

## PREP GUIDE

### MEAL #1

- 2 lemons, zested & juiced (3 Tablespoons juice, 1½ Tablespoons zest) \* *for the week*
- Cut vegetables:
  - 1 pound green beans, cut into 2 inch pieces (3 cups)

### MEAL #2

- 16 ounces gluten free pasta prepared according to package directions (8 cups) \* *for the week*
- Steam broccoli \* *see below*

### MEAL #3

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 bell pepper, diced (1 cup)
  - 2 carrots, shredded (¾ cup)
  - ½ bunch kale, chopped (2 cups)

### MEAL #4

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 bell peppers, diced (2 cups)
  - ½ bunch kale, chopped (2 cups)

### MEAL #5

- Roasted sweet potatoes \**see below*
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 bell peppers, diced (2 cups)
  - 1½ bunches kale, chopped (6 cups)

#### **Steamed Broccoli** (Meal #2)

1 small head broccoli, florets (3½ cups)

Bring a 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.

#### **Roasted Sweet Potatoes** (Meal #5)

1½ pounds sweet potatoes, peeled & cubed

1 Tablespoon olive oil

dash of kosher salt and pepper

Heat oven to 400°F. Toss ingredients together and put on baking sheet and cook about 20-25 minutes until tender.

## MENU

### MONDAY ①

HERB CHICKEN

Green Beans & Sweet Potatoes

### TUESDAY ②

SALMON PESTO PASTA

### WEDNESDAY ③

SHEPHERDS PIE

### THURSDAY ④

MEDITERRANEAN CHICKEN PASTA

### FRIDAY ⑤

FAJITA HASH



GLUTEN FREE December 29, 2017

# Shopping List

(1) Herb Chicken (2) Salmon Pesto Pasta (3) Shepherds Pie (4) Mediterranean Chicken Pasta (5) Fajita Hash

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	chicken thighs	3 pounds	<i>boneless, skinless</i>	12
2	salmon fillets	1 pound		10
3	lean ground beef	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2	lemon	2		1
1,3,5	sweet potatoes	4-1/2 pounds		7
1	green beans	1 pound		2
2	broccoli florets	1 small head		2
2,4	fresh basil	1 bunch		1.5
3,4,5	yellow onion	3		3
3,4,5	bell pepper	5	<i>any color</i>	5
3	carrots	2		2
3,4,5	kale	3 bunches		6
3,5	cilantro	1 bunch	<i>need 1/2 cup chopped</i>	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,5	goat cheese	6 ounces	<i>1-1/2 cups</i>	6
5	eggs	8		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2,5	pine nuts	1/3 cup		3
3	diced tomatoes	1 (15 oz) can		1.5
4	sundried tomatoes	1/2 cup		2
4	green olives	2 Tablespoons	<i>optional</i>	1

Fresh 20 Grocery Est                   \$76.50  
 Cost Per Dinner                         \$15.30  
 Cost Per Serving                         \$3.83

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	1/2 teaspoon
	grapeseed oil		herbes de provence	2 teaspoons
	balsamic vinegar		ground cumin	1-1/4 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	gluten free chicken/veg broth: low sodium	1-1/2 cups (12 fl oz)	gluten free organic tomato paste	
	garlic	9 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	2-1/2 teaspoons	gluten free soy sauce or Braggs liquid aminos	
	black pepper	2 teaspoons	gluten free pasta (garbanzo, lentil, or bean)	16 ounces
	cayenne pepper	1/4 cup	long grain brown rice	
paprika	1 teaspoon	gluten free 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) HERB CHICKEN

## green beans & sweet potatoes

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: green beans

### DIRECTIONS

#### *For herb chicken*

1. Preheat oven to 375°F.
2. In a large bowl, combine oil, garlic, paprika, Herbes, salt, pepper, and lemon. Add chicken and toss gently to coat.
3. Put chicken on a baking sheet and bake for about 35 minutes.
4. Save half for Meal #4. Serve remaining chicken with sweet potatoes and green beans.

