

PREP GUIDE**MEAL #1**

- 1½ cups cooked brown rice prepared according to package directions * *for the week*
- ½ lemon, zested (2¼ teaspoons juice, ½ Tablespoon zest) * *for the week*
- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ½ large zucchini, diced (1 cup)

MEAL #2

- ½ lime, zested & juiced (1 Tablespoon juice, ½ teaspoon zest) * *for the week*
- Cut vegetables:
 - ¼ yellow onion, sliced (¼ cup)
 - ½ bell pepper, sliced (½ cup)
 - 2 ounces mushrooms, quartered (¾ cup)

MEAL #3

- ½ orange, juiced (2 Tablespoons)
- Cut vegetables:
 - 1 cup chopped broccoli

MEAL #4

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ¼ bell pepper, minced (¼ cup)
 - ¼ jalapeno, minced (1 teaspoon) **optional*
 - 2 tomatillos, diced (1 cup)

MEAL #5

- 2½ ounces short whole wheat pasta cooked according to package directions (1¼ cups cooked)
- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ½ carrot, sliced (¼ cup)
 - ¼ bell pepper, diced (¼ cup)
 - 1 ounce mushrooms, sliced (⅓ cup)
 - 1 cup chopped broccoli

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



FOR ONE 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	1/2 pound		4
2	shrimp	1/3 pound		3
3	chicken drumsticks	2		1

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

Recipe #	Dairy	Quantity	Notes	Est Cost *
5	ricotta cheese	1/4 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,5	slivered almonds	2 Tablespoons		1
2,4	chili powder	1/2 teaspoons		0.5
2,4	pinto beans	1 (15 oz) can		1.5
2,4	corn tortillas	4		1

Fresh 20 Grocery Est \$28.00
 Cost Per Dinner \$5.60
 Cost Per Serving \$5.60

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

- ¾ cup cooked brown rice prepared according to package directions
- ¼ lemon, zested (¾ teaspoon)
- 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 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.

Dairy Free:

Gluten Free:

Vegetarian: *Omit pork. For zucchini pilaf, increase rice to 1 cup and almonds to 2 Tablespoons. Serve topped with 1 fried egg.*

INGREDIENTS

For roast pork

- ½ pound pork tenderloin (or two boneless pork chops, 4 oz each)
- ¾ teaspoon olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ teaspoon Herbes de