

PREP GUIDE**MEAL #1**

- 3 lemons, zested & juiced (9 Tablespoons juice, 3 Tablespoons zest) * *for the week*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1½ ounces spinach, chopped (1 cup)
 - 3 carrots, diced (1½ cups)
 - 3 parsnips, diced (2½ cups)
 - 1 butternut squash, peeled, diced (5 cups)

MEAL #2

- 6 cups cooked brown rice prepared according to package directions* *for the week*
- Cut vegetable:
 - 1 yellow onion, diced (1 cup)
 - 12 ounces spinach, chopped (8 cups)

MEAL #3

- Blanch broccoli * *see below*
- 8 ounces whole wheat pasta prepared according to package directions (4 cups cooked)

MEAL #4

- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 4 carrots, sliced (2 cups)
 - 1 head broccoli, small florets (4 cups)

MEAL #5

- no prep needed

Blanched Broccoli (Meal #3)

1 large head broccoli, florets (5 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**

BEAN BURGERS
Root Veggies

TUESDAY ②

GREEK RICE

WEDNESDAY ③

PASTA WITH BEANS & BROCCOLI

THURSDAY ④

TOFU BROCCOLI STIR FRY

FRIDAY ⑤

GRILLED CHEESE & VEGGIE SOUP



Shopping List

(1) Bean Burgers (2) Greek Rice (3) Broccoli Pasta (4) Tofu Broccoli Stir Fry (5) Grilled Cheese & Veggie Soup

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,4	yellow onion	3		3
1,2,5	spinach	1 pound		5
1	fresh parsley	1 bunch	<i>need 1/2 cup chopped</i>	1.5
1,2,3,4	lemon	3		1.5
1,4	carrots	7		2
1	sweet potatoes	2	<i>about 1 pound total</i>	1.5
1	parsnips	3		2.5
1	butternut squash	1 medium	<i>about 2-1/2 to 3 pounds</i>	2.5
3,4	broccoli	2 heads		4
3	clementines	8		2
4	fresh ginger	1-2"	<i>optional, need 1 Tablespoon grated</i>	1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,2	feta cheese	3 ounces		3
3	parmesan cheese	1/2 cup		1.5
5	provolone cheese	4 ounces	<i>4 slices</i>	3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	garbanzo beans, organic	1 (15 oz) can		1.5
1,5	whole wheat rolls	5		2.5
2,3	white beans, organic	2 (15 oz) cans		3
2	pine nuts	1/4 cup		2
3	crushed red pepper	1/4 teaspoon		0.5
4	extra firm tofu	1 pound		3

Fresh 20 Grocery Est \$46.50
 Cost Per Dinner \$9.30
 Cost Per Serving \$2.33

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	1/2 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	veggie broth: low sodium	4-1/2 cups (36 fl oz)	organic tomato paste	
	garlic	8 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	1 teaspoon	whole grain pasta	8 ounces
	cayenne pepper		long grain brown rice	3 cups
paprika	1/2 teaspoon	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) BEAN BURGERS

root veggies

MADE AHEAD

- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: onion, spinach, carrots, parsnips, butternut squash

DIRECTIONS

For bean burgers

1. Heat 1 Tablespoon oil in a skillet over medium heat. Add onion and cook for 2-3 minutes. Stir in garlic until fragrant.
2. Add garbanzo beans and spinach and cook until spinach is wilted.
3. Transfer to a food processor with all remaining ingredients. Process until almost smooth.
4. Flour your hands and a plate lightly and roll the mixture into 4 balls.
5. Flatten and place on a lined baking sheet. Cover and refrigerate for at least 30 minutes or up to overnight. Alternatively, freeze for 15-20 minutes.
6. Add remaining oil to a skillet and fry burgers for 3-4 minutes per side. Serve with roasted veggies.

Meanwhile

For root veggies

1. Toss all ingredients together and put on one or two foil-lined baking sheets.
2. Put in 325°F oven for about 35 minutes.
3. Save half for Meal #5, serve remaining veggies with bean burgers.

INGREDIENTS

For bean burgers

- 2 Tablespoons olive oil, divided
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 (15 oz) can organic garbanzo beans, drained and rinsed
- 1½ ounces spinach, chopped (1 cup)
- ½ teaspoon ground paprika
- ½ teaspoon ground cumin
- ½ cup chopped fresh parsley
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- ½ cup breadcrumbs from one whole wheat roll (toast roll and pulse in food processor)
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 ounce feta cheese (¼ cup)

For root veggies

- 3 carrots, diced (1½ cups)
- 2 sweet potatoes, diced (4 cups)
- 3 parsnips, diced (2½ cups)
- 1 butternut squash, peeled, diced (5 cups)
- 2 Tablespoons olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

Bean Burgers:350kcal, 15g Protein, 31g Carb, 510mg Sodium, 5g Fiber, 60mg Cholesterol, 17g Fat, 4g Saturated, 4g Sugar, 15% Calcium, 10% Iron

Root Veggies:160kcal, 3g Protein, 30g Carb, 190mg Sodium, 7g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 9g Sugar,6 % Calcium, 6% Iron

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: onion, spinach

DIRECTIONS

For Greek rice

1. Heat a large non-stick skillet over medium heat and add oil, onion, and garlic; sauté for 1 minute.
2. Add spinach and beans and cook until spinach is wilted then add rice, salt, and pepper.
3. Stir until warmed through. Remove from heat and stir in lemon zest and juice.
4. Serve garnished with feta cheese and pine nuts.