#### Meanwhile

#### *For mashed sweet potatoes*

1. Put sweet potatoes in a large pot of salted water and bring to a boil. Cook for about 10-15 minutes until tender.
2. Drain well and return to pot. Add broth, oil, salt, and pepper and mash to desired consistency.
3. Save half for Meal #3, serve remaining potatoes with chicken and green beans.

#### *For green beans*

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add beans, salt and pepper and sauté about 3-5 minutes until lightly browned.

### INGREDIENTS

#### *For herb chicken*

1 Tablespoon olive oil  
3 garlic cloves, minced  
1 teaspoon paprika  
2 teaspoons Herbes de Provence  
½ teaspoon kosher salt  
½ teaspoon black pepper  
3 Tablespoons lemon juice  
1 Tablespoon lemon zest  
3 pounds chicken thighs, boneless skinless

#### *For mashed sweet potatoes*

3 pounds sweet potatoes, peeled, large chunks  
¾ cup gluten free low-sodium chicken broth  
1 Tablespoon olive oil  
¼ teaspoon kosher salt  
¼ teaspoon black pepper

#### *For green beans*

1 Tablespoon olive oil  
1 pound green beans, cut into 2 inch pieces (3 cups)  
dash of kosher salt and pepper

Chicken:220kcal, 33g Protein, 0g Carb, 310mg Sodium, 0g Fiber, 160mg Cholesterol, 9g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 6 % Iron

Sweet Potato:170kcal, 4g Protein, 35g Carb, 140mg Sodium, 6g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 11g Sugar, 6% Calcium, 6% Iron

Green Beans:60kcal, 2g Protein, 7g Carb, 75mg Sodium, 3g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 4% Calcium, 6% Iron



## (2) SALMON PESTO PASTA

### MADE AHEAD

- Steamed broccoli \* *see prep guide*
- 8 ounces gluten free pasta prepared according to package directions (4 cups cooked)
- 1 lemon, zested, (½ Tablespoon zest)

### DIRECTIONS

#### *For salmon pesto pasta*

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add salmon and cook for 3 minutes then add broccoli, salt, and pepper; stir to combine.
3. Add pasta and broth and stir until heated through.
4. Turn off heat and add basil, zest, pine nuts, and goat cheese.

### INGREDIENTS

#### *For salmon pesto pasta*

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 pound salmon fillets, cut into cubes  
(sub 1 pound chicken breast, cut into cubes)
- 3½ cups steamed broccoli \* *see prep guide*
- ¼ teaspoon kosher salt
- dash of black pepper
- 4 cups cooked gluten free pasta
- ¼ cup gluten free low- sodium chicken broth
- ¾ cup basil, chopped
- ½ Tablespoon lemon zest
- 2 Tablespoons pine nuts, toasted
- 2 ounces goat cheese, crumbled (½ cup)

Pasta: 480kcal, 44g Protein, 39g Carb, 300mg Sodium, 11g Fiber, 70mg Cholesterol, 20g Fat, 4.5g Saturated, 6g Sugar, 10% Calcium, 40% Iron

OVEN TEMPERATURE: Medium Broil

### MADE AHEAD

- 3 cups mashed sweet potatoes \* *from Meal #1*
- Cut vegetables: onion, bell pepper, carrots, kale

### DIRECTIONS

#### *For shepherds pie*

1. Heat a large skillet over medium heat and add oil, onion, and garlic and cook for 1 minute.
2. Add ground beef, crumbling as it cooks. Cook 3-5 minutes until cooked through.
3. Add bell peppers, carrots, kale, cumin, cayenne, salt, and pepper and cook for 3-4 minutes.
4. Add in tomatoes and cilantro and simmer for 2-3 minutes.
5. Put ground beef mixture in a lightly oiled 8x8 or 8x10 casserole dish. Spread mashed sweet potatoes in an even layer on top.
6. Broil for 10 minutes until lightly browned.

