

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1 pound brussels sprouts, sliced thin (4 cups)

MEAL #2

- 16 ounces garbanzo pasta prepared according to package directions (8 cups cooked) * *for the week*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest) * *for the week*
- Cut vegetables:
 - 1 leek, white/pale green parts chopped (¾ cup)
 - 1 bunch kale, chopped (4 cups)
 - 1 bell pepper, diced (1 cup)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 4 carrots, diced (2 cups)
 - 4 stalks celery, diced (2 cups)
 - 1 bunch kale, chopped (4 cups)

MEAL #4

- Roasted butternut squash (see below) * *for the week*
- Cut vegetables:
 - 2 leeks, white/pale green parts diced (1½ cup)
 - 6 ounces mushrooms, quartered (2 cups)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 carrot, shredded (½ cup)
 - 1 bell pepper, diced (1 cup)
 - 4 ounces mushrooms, chopped (1½ cups)

Roasted Butternut Squash (Meal #4 & #5)

1 large butternut squash, peeled, seeded & cubed (4-4½ pounds)

2 Tablespoons olive oil

½ teaspoon kosher salt

¼ teaspoon black pepper

Heat oven to 400°F. Toss squash with oil, salt, and pepper and put on baking sheet. Bake about 20 minutes.

MENU

MONDAY ①

ROAST CHICKEN

Baked Potatoes & Brussels Sprouts

TUESDAY ②

SHRIMP SCAMPI

WEDNESDAY ③

SAUSAGE SOUP

THURSDAY ④

CHICKEN BUTTERNUT PASTA

FRIDAY ⑤

CHILI TOPPED POTATOES



GLUTEN FREE December 15, 2017

Shopping List

(1) Roast Chicken (2) Shrimp Scampi (3) Sausage Soup (4) Chicken Butternut Pasta (5) Chili Topped Potatoes

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	whole chicken	4-5 pounds		10
2	shrimp	1-1/2 pounds	<i>peeled & deveined</i>	12.5
3	ground sausage	1 pound	<i>your favorite gluten free variety</i>	5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
4,5	butternut squash	1 large	<i>(4 to 4-1/2 pounds)</i>	3
1,2,4	lemon	2		1
1	fresh rosemary	1 sprig	<i>optional</i>	1
1,5	russet potatoes	8 small	<i>about 3 pounds total</i>	3
1	brussels sprouts	1 pound		2
2,4	leeks	3		2
2,3	kale	2 bunches		4
2,5	bell pepper	2	<i>any color</i>	2
3,5	yellow onion	2		2
3,5	carrots	5		2
3	celery	4 stalks		2
3,4	fresh basil	1 bunch	<i>need 6 Tablespoons chopped</i>	1.5
4,5	mushrooms	2/3 pound	<i>brown or button</i>	5
2	pears	4		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,2	butter	1/4 cup		2
5	cheddar cheese, shredded	1/3 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
3,5	kidney beans	3 (15 oz) cans		4.5
5	chili powder	1-1/2 teaspoons		1

Fresh 20 Grocery Est \$69.50
 Cost Per Dinner \$13.90
 Cost Per Serving \$3.48

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup + 1 Tblspn	dried oregano	
	grapeseed oil		herbes de provence	2 teaspoons
	balsamic vinegar		ground cumin	1-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	gluten free chicken/veg broth: low sodium	5 cups (40 fl oz)	gluten free organic tomato paste	3 Tablespoons
	garlic	12 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	3 teaspoons	gluten free soy sauce or Braggs liquid aminos	
	black pepper	2-1/2 teaspoons	gluten free pasta (garbanzo pasta)	16 ounces
	cayenne pepper		long grain brown rice	
paprika	1/2 teaspoon	gluten free 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) ROAST CHICKEN

baked potatoes & brussels sprouts

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: brussels sprouts

DIRECTIONS

For roast chicken

1. Heat oven to 375°F.
2. Rub the chicken with olive oil and season with salt, pepper, Herbes, and paprika.
3. Put the garlic, lemon, and rosemary in the cavity of chicken.
4. Place chicken in a roasting pan with ¼ cup water in the bottom. Cook about 75-90 minutes until juices run clear (internal temperature 165°F).
5. Save half the meat for Meal #4, serve remaining chicken with potatoes and brussels sprouts.