INGREDIENTS

For Greek rice

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 garlic cloves, minced
- 12 ounces spinach, chopped (8 cups)
- 1 (15 oz) can organic white beans, drained and rinsed
- 3 cups cooked brown rice
- ¼ teaspoon kosher salt
- dash of black pepper
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- 2 ounces crumbled feta cheese (½ cup)
- ¼ cup toasted pine nuts, optional

Greek Rice: 460kcal, 18g Protein, 56g Carb, 530mg Sodium, 9g Fiber, 15mg Cholesterol, 18g Fat, 4g Saturated, 3g Sugar, 20% Calcium, 30% Iron



(3) PASTA WITH BEANS & BROCCOLI

MADE AHEAD

- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- Blanched broccoli * *see prep guide*
- 1 lemon, zested (1 Tablespoon)

DIRECTIONS

For pasta with beans & broccoli

1. Heat a large skillet over medium heat and add oil and garlic. Cook 1 minute.
2. Add beans, broccoli, salt, red pepper, and zest and cook for 2 minutes.
3. Add pasta and broth and stir to warm through.
4. Top with parmesan and serve with a side of clementines.

INGREDIENTS

For pasta with beans & broccoli

- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 1 (15 oz) can organic white beans, drained and rinsed
- 1 large head broccoli, small florets, blanched * *see prep guide*
- ¼ teaspoon kosher salt
- ¼ teaspoon crushed red pepper
- 1 Tablespoon lemon zest
- 4 cups cooked whole wheat pasta
- ¼ cup low sodium vegetable broth
- ½ cup grated parmesan cheese

8 clementines

Broccoli Pasta: 410kcal, 21g Protein, 56g Carb, 500mg Sodium, 13g Fiber, 10mg Cholesterol, 14g Fat, 3g Saturated, 4g Sugar, 25% Calcium, 20% Iron

Clementines: 70kcal, 1g Protein, 18g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 4% Calcium, 0% Iron



(4) TOFU BROCCOLI STIR FRY

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 1-2" fresh ginger, grated (1 Tablespoon)
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: onion, carrots, broccoli

DIRECTIONS

For tofu broccoli stir-fry

1. Heat a large non-stick skillet over medium heat and add 1 Tablespoon of oil.
2. When oil is hot add tofu. Cook for about 10 minutes, turning to brown all sides. Set aside and keep warm.
3. Heat remaining oil and add garlic, onion, and ginger and sauté for 1 minute.
4. Add carrots and broccoli and cook for 3-4 minutes.
5. Add tofu back to pan with remaining ingredients and stir until heated through. *Note: Rice can be added to dish, or stir fry can be served over rice.*

INGREDIENTS

For tofu broccoli stir Fry

- 2 Tablespoons grapeseed or sesame oil, divided
- 1 pound extra firm tofu, drained, pressed to release moisture, and cut into 1 inch pieces
- 2 garlic cloves, minced
- 1 yellow onion, diced (1 cup)
- 1 Tablespoon grated ginger **optional*
- 4 carrots, sliced (2 cups)
- 1 head broccoli, chopped (4 cups)
- ¼ teaspoon black pepper
- 2 Tablespoons low sodium soy sauce
- 1 Tablespoon honey
- 3 Tablespoons lemon juice

- 3 cups cooked brown rice, warmed

Tofu Broccoli Stir Fry: 300kcal, 17g Protein, 30g Carb, 110mg Sodium, 8g Fiber, 0mg Cholesterol, 13g Fat, 0g Saturated, 14g Sugar, 15% Calcium, 15% Iron

Brown Rice: 160kcal, 3g Protein, 34g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 6% Iron



(5) GRILLED CHEESE & VEGGIE SOUP

MADE AHEAD

- Roasted root veggies **from Meal #1*

DIRECTIONS

For veggie soup

1. In a large soup pot heat roasted veggies and broth.
2. Puree all or part of the soup to achieve desired consistency; add additional broth or water if needed.

For grilled cheese

1. Heat a large non-stick skillet over medium heat.
2. Assemble sandwiches with cheese and spinach.
3. Brush sandwiches with olive oil and cook about 2 minutes per side until cheese has melted and bread is golden brown.

INGREDIENTS

For veggie soup

Roasted veggies **from Meal #1*
4 cups low-sodium vegetable broth

For grilled cheese

4 whole wheat rolls, sliced in half
4 ounces sliced provolone cheese (4 slices)
1 ounce spinach ($\frac{3}{4}$ cup)
1 Tablespoon olive oil

Veggie Soup: 170kcal, 3g Protein, 33g Carb, 330mg Sodium, 7g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 11g Sugar, 8% Calcium, 6% Iron

Grilled Cheese: 290kcal, 15g Protein, 27g Carb, 660mg Sodium, 0g Fiber, 20mg Cholesterol, 13g Fat, 5g Saturated, 4g Sugar, 20% Calcium, 10% Iron