

PREP GUIDE**MEAL #1**

- 6 cups cooked brown rice prepared according to package directions * *for the week*
- 2 lemons, zested (3 Tablespoons juice, 2 Tablespoons zest) * *for the week*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 large zucchini, diced (4 cups)

MEAL #2

- 2 limes, zested & juiced (4 Tablespoons juice, 2 teaspoons zest) * *for the week*
- Cut vegetables:
 - 1 yellow onion, sliced (1 cup)
 - 2 bell peppers, sliced (2 cups)
 - 8 ounces mushrooms, quartered (3 cups)

MEAL #3

- 2 oranges, juiced (½ cup)
- Cut vegetables:
 - 1 small head broccoli, chopped (3½ cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, minced (1 cup)
 - 1 jalapeno, minced (1-2 Tablespoons) * *optional*
 - 8 tomatillos, diced (4 cups)

MEAL #5

- 10 ounces short whole wheat pasta cooked according to package directions (5 cups cooked)
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 carrots, sliced (1 cup)
 - 1 bell pepper, diced (1 cup)
 - 4 ounces mushrooms, sliced (1½ cups)
 - 1 small head broccoli, chopped (3½ cups)

MENU**MONDAY ①**

ROAST PORK
Zucchini Pilaf

TUESDAY ②

SHRIMP FAJITAS

WEDNESDAY ③

CHICKEN DRUMSTICKS
Broccoli Stir Fry

THURSDAY ④

CHILI VERDE

FRIDAY ⑤

VEGGIE PASTA



CLASSIC January 12, 2018

Shopping List

(1) Roast Pork (2) Shrimp Fajitas (3) Chicken Drumsticks (4) Chili Verde (5) Veggie Pasta

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	pork tenderloin	2 pounds		16
2	shrimp	1-1/4 pounds		12.5
3	chicken drumsticks	8		4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	rosemary	few sprigs	<i>need 1 Tablespoon chopped</i>	1.5
1,5	lemon	2		1
1,2,4,5	yellow onion	4		4
1	zucchini	2 large		2
2,4,5	bell peppers	4	<i>any color</i>	4
2,5	mushrooms	3/4 pound	<i>brown or button</i>	6
2,4	lime	2		1
2,4	cilantro	1 bunch		1.5
2,3	oranges	6		3
3,5	broccoli	2 small heads		4
4	jalapeno	1	<i>optional</i>	0.5
4	tomatillos	8		4
5	carrots	2		1
5	fresh basil	1 bunch	<i>optional - need 1/2 cup chopped</i>	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
5	ricotta cheese	1 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,5	slivered almonds	1/2 cup		2.5
2,4	chili powder	1-1/2 teaspoons		0.5
2,4	pinto beans	2 (15 oz) cans		3
2,4	corn tortillas	16		3

Fresh 20 Grocery Est \$78.50
 Cost Per Dinner \$15.70
 Cost Per Serving \$3.93

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/4 cup	dried oregano	
	grapeseed oil	1/3 cup	herbes de provence	1/2 teaspoon
	balsamic vinegar		ground cumin	1-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium	4 cups (32 fl oz)	organic tomato paste	
	garlic	16 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	1/4 cup
	black pepper	1-1/2 teaspoons	whole grain pasta (dry)	10 ounces
	cayenne pepper		long grain brown rice (dry)	3 cups
	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) ROAST PORK zucchini pilaf

OVEN TEMPERATURE: 375°F

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, zucchini

DIRECTIONS

For roast pork

1. Heat oven to 375°F.
2. In a small bowl, combine olive oil, salt, pepper, Herbes, garlic, rosemary, and lemon.
3. Rub oil mixture over pork and place on a baking sheet.
4. Cook about 20-25 minutes, turning occasionally, until internal temperature reaches 145°F.
5. Let rest 3-5 minutes before slicing. Save half for Meal #4, serve remaining pork with zucchini pilaf.

Meanwhile

For zucchini pilaf

1. Heat a large non-stick skillet over medium heat and add oil, onions, and garlic and sauté for 1 minute.
2. Add zucchini, salt, and pepper and cook for about 3 minutes until zucchini starts to soften.
3. Add in brown rice and almonds and stir until heated through.

INGREDIENTS

For roast pork

2 pounds pork tenderloin
1 Tablespoon olive oil
½ teaspoon kosher salt
½ teaspoon black pepper
½ teaspoon Herbes de Provence
3 garlic cloves, peeled
1 Tablespoon chopped rosemary
1 Tablespoon lemon zest

For zucchini pilaf

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 garlic cloves, minced
2 large zucchini, diced (4 cups)
¼ teaspoon kosher salt
dash of black pepper
3 cups cooked brown rice
¼ cup slivered almonds

Roast Pork:140kcal, 24g Protein, 0g Carb, 210mg Sodium, 0g Fiber, 75mg Cholesterol, 4g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Zucchini Pilaf:310kcal, 8g Protein, 43g Carb, 160mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 5g Sugar, 4% Calcium, 6% Iron

MADE AHEAD

- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For shrimp fajitas

1. Heat a large skillet over medium heat and add oil.
2. When oil is hot add onion and garlic and sauté for 1-2 minutes. Add bell peppers and mushrooms and sauté an additional 2 minutes.
3. Set veggies aside and put skillet back on medium-high heat.
4. Add shrimp and cook for 2-3 minutes until pink and opaque. Add salt, pepper, cumin, and chili powder.
5. Add veggies back to pan and reduce heat to medium-low.
6. Add in lime juice, beans, and cilantro and stir until warmed through. Serve in warmed tortillas with a side of sliced oranges.

