

PREP GUIDE**MEAL #1**

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

MEAL #2

- 8 ounces whole wheat pasta prepared according to package directions (4 cups cooked)
- Cut vegetables:
 - 1 leek, white/pale green parts chopped (¾ cup)
 - 1 bunch kale, chopped (4 cups)
 - 2 bell peppers, diced (2 cups)

MEAL #3

- 6 cups cooked quinoa prepared according to package directions * *for the week*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 6 ounces mushrooms, sliced (2 cups)
 - 4 carrots, diced (2 cups)
 - 4 stalks celery, diced (2 cups)
 - 2 bunches kale, chopped (8 cups)

MEAL #4

- Roasted butternut squash (see below) * *for the week*
- Cut vegetables:
 - 2 leeks, white/pale green parts diced (1½ cup)
 - 12 ounces mushrooms, quartered (4 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**

FESTIVE BRUSSELS & BEANS
Baked Potatoes

TUESDAY ②

VEGGIE PASTA

WEDNESDAY ③

QUINOA KALE SOUP

THURSDAY ④

BUTTERNUT TOFU SKILLET

FRIDAY ⑤

CHILI TOPPED POTATOES



Shopping List

(1) Festive Brussels & Beans (2) Veggie Pasta (3) Quinoa Kale Soup (4) Butternut Skillet (5) Chili Topped Potatoes

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	russet potatoes	8 small	<i>about 3 pounds total</i>	3
1	brussels sprouts	1 pound		2
2,4	leek	3		2
2,3	kale	3 bunches		6
2,5	bell peppers	3	<i>any color</i>	3
2	pears	4		2
3,5	yellow onion	2		2
3,4,5	mushrooms	1-1/2 pounds	<i>brown or button</i>	7.5
3,5	carrots	5		2
3	celery	4 stalks		2
3,4	fresh basil	1 bunch	<i>optional - need 6 Tablespoons chopped</i>	1.5
4,5	butternut squash	1 large	<i>about 4 to 4-1/2 pounds</i>	3

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	butter	1-1/2 Tblspns	<i>optional</i>	0.5
2,3	parmesan cheese	3/4 cup		2
5	cheddar cheese, shredded	1/3 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3	crushed red pepper	1/2 teaspoon	<i>optional</i>	0.5
1,2,5	white beans, organic	4 (15 oz) cans		6
1	dried cranberries, unsweetened	1/4 cup		2
1	pumpkin seeds	1/2 cup		2
3	diced tomatoes	1 (28 oz) can	<i>unsalted</i>	2
3,4	quinoa	3 cups		3
4	extra firm tofu	1 (14 oz) block		2
5	chili powder	1-1/2 teaspoons		0.5

Fresh 20 Grocery Est \$58.50
 Cost Per Dinner \$11.70
 Cost Per Serving \$2.93

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	
	grapeseed oil		herbes de provence	1/2 teaspoon
	balsamic vinegar		ground cumin	1-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	4-1/4 cups (34 fl oz)	organic tomato paste	1-1/2 Tablespoons
	garlic	7 cloves	Dijon mustard or brown mustard	
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/2 teaspoons	whole grain pasta	8 ounces
	cayenne pepper		long grain brown rice	
paprika		whole wheat 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) FESTIVE BRUSSELS & BEANS

baked potatoes

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: brussels sprouts

DIRECTIONS

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 & beans

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.
3. Add white beans, cranberries, and pumpkin seeds, stir until warmed through. Serve with baked potatoes.

INGREDIENTS

For baked potatoes

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

For brussels sprouts & beans

- 1½ Tablespoons olive oil
- 1 pound brussels sprouts, sliced thin (4 cups)
- ¼ teaspoon kosher salt
- ¼ teaspoon crushed red pepper
- 1 (15 oz) can organic white beans, drained and rinsed
- ¼ cup dried cranberries, unsweetened
- ½ cup pumpkin seeds

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: 300kcal, 15g Protein, 29g Carb, 200mg Sodium, 9g Fiber, 0mg Cholesterol, 15g Fat, 2.5g Saturated, 8g Sugar, 6% Calcium, 30% Iron



(2) VEGGIE PASTA

MADE AHEAD

- 8 ounces whole wheat pasta prepared according to package directions (4 cups cooked)
- Cut vegetables: leek, kale, bell pepper

DIRECTIONS

For veggie pasta

1. Heat a large skillet over medium heat and add oil, leeks, and garlic and sauté for 2 minutes.
2. Add kale and bell peppers and cook 1 minute. Add beans, broth, pasta, salt, and pepper and cook for 5 minutes.
3. Add parmesan and serve with a side of sliced pears.

