

PREP GUIDE

MEAL #1

- **Marinate tri tip roast up to 24 hours ahead** * see Meal #1
- 1 pound whole wheat pasta cooked according to package directions (8 cups cooked) *for the week
- 1 lemon, juiced and zested (3 Tablespoons juice, 1 Tablespoon zest) *for the week
- Cut vegetables:
 - ¾ pound brussels sprouts, trimmed and shaved (3 cups)

MEAL #2

- 1 orange, juiced (¼ cup)
- 2" fresh ginger, grated (1 Tablespoon + 1 teaspoon)
- Cut vegetable:
 - 1 large bunch kale, chopped (5 cups)

MEAL #3

- Cut fruit & vegetables:
 - 6 medium beets (3" diameter), peeled and diced (4 cups)
 - 2 oranges, peeled, segments

MEAL #4

- Cut vegetables:
 - 2 bell peppers, chopped (2 cups)
 - 1 bunch scallions, chopped (1 cup)
 - 1 large bunch kale, chopped (5 cups)

MEAL #5

- Cut vegetables:
 - 4 scallions, chopped (½ cup)
 - 1 bell pepper, chopped (1 cup)
 - ¾ pound brussels sprouts, trimmed and sliced thin (3 cups)

MENU

MONDAY ①

GARLIC TRI-TIP
Brussels Sprouts Pasta

TUESDAY ②

ORANGE SALMON
Kale & Bean Sauté

WEDNESDAY ③

STEAK
Beets & Sweets

THURSDAY ④

TURKEY THAI PASTA

FRIDAY ⑤

KITCHEN SINK HASH



CLASSIC January 26, 2018

Shopping List

(1) Garlic Tri-Tip (2) Orange Salmon (3) Steak with Beets & Sweets (4) Turkey Thai Pasta (5) Kitchen Sink Hash

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	tri tip roast	2-1/4 pounds		15
2	salmon fillets	1-1/2 pounds		12.5
4	ground turkey	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	rosemary	few sprigs	<i>need 4 teaspoons chopped</i>	1
1,5	brussels sprouts	1-1/2 pounds		4
1,4	lemon	1		0.5
2,3,4	oranges	7		3.5
2,4	fresh ginger	2-3"	<i>4 teaspoons grated ginger</i>	1.5
2,4	cilantro	1 bunch	<i>need 6 Tablespoons chopped</i>	1.5
2,4	kale	2 large bunches		5
3,5	beets	6 medium	<i>about 3" diameter</i>	3
3,5	sweet potatoes	5 medium	<i>about 2 pounds total</i>	3
4,5	bell peppers	3	<i>any color</i>	3
4,5	scallions	2 bunches	<i>6-8 scallions/bunch</i>	2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,3	goat cheese	1/2 cup	about 2 ounces	2
5	eggs	4		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	Worcestershire sauce	1 Tablespoon	<i>optional</i>	1
1,5	white beans	3 (15 oz) cans		4.5
4	peanuts	1/4 cup	<i>optional</i>	2

Fresh 20 Grocery Est \$73.00
 Cost Per Dinner \$14.60
 Cost Per Serving \$3.65

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	3 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	8 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	1/4 cup
	black pepper	1-1/2 teaspoons	whole grain pasta	1 pound
	cayenne pepper	dash	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) GARLIC TRI TIP

brussels sprouts pasta

OVEN TEMPERATURE: 425°F

MADE AHEAD

- **Marinate tri tip up to 24 hours ahead**
- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: brussels sprouts

DIRECTIONS

For garlic tri tip

1. In a large glass bowl combine Worcestershire, mustard, garlic, rosemary, salt, and pepper. Add tri-tip and turn to coat. Cover and refrigerate for up to 24 hours.
2. Heat oven to 425°F.
3. Put marinated tri-tip in a roasting pan and put in oven for 30-35 minutes, turning once until desired doneness (recommended internal temperature 145°F).
4. Let rest 5-10 minutes. Slice and save half for Meal #3, top remaining roast with goat cheese and serve with brussels pasta.

For brussels sprouts pasta

1. Heat a large non-stick skillet over medium heat and add oil then brussels sprouts and sauté for about 3-4 minutes.
2. Add salt and pepper and toss in pasta; stir until warm.
3. Top with lemon zest and serve.

INGREDIENTS

For garlic tri tip

- 1 (2¼ pound) tri tip roast
- 1 Tablespoon Worcestershire sauce, optional
- 1 teaspoon Dijon mustard
- 3 cloves garlic, minced
- 1 Tablespoon chopped rosemary
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup crumbled goat cheese, optional

For brussels sprouts pasta

- 1½ Tablespoons olive oil
- ¾ pound brussels sprouts, trimmed and shaved (3 cups)
- ¼ teaspoon kosher salt
- dash of black pepper
- 4 cups cooked whole wheat pasta
- 1 Tablespoon lemon zest

Tri Tip:210kcal, 27g Protein, 1g Carb, 290mg Sodium, 0g Fiber, 90mg Cholesterol, 11g Fat, 4.5g Saturated, 0g Sugar, 2% Calcium, 10% Iron

Pasta:240kcal, 10g Protein, 39g Carb, 160mg Sodium, 8g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 3g Sugar,2 % Calcium, 10% Iron



(2) ORANGE SALMON kale & bean sauté

MADE AHEAD

- 1 orange, juiced (¼ cup)
- 1" fresh ginger, grated (1 teaspoon)
- Cut vegetables: kale

DIRECTIONS

For orange salmon

1. Heat a large skillet over medium-high heat and add oil.
2. Add fish to skillet and cook about 2-3 minutes on one side then flip over. In a small bowl, combine orange juice, honey, soy sauce, ginger, and pepper. Add to pan with salmon and cook another 3-4 minutes until sauce is reduced.
3. Serve over Kale & Bean Sauté with cilantro garnish.

For kale & bean sauté

1. Heat a large non-stick skillet over medium heat and add oil and garlic and cook for 1 minute.
2. Add kale and sauté for 2-3 minutes until starting to wilt. Add salt, pepper, and beans and stir until heated through.

INGREDIENTS

For orange salmon

1½ Tablespoons grapeseed oil
1½ pounds salmon fillets
(sub 1½ pounds chicken breast)
¼ cup orange juice
2 Tablespoons honey
1½ Tablespoons soy sauce
1 teaspoon grated ginger
dash of black pepper
2 Tablespoons chopped cilantro

For kale & bean sauté

1½ Tablespoons olive oil
2 cloves garlic, minced
1 large bunch kale, chopped (5 cups)
dash of kosher salt and pepper
1 (15 ounce) cans white beans,
drained and rinsed

Salmon:330kcal, 37g Protein, 9g Carb, 80mg Sodium,
0g Fiber, 75mg Cholesterol, 15g Fat, 2.5g Saturated,
8g Sugar, 4% Calcium, 6% Iron

Kale and Beans:130kcal, 5g Protein, 15g Carb, 110mg
Sodium, 4g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Satu-
rated, 1g Sugar, 4% Calcium, 10% Iron

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 1 pound sliced tri tip * *from Meal #1*
- Cut fruits & vegetables: beets, oranges

DIRECTIONS

For steak, beets & sweets

1. Heat oven to 400°F.
2. Toss beets with 1 Tablespoon oil, ¼ teaspoon salt and ¼ teaspoon pepper.
3. Put on baking sheet and roast 10 minutes.
4. Meanwhile, toss sweet potatoes with remaining oil, salt, and pepper and put on another baking sheet. Put in oven with beets and cook both for another 30 minutes.
5. Save half the beets and sweet potatoes for Meal #5.
6. Serve sliced meat over remaining sweet potatoes and beets and top with goat cheese and oranges.

INGREDIENTS

For steak, beets & sweets

- 3 Tablespoons olive oil, divided
- 6 medium beets, peeled & diced (4 cups)
- 5 sweet potatoes, peeled and diced (4½-5 cups)
- ¾ teaspoon kosher salt, divided
- ½ teaspoon black pepper divided

- 1 pound sliced tri tip, warmed
- ¼ cup crumbled goat cheese
- 2 oranges, peeled, segmented

Steak, Beets and Sweets: 460kcal, 31g Protein, 37g Carb, 580mg Sodium, 6g Fiber, 90mg Cholesterol, 20g Fat, 6g Saturated, 17g Sugar, 8% Calcium, 15% Iron



(4) TURKEY THAI PASTA

MADE AHEAD

- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- 1-2" fresh ginger, grated (1 Tablespoon)
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: bell peppers, scallions, kale

DIRECTIONS

For turkey Thai pasta

1. Heat a large skillet over medium heat and add oil.
2. Add ginger and garlic and sauté for 1 minute.
3. Add bell peppers, scallions, and turkey and crumble meat as it cooks.
4. Add kale, soy sauce, cayenne, and lemon.
5. Add pasta and stir until warm. Serve garnished with peanuts and cilantro. Serve with sliced oranges.

INGREDIENTS

For turkey Thai pasta

- 1½ Tablespoons grapeseed or sesame oil
- 1 Tablespoon grated ginger
- 2 cloves garlic, minced
- 2 bell peppers, chopped (2 cups)
- 1 bunch scallions, chopped (1 cup)
- 1 pound ground turkey
- 1 large bunch kale, chopped (5 cups)
- 2 Tablespoons low-sodium soy sauce
- dash of cayenne
- 3 Tablespoons lemon juice
- 4 cups cooked whole wheat pasta
- ¼ cup chopped peanuts, optional
- ¼ cup chopped cilantro

- 4 oranges, sliced

Thai Pasta:410kcal, 38g Protein, 41g Carb, 115mg Sodium, 7g Fiber, 55mg Cholesterol, 13g Fat, 2g Saturated, 5g Sugar, 6% Calcium, 20% Iron

Oranges:60kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 0% Iron

MADE AHEAD

- Beets & Sweets * *from Meal #3*
- Cut vegetables: scallions, bell pepper, brussels sprouts

DIRECTIONS

For kitchen sink hash

1. Heat a large non-stick skillet over medium heat and add oil, garlic, scallions, bell pepper, and brussels sprouts and cook for 3-4 minutes.
2. Add beets & sweets, rosemary, salt, pepper, and beans and cook until warmed through.

For eggs

1. Heat oil in large skillet over medium heat.
2. Crack eggs into skillet and cook until desired doneness.
3. Serve over hash.

INGREDIENTS

For kitchen sink hash

- 1 Tablespoons olive oil
- 1 clove garlic, minced
- 4 scallions, chopped (½ cup)
- 1 bell pepper, chopped (1 cup)
- ¾ pound brussels sprouts, trimmed & sliced thin (3 cups)
- Beets & sweets * *from Meal #3*
- 1 teaspoon chopped rosemary
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 (15 oz) cans white beans, drained and rinsed

For eggs

- 1 Tablespoon olive oil
- 4 eggs

Hash: 380kcal, 17g Protein, 66g Carb, 380mg Sodium, 18g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 16g Sugar, 10% Calcium, 30% Iron

Eggs: 100kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 180mg Cholesterol, 8g Fat, 2g Saturated, 0g Sugar, 2% Calcium, 6% Iron