Meanwhile

For baked potatoes

1. Wash potatoes and put in 375° oven for about 50-60 minutes until tender.
2. Save half the potatoes for Meal #5, serve remaining potatoes with butter, salt, and pepper.

For brussels sprouts

1. Heat a large non-stick skillet over medium heat and add oil and brussels sprouts.
2. Cook for 5-6 minutes until tender and lightly browned; season with salt and pepper.

INGREDIENTS

For roast chicken

4-5 pound whole chicken, giblets removed
1 Tablespoon olive oil
¾ teaspoon kosher salt
1 teaspoon black pepper
1 teaspoon Herbes de Provence
½ teaspoon paprika
3 cloves garlic, peeled
1 lemon, wedges
1 sprig rosemary

For baked potatoes

8 small russet potatoes (3 pounds)
1½ Tablespoons butter
½ teaspoon kosher salt
½ teaspoon black pepper

For brussels sprouts

1½ Tablespoons olive oil
1 pound brussels sprouts, sliced thin (4 cups)
¼ teaspoon kosher salt
dash of black pepper

Roast Chicken: 180kcal, 6g Protein, 0g Carb, 340mg Sodium, 0g Fiber, 110mg Cholesterol, 6g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Potatoes: 160kcal, 3g Protein, 30g Carb, 150mg Sodium, 2g Fiber, 5mg Cholesterol, 2g Fat, 1.5g Saturated, 1g Sugar, 2% Calcium, 6% Iron

Brussels sprouts: 110kcal, 4g Protein, 10g Carb, 170mg Sodium, 6g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 2g Sugar, 4% Calcium, 10% Iron

MADE AHEAD

- 8 ounces garbanzo pasta prepared according to package directions (4 cups cooked)
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: leek, kale, bell pepper

DIRECTIONS

For shrimp scampi

1. Heat a large skillet over medium heat and add butter, leeks, and garlic and sauté for 1 minute.
2. Add shrimp, salt, and pepper and cook for about 3 minutes until shrimp is just pink and opaque (chicken will take slightly longer, about 3 minutes on each side until no longer pink in the center). Remove shrimp from pan and set aside.
3. Put skillet back on the heat and add kale and bell pepper and cook for 3-4 minutes.
4. Add shrimp back to pan with cooked pasta and stir to heat through.
5. Add lemon juice and serve with a side of sliced pears.

INGREDIENTS

For shrimp scampi

- 2 Tablespoons butter, divided
 - 1 leek, white & pale green parts chopped ($\frac{3}{4}$ cup)
 - 3 cloves garlic, minced
 - 1½ pounds shrimp, peeled and deveined (sub 1½ pounds chicken tenders)
 - pinch of kosher salt
 - dash of black pepper
 - 1 bunch kale, chopped (4 cups)
 - 1 bell pepper, diced (1 cup)
 - 4 cups cooked garbanzo pasta
 - 3 Tablespoons lemon juice
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- 4 pears, sliced

Shrimp Scampi: 380kcal, 38g Protein, 38g Carb, 720mg Sodium, 9g Fiber, 230mg Cholesterol, 11g Fat, 4g Saturated, 7g Sugar, 15% Calcium, 35% Iron

Pears: 100kcal, 1g protein, 26g carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

MADE AHEAD

- Cut vegetables: onion, carrots, celery, kale

DIRECTIONS

For sausage soup

1. Heat a large pot over medium heat and add oil, onion, and garlic and sauté for 1 minute.
2. Add sausage and cook for about 3 minutes, crumbling as it cooks.
3. Add carrots, celery, salt, pepper, and Herbes and cook for 2-3 minutes.
4. Add tomato paste, broth, beans, and kale and bring to a simmer for 5-10 minutes.
5. Garnish with basil before serving.