INGREDIENTS

For veggie pasta

- 2 Tablespoons olive oil
- 1 leek, white & pale green parts chopped ($\frac{3}{4}$ cup)
- 3 cloves garlic, minced
- 1 bunch kale, chopped (4 cups)
- 2 bell peppers, diced (2 cups)
- 1 (15 oz) can organic white beans, drained and rinsed
- $\frac{1}{4}$ cup low sodium vegetable broth
- 4 cups cooked whole wheat pasta
- $\frac{1}{4}$ teaspoon kosher salt
- dash of black pepper
- $\frac{1}{4}$ cup grated parmesan cheese

4 pears, sliced

Veggie Pasta: 360kcal, 16g Protein, 51g Carb, 340mg Sodium, 10g Fiber, 5mg Cholesterol, 12g Fat, 2g Saturated, 4g Sugar, 15% Calcium, 20% Iron

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



(3) QUINOA KALE SOUP

MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: onion, mushrooms, carrots, celery, kale

DIRECTIONS

For quinoa kale soup

1. Heat a large pot over medium heat and add oil, pepper, onion, and mushrooms and sauté for 3 minutes.
2. Add carrots, celery, salt, pepper, and Herbes and cook for 2-3 minutes until vegetables are tender.
3. Add broth, tomatoes, quinoa and kale and bring to a simmer for 5-10 minutes. Stir in cheese.
4. Garnish with basil before serving.

INGREDIENTS

For quinoa kale soup

1½ Tablespoons olive oil
¼ teaspoon crushed red pepper
1 yellow onion, diced (1 cup)
6 ounces brown mushroom, sliced (2 cups)
4 carrots, diced (2 cups)
4 stalks celery, diced (2 cups)
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon Herbes de Provence
4 cups low-sodium vegetable broth
1 (28 oz) can unsalted diced tomatoes
3 cups cooked quinoa
2 bunches kale, chopped (8 cups)
½ cup grated parmesan cheese
¼ cup chopped basil, optional

Quinoa Kale Soup: 450kcal, 19g Protein, 62g Carb, 520mg Sodium, 11g Fiber, 10mg Cholesterol, 13g Fat, 3g Saturated, 15g Sugar, 25% Calcium, 30% Iron



(4) BUTTERNUT TOFU SKILLET

MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 3 cups roasted butternut squash **see prep guide*
- Cut vegetables: leeks, mushrooms

DIRECTIONS

For butternut tofu skillet

1. Heat 1 Tablespoon of oil in a large nonstick skillet over medium heat.
2. Add tofu and cook for 10 minutes until lightly browned. Set aside.
3. Add remaining oil, leeks, and garlic to pan and sauté for 2-3 minutes.
4. Add mushrooms and cook for about 3 minutes until tender.
5. Add squash, browned tofu, salt, and pepper and cook until warmed through.
6. Stir in basil and serve over warmed quinoa.

INGREDIENTS

For butternut tofu skillet

- 2 Tablespoons olive oil, divided
- 1 (14 oz) block extra firm tofu, drained, pressed and diced
- 2 leeks, white & pale green parts, large dice (1½ cups)
- 2 cloves garlic, minced
- 12 ounces mushrooms, quartered (4 cups)
- 3 cups roasted butternut squash **see prep guide*
- dash of kosher salt and pepper

- 3 cups cooked quinoa, warmed
- 2 Tablespoons chopped basil, optional

Butternut Tofu Skillet: 270kcal, 15g Protein, 25g Carb, 160mg Sodium, 6g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 6g Sugar, 15% Calcium, 20% Iron

Quinoa: 170kcal, 6g Protein, 30g Carb, 10mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 10% 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 white beans, drained and rinsed (save ½ liquid)
- 1½ Tablespoons 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