### INGREDIENTS

#### *For shepherds pie*

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 pound lean ground beef
- 1 bell pepper, diced (1 cup)
- 2 carrots, shredded ( $\frac{2}{3}$  cup)
- $\frac{1}{2}$  bunch kale, chopped (2 cups)
- 1 teaspoon cumin
- dash of cayenne
- $\frac{1}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon black pepper
- 1 (15 ounce) can diced tomatoes
- $\frac{1}{4}$  cup chopped cilantro
- 3 cups mashed sweet potatoes \* *from Meal #1*

Shepard's Pie: 450kcal, 30g Protein, 50g Carb, 430mg Sodium, 9g Fiber, 60mg Cholesterol, 11g Fat, 2.5g Saturated, 20g Sugar, 10% Calcium, 20% Iron



## (4) MEDITERRANEAN CHICKEN PASTA

### MADE AHEAD

- 1½ pounds cooked chicken \* *from Meal #1*
- 8 ounces gluten free pasta prepared according to package directions (4 cups cooked)
- Cut vegetables: onion, bell pepper, kale

### DIRECTIONS

#### *For Mediterranean chicken pasta*

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and garlic and sauté for 1 minute.
3. Add bell pepper and kale and cook for 1-2 minutes.
4. Add chicken, salt, pepper, oregano, tomatoes, and broth and cook until heated through.
5. Add pasta, basil and olives; stir until warm and serve.

### INGREDIENTS

#### *For Mediterranean chicken pasta*

1 Tablespoon olive oil  
1 yellow onion, diced (1 cup)  
2 cloves garlic, minced  
2 bell peppers, diced (2 cups)  
½ bunch kale, chopped (2 cups)  
1½ pounds cooked chicken, diced \*  
*from Meal #1*  
¼ teaspoon kosher salt  
dash of black pepper  
½ teaspoon dried oregano  
½ cup sun-dried tomatoes, soaked\*  
and chopped  
½ cup gluten free low-sodium chicken  
broth  
4 cups cooked gluten free pasta  
¼ cup chopped basil  
2 Tablespoon chopped green olives,  
optional

*\* place sundried tomatoes in a glass bowl and cover with hot water. Let sit 10 minutes until softened, drain, and chop*

Pasta: 510kcal, 48g Protein, 47g Carb, 550mg Sodium, 11g Fiber, 160mg Cholesterol, 16g Fat, 2.5g Saturated, 13g Sugar, 8% Calcium, 45% Iron

## MADE AHEAD

- Roasted sweet potatoes *\*see prep guide*
- Cut vegetables: onion, bell pepper, kale

## DIRECTIONS

### *For fajita hash*

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onions and bell peppers and sauté for 2-3 minutes.
3. Add kale, salt, and pepper and cook for 2-3 minutes until kale begins to wilt.
4. Add sweet potatoes and cumin and stir to heat through.
5. Turn heat off and add cilantro.
6. Top with goat cheese, pine nuts, and fried eggs.

### Meanwhile

### *For fried eggs*

1. Heat a large non-stick skillet over medium high heat and add oil.
2. When oil is hot add eggs and cook until desired doneness.
3. Serve over fajita hash.

## INGREDIENTS

### *For fajita hash*

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 1½ bunches kale, chopped (6 cups)
- ¼ teaspoon kosher salt
- dash of black pepper
- 1½ pound roasted sweet potatoes  
*\*see prep guide*
- ¼ teaspoon cumin
- ¼ cup chopped cilantro
- 4 ounces goat cheese, crumbled (1 cup)
- 3 Tablespoons pine nuts, toasted

### *For fried eggs*

- 1 Tablespoon olive oil
- 8 eggs

Fajita Hash: 340kcal, 11g Protein, 45g Carb, 370mg Sodium, 9g Fiber, 35mg Cholesterol, 15g Fat, 5g Saturated, 16g Sugar, 10% Calcium, 10% Iron

Eggs: 170kcal, 12g Protein, 2g Carb, 130mg Sodium, 0g Fiber, 360mg Cholesterol, 13g Fat, 3g Saturated, 0g Sugar, 4% Calcium, 6% Iron