INGREDIENTS

For sausage soup

- 1½ Tablespoons olive oil
- 1 yellow onion, chopped (1 cup)
- 2 cloves garlic, minced
- 1 pound ground sausage
- 4 carrots, diced (2 cups)
- 4 stalks celery, diced (2 cups)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- 1 Tablespoon gluten free tomato paste
- 5 cups gluten free low-sodium chicken broth
- 1 (15 oz) can kidney beans, rinsed and drained
- 1 bunch kale, chopped (4 cups)
- ¼ cup basil, chopped

Sausage Soup: 450kcal, 36g Protein, 49g Carb, 740mg Sodium, 12g Fiber, 40mg Cholesterol, 12g Fat, 2g Saturated, 12g Sugar, 10% Calcium, 20% Iron



(4) CHICKEN BUTTERNUT PASTA

MADE AHEAD

- 1 pound cooked chicken * *from Meal #1*
- 3 cups roasted butternut squash **see prep guide*
- 8 ounces garbanzo pasta prepared according to package directions (4 cups cooked)
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: leeks, mushrooms

DIRECTIONS

For chicken butternut pasta

1. Heat a large nonstick skillet over medium heat and add oil.
2. When oil is hot add leeks and garlic and sauté for 2-3 minutes.
3. Add mushrooms and cook for about 3 minutes.
4. Add chicken, squash, salt, pepper, and pasta and cook until warmed through.
5. Stir in zest and basil before serving.

INGREDIENTS

For chicken butternut pasta

- 1 Tablespoons olive oil
- 2 leeks, white & pale green parts, large dice (1½ cups)
- 2 cloves garlic, minced
- 6 ounces mushrooms, quartered (2 cups)
- 1 pound cooked chicken, diced **from Meal #1*
- 3 cups roasted butternut squash **see prep guide*
- dash of kosher salt and pepper
- 4 cups cooked garbanzo pasta
- 1 Tablespoon lemon zest
- 2 Tablespoons chopped basil

Pasta: 510kcal, 45g Protein, 53g Carb, 490mg Sodium, 14g Fiber, 110mg Cholesterol, 17g Fat, 2g Saturated, 10g Sugar, 10% Calcium, 45% Iron

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 3 cups roasted butternut squash * *see prep guide*
- 4 baked potatoes * *from Meal #1*
- Cut vegetables: onion, carrot, bell pepper, mushrooms

DIRECTIONS

For chili topped potatoes

1. Warm baked potatoes in 400° oven for 10-12 minutes.
2. Meanwhile, heat a large pot over medium heat and add oil, onion, and garlic and sauté for 2 minutes.
3. Add carrots, bell pepper, and mushrooms and cook for 3-4 minutes.
4. Add beans with reserved liquid, tomato paste, squash, cumin, chili powder, salt, and pepper and bring to a simmer for 5-10 minutes. Add water if necessary to achieve desired consistency.
5. Serve over warmed potatoes and top with cheese.

INGREDIENTS

For chili topped potatoes

- 1½ Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 carrot, shredded (½ cup)
- 1 bell pepper, diced (1 cup)
- 4 ounces mushrooms, chopped (1½ cups)
- 2 (15 oz) cans kidney beans, drained and rinsed (save ½ liquid)
- 1½ Tablespoons gluten free tomato paste
- 3 cups roasted butternut squash * *see prep guide*
- 1½ teaspoons cumin
- 1½ teaspoons chili powder
- ¼ teaspoon kosher salt
- dash of black pepper
- 4 baked potatoes, warmed and slit down the center * *from Meal #1*
- ½ cup shredded cheddar

Potato: 450kcal, 21g Protein, 79g Carb, 200mg Sodium, 24g Fiber, 10mg Cholesterol, 9g Fat, 2.5g Saturated, 11g Sugar, 20% Calcium, 30% Iron