

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1 small yellow onion, minced ($\frac{3}{4}$ cup)
 - 2 carrots, shredded ($\frac{2}{3}$ cup)
 - 6 ounces mushrooms, chopped (2 cups)
 - 4 bell peppers, cut in half lengthwise and seeded

MEAL #2

- Cut vegetables:
 - 2 butternut squash, peeled & cut into cubes (10 cups)
 - 1 bunch kale, chopped (6 cups)

MEAL #3

- 6 cups cooked quinoa prepared according to package directions
** for the week*
- Cut vegetables:
 - 1 small yellow onion, chopped ($\frac{3}{4}$ cup)
 - 1 head broccoli, chopped (4 cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, diced small (1 cup)
 - 4 ounces mushrooms, chopped (1 $\frac{1}{2}$ cups)
 - $\frac{1}{2}$ bunch kale, chopped (3 cups)

MEAL #5

- 6 eggs, hardboiled
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 1 $\frac{1}{2}$ bunches kale, chopped (9 cups)
 - 4 ounces mushrooms, sliced (1 $\frac{1}{2}$ cups)

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



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	2 pounds		10
2	salmon fillets	1-1/2 pounds		12.5
4	bacon	10 ounces	<i>about 10 slices</i>	5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,4,5	yellow onion	4		4
1	carrots	2		1
1,4,5	mushrooms	1 pound	<i>brown or button</i>	5
1,4	bell peppers	5	<i>any color</i>	5
1,4	russet potatoes	2-1/2 pounds		2.5
2,5	butternut squash	2 medium	<i>about 3 pounds each</i>	4
2,4	rosemary	few sprigs	<i>need 3-1/2 teaspoons chopped</i>	1.5
2,4,5	kale	3 bunches		6
3	broccoli	1 head		2
4	frozen corn kernels	1-1/2 cups		1.5
2	pears	4		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,5	egg	7		3.5
3	shredded cheese (your choice)	1/2 cup		2

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

Fresh 20 Grocery Est \$74.00
 Cost Per Dinner \$14.80
 Cost Per Serving \$3.70

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	dried oregano	
	grapeseed oil		herbes de provence	2 teaspoons
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	gluten free chicken/veg broth: low sodium	4 cups (32 fl oz)	gluten free organic tomato paste	2 Tablespoons
	garlic	13 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	2-1/2 teaspoons	gluten free soy sauce or Braggs liquid aminos	1 Tablespoon
	black pepper	2 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	
paprika		gluten free flour	1 Tablespoon	

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) 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 each pepper half with turkey mixture and put in a baking dish.
4. Pour crushed tomatoes over peppers and cover dish with foil.
5. Bake about 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 25 minutes.
3. Save half for Meal #4, serve remaining potatoes with stuffed peppers.

INGREDIENTS

For turkey stuffed peppers

- 1 Tablespoon olive oil
- 1 small yellow onion, minced (¾ cup)
- 2 cloves garlic, minced
- 2 carrots, shredded (¾ cup)
- 6 ounces mushrooms, chopped (2 cups)
- 1 pound ground turkey
- 1 egg
- 2 Tablespoons gluten free tomato paste
- 1 Tablespoon maple syrup
- 1 Tablespoon gluten free low-sodium soy sauce
- dash of kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- ¼ cup gluten free bread crumbs

- 1 (15 ounce) can crushed tomatoes
- 4 bell peppers, cut in half lengthwise and seeded

For roast potatoes

- 2½ Tablespoons olive oil
- 2½ pounds 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 in a single layer on a baking sheet.
3. Roast for about 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 fillets on top. Season with salt and pepper.
5. Turn oven down to 375°F.
6. Put pan back in the oven for about 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.

INGREDIENTS

For roast salmon with butternut & kale

- 2 butternut squash, peeled & cut into cubes (10 cups)
- 3 Tablespoons olive oil
- 3 cloves garlic, minced
- 1 Tablespoon chopped rosemary
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 bunch kale, chopped (6 cups)
- 1½ pounds salmon fillets (sub 1½ pounds chicken breast)
- dash of kosher salt and pepper

- 4 pears, 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

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: onion, broccoli

DIRECTIONS

For turkey broccoli cheese bake

1. Heat a large non-stick skillet over medium heat and add oil, onion, and garlic; sauté for 1 minute.
2. Add turkey and cook for 4-5 minutes then add broccoli, salt, and pepper and cook for another 3-4 minutes.
3. Stir in quinoa and transfer mixture to a lightly oiled 11x7 or 9x9 baking dish.
4. Combine cheese, panko, and Herbes and sprinkle on top.
5. Broil about 5 minutes until topping is golden brown.

INGREDIENTS

For turkey broccoli cheese bake

- 1½ Tablespoons olive oil
- 1 small yellow onion, chopped (¾ cup)
- 2 cloves garlic, minced
- 1 pound ground turkey
- 1 head broccoli, chopped (4 cups)
- ¼ teaspoon kosher salt
- dash of black pepper
- 3 cups cooked quinoa
- ½ cup shredded cheese (your choice)
- 3 Tablespoons gluten free bread crumbs
- 1 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 large 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 3-4 minutes.
3. Add flour and stir for 1-2 minutes then add in broth and bring to a simmer for 2-3 minutes.
4. Add corn, black pepper, rosemary, potatoes, and kale and bring to a simmer again, cook until kale is wilted.

INGREDIENTS

For bacon chowder

- 1 Tablespoons olive oil
- 1 garlic clove, minced
- 1 yellow onion, diced (1 cup)
- 10 ounces bacon, diced (about 10 slices)
- 1 bell pepper, diced small (1 cup)
- 4 ounces mushrooms, chopped (1½ cups)
- 1 Tablespoon whole wheat flour
- 4 cups low-sodium chicken broth
- 1½ cups frozen corn kernels
- ¼ teaspoon black pepper
- ½ teaspoon chopped rosemary
- Roasted potatoes **from Meal #1*
- ½ bunch kale, chopped (3 cups)

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*
- 3 cups cooked quinoa prepared according to package directions
- 6 eggs, hardboiled
- Cut vegetables: onion, kale, mushrooms

DIRECTIONS

For butternut quinoa

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

INGREDIENTS

For butternut quinoa

- 2 Tablespoons olive oil
- 1 yellow onion, chopped (1 cup)
- 2 cloves garlic, minced
- 1½ bunches kale, chopped (9 cups)
- 4 ounces mushrooms, sliced (1½ cups)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- Roasted butternut squash
**from Meal #2*
- 3 cups cooked quinoa
- 6 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