigs	<i>can sub Herbes de Provence</i>	1
2,3,5	bell pepper	1	<i>any color</i>	1
2	lemon	1		0.5
2,4	broccoli	1 head		2
3,5	zucchini	1		1

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

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

Fresh 20 Grocery Est                   \$25.50  
 Cost Per Dinner                         \$5.10  
 Cost Per Serving                         \$5.10

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

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) PORK CHOPS & APPLES

## dirty rice

### MADE AHEAD

- $\frac{3}{4}$  cup 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 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 chop and keep warm.
3. Put skillet back on heat and add apples and cook for about 1-2 minutes and then stir in maple syrup. Serve over pork chops.

#### Meanwhile

#### *For dirty rice*

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

**Dairy Free:**

**Gluten Free:** *Use gluten free broth.*

**Vegetarian:** *Omit pork chops. Prepare Dirty Rice with following changes: Use vegetable broth, increase mushrooms to  $\frac{1}{2}$  cup. Add  $\frac{1}{2}$  cup kidney beans with mushrooms. Serve topped with 1 sliced hardboiled egg and  $\frac{1}{2}$  apple, sliced.*

### INGREDIENTS

#### *For pork chops and apples*

$\frac{1}{4}$  teaspoon Herbes de Provence  
 $\frac{1}{8}$  teaspoon kosher salt  
 $\frac{1}{8}$  teaspoon black pepper  
1 teaspoon olive oil  
 $\frac{1}{2}$  clove garlic, minced  
 $\frac{1}{2}$  pound boneless pork chops, about  $\frac{1}{2}$  inch thick  
 $\frac{1}{2}$  apple, sliced thin (any variety)  
 $\frac{3}{4}$  teaspoon maple syrup

#### *For dirty rice*

1 teaspoon olive oil  
2 Tablespoons minced yellow onion  
 $\frac{1}{2}$  carrot, diced ( $\frac{1}{4}$  cup)  
 $\frac{1}{2}$  stalk celery, diced ( $\frac{1}{4}$  cup)  
 $\frac{1}{4}$  cup chopped mushrooms  
 $\frac{1}{8}$  teaspoon chopped rosemary  
 $\frac{1}{8}$  teaspoon kosher salt  
Pinch of black pepper  
 $\frac{3}{4}$  cup cooked brown rice  
1 Tablespoon 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*
- ¼ lemon, zested & juiced (2¼ teaspoons juiced, ¾ teaspoon zest)
- Cut vegetables: onion, bell pepper, celery

### DIRECTIONS

#### *For crab cake melt*

1. Heat oven to 400°F.
2. Heat a skillet over medium heat and add oil. When oil is hot add onions, bell peppers, celery, and garlic and sauté for about 3-4 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 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 apple slices.

#### *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.

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

**Gluten Free:** *Use gluten free Dijon and bread crumbs. Serve crab mixture on two toasted corn tortillas.*

**Vegetarian:** *Omit Crab Cake Melt, prepare Portobello Melt and serve with broccoli and apple as above:  
Heat oven to 400°F. Heat a skillet over medium heat and add 1 teaspoon oil, ¼ cup thinly sliced onion, and ¼ cup thinly sliced bell pepper; sauté 2 minutes. Add 1 sliced Portobello mushroom cap and cook 2-3 more minutes. Season with salt, pepper, paprika and cayenne. Place a sliced roll on a baking sheet, put Dijon and mushroom mixture on one side and cheese on the other side. Cook 2 minutes.*

### INGREDIENTS

#### *For crab cake melt*

¾ teaspoon olive oil  
2 Tablespoons minced yellow onion  
¼ bell pepper, chopped (¼ cup)  
¼ stalk celery, chopped (2 Tablespoons)  
½ clove garlic, minced  
⅛ teaspoon kosher salt  
pinch of black pepper  
pinch of paprika  
pinch of cayenne  
⅛ teaspoon Herbes de Provence  
⅓ pound lump crab meat (sub ⅓ pound cooked shredded chicken)  
1 teaspoon Dijon mustard  
¾ teaspoon lemon zest  
1 Tablespoon bread crumbs \*  
½ whole wheat roll  
1 thin slice swiss cheese

#### *For broccoli*

¾ cup broccoli, florets, steamed  
¾ teaspoon olive oil  
pinch of kosher salt and pepper  
2¼ teaspoons lemon juice

½ apple, 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

- ¾ cup cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell peppers, zucchini, mushrooms

## DIRECTIONS

### *For chicken cacciatore*

1. Heat a pot over medium heat and add oil. When oil is hot add chicken, salt, and pepper and cook for 2-3 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 10-15 minutes.
5. Serve over brown rice.

*Dairy Free:*     

*Gluten Free:*    Use gluten free tomato paste.

*Vegetarian:*    Omit above, prepare Lentil Cacciatore:  
 Heat a pot over medium heat and add ½ Tablespoon oil. When oil is hot add ¼ cup diced onion, ½ cup diced bell pepper, ½ cup diced zucchini, ¾ cup quartered mushrooms, ¾ cup cooked lentils, and ½ minced garlic clove. Cook 3 minutes. Add pinch of rosemary and oregano, ½ cup crushed tomatoes, 1 teaspoon tomato paste, ½ Tablespoon balsamic vinegar, 1 Tablespoon water, and a pinch of salt and pepper Cook 10 minutes and serve over ¾ cup cooked brown rice.

## INGREDIENTS

### *For chicken cacciatore*

- ½ Tablespoon olive oil
- ¼ pound chicken breasts, cubed
- ⅛ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ¼ yellow onion, diced (¼ cup)
- ½ bell pepper, diced (½ cup)
- ¼ zucchini, diced (½ cup)
- 2 ounces mushrooms, quartered (¾ cup)
- ½ clove garlic, minced
- ⅛ teaspoon chopped rosemary
- ¼ teaspoon oregano
- ¼ (15 oz) can crushed tomatoes (½ cup)
- ¾ teaspoon tomato paste
- ½ Tablespoon balsamic vinegar
- 1 Tablespoon water

¾ cup 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

- ¼ pound cooked pork \* *from Meal #1*
- Steamed broccoli \* *see prep guide*
- Cut vegetables: carrots

### DIRECTIONS

#### *For Cuban sandwich*

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

#### *For broccoli salad*

Toss ingredients together.

**Dairy Free:** *Omit swiss cheese or use vegan alternative. Replace plain Greek yogurt with coconut yogurt.*

**Gluten Free:** *Replace roll with 2 corn tortillas. Omit oil, layer pork, ham, cheese, pickles and Dijon on tortillas and serve. Use gluten free Dijon.*

**Vegetarian:** *Omit sandwich, serve broccoli salad with Stir Fry Quinoa: Heat 1 teaspoon oil in a skillet over medium heat. Add ¼ cup each diced onion, diced bell pepper, diced carrot, and diced celery. Cook 2 minutes then add ½ cup kidney beans, ¾ cup cooked quinoa, 1 Tablespoon vegetable broth, and a pinch of salt, pepper, and paprika. Cook 5 minutes, serve with broccoli salad.*

### INGREDIENTS

#### *For Cuban sandwich*

1 teaspoon grapeseed oil  
1 whole wheat roll  
¼ pound cooked pork chops, sliced thin \**from Meal #1*  
½ ounce very thin sliced ham  
½ ounce thinly sliced swiss cheese  
A few pickle slices  
½ Tablespoon Dijon mustard

#### *For broccoli salad*

¾ cup broccoli, florets, steamed  
1 Tablespoon raisins  
½ carrot, shredded (2 Tablespoons)  
1 Tablespoon plain Greek yogurt  
dash of black pepper  
¾ teaspoon 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

- ½ cup 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 non-stick skillet over medium heat and add oil, onion, bell pepper, and zucchini and cook for 2-3 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 8-10 minutes.
6. Serve with sliced apples.

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

*Gluten Free:*   

*Vegetarian:*   

### INGREDIENTS

#### *For veggie*

- ¾ teaspoon olive oil
- ¼ yellow onion, diced (¼ cup)
- ¼ bell pepper, diced (¼ cup)
- ½ zucchini, diced (1 cup)
- Pinch of kosher salt
- Pinch of black pepper
- ¼ teaspoon Herbes de Provence
- ½ cup cooked brown rice
- 2 eggs, beaten
- ¾ ounce diced or shredded swiss cheese

1 apple, 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