INGREDIENTS

For shrimp fajitas

- 1½ Tablespoon grapeseed oil
- 1 yellow onion, sliced (1 cup)
- 2 cloves garlic, minced
- 2 bell peppers, sliced (2 cups)
- 8 ounces mushrooms, quartered (3 cups)
- 1¼ pounds peeled and deveined shrimp (sub 1¼ pounds chicken tenders)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ teaspoon cumin
- ½ teaspoon chili powder
- 2 Tablespoons lime juice
- 1 (15 oz) can pinto beans, rinsed and drained
- ¼ cup chopped cilantro
- 8 corn tortillas, warmed

- 4 oranges, sliced

Fajitas: 370kcal, 28g Protein, 46g Carb, 700mg Sodium, 7g Fiber, 180mg Cholesterol, 9g Fat, 1g Saturated, 56g Sugar, 10% Calcium, 10% Iron

Oranges: 70kcal, 1g Protein, 21g Carb, 0mg Sodium, 7g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 4% Calcium, 0% Iron



(3) CHICKEN DRUMSTICKS broccoli stir-fry

OVEN TEMPERATURE: 375°F

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 2 oranges, juiced (½ cup juice)
- Cut vegetables: broccoli

DIRECTIONS

For chicken drumsticks

1. Heat oven to 375°F.
2. In a medium bowl, combine soy sauce, garlic, orange juice, honey, oil, and pepper. Add drumsticks and toss well to coat.
3. Place drumsticks on a rimmed sheet pan or in a baking dish.
4. Bake for about 40 minutes, turning occasionally.

For broccoli stir fry

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add broccoli and cook for 3-4 minutes.
3. Add rice, soy sauce, and pepper and stir to combine. Cook an additional 3-4 minutes until heated through and broccoli is tender.
4. Serve with chicken.

INGREDIENTS

For chicken drumsticks

8 chicken drumsticks
2 Tablespoons low sodium soy sauce
3 cloves garlic, minced
½ cup orange juice
1 Tablespoon honey
1 Tablespoon grapeseed or sesame oil
¼ teaspoon black pepper

For broccoli stir fry

1 Tablespoon grapeseed or sesame oil
2 cloves garlic, minced
1 small head broccoli, chopped (3½ cups)
3 cups cooked brown rice
2 Tablespoons low-sodium soy sauce
dash of black pepper

Chicken Drumsticks: 350kcal, 48g Protein, 8g Carb, 280mg Sodium, 0g Fiber, 215mg Cholesterol, 13g Fat, 3g Saturated, 8g Sugar, 2% Calcium, 10% Iron

Broccoli Stir Fry: 200kcal, 6g Protein, 35g Carb, 65mg Sodium, 7g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 3g Sugar, 6% Calcium, 10% Iron

MADE AHEAD

- 1 pound cooked pork * *from Meal #1*
- 1 lime, zested and juiced (2 Tablespoons juice, 2 teaspoons zest)
- Cut vegetables: onion, bell pepper, jalapeno, tomatillos

DIRECTIONS

For chili verde

1. Heat a large pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add bell pepper, jalapeño, and tomatillos and cook for 2-4 minutes.
4. Add broth and bring to a simmer for about 10 minutes.
5. Crush up tomatillos with fork.
6. Add cumin, chili powder, salt, pepper, pork, and beans and bring to a simmer.
7. Add in cilantro and lime.
8. Serve with warmed tortillas.

INGREDIENTS

For chili verde

- 1½ Tablespoons grapeseed oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 bell pepper, minced (1 cup)
- 1 jalapeno, minced (1-2 Tablespoons)
**optional*
- 8 tomatillos, diced (4 cups)
- 4 cups low sodium chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 pound cooked pork tenderloin,
chopped * *from Meal #1*
- 1 (15 oz) can pinto beans, drained
and rinsed
- ½ cup chopped cilantro
- 2 Tablespoons lime juice
- 2 teaspoons lime zest

- 8 corn tortillas, warmed

Chili Verde: 450kcal, 35g Protein, 51g Carb, 460mg Sodium, 9g Fiber, 75mg Cholesterol, 13g Fat, 1.5g Saturated, 10g Sugar, 6% Calcium, 20% Iron

MADE AHEAD

- 10 ounces small whole wheat pasta cooked according to package directions (5 cups cooked)
- Cut vegetables: onion, carrot, bell pepper, mushrooms, broccoli

DIRECTIONS

For veggie 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 carrots, bell pepper, mushrooms, and broccoli and cook for 3-5 minutes.
4. Add salt, pepper, and pasta and stir until warm.
5. Add in basil and almonds.
6. Serve with dollops of ricotta on top.

For ricotta

Mix ingredients together.

INGREDIENTS

For veggie pasta

1 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
2 carrots, sliced (1 cup)
1 bell pepper, diced (1 cup)
4 ounces mushrooms, sliced (1½ cups)
1 small head broccoli, chopped (3½ cups)
¼ teaspoon kosher salt
dash of black pepper
5 cups cooked whole wheat pasta
½ cup chopped basil, optional
¼ cup slivered almonds

For ricotta

1 cup ricotta cheese
3 Tablespoons lemon juice
1 Tablespoon lemon zest
dash of black pepper

Pasta: 380kcal, 15g Protein, 63g Carb, 250mg Sodium, 14g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 10g Sugar, 10% Calcium, 20% Iron

Ricotta: 60kcal, 5g Protein, 3g Carb, 55mg Sodium, 0g Fiber, 15mg Cholesterol, 2.5g Fat, 1.5g Saturated, 3g Sugar, 8% Calcium, 0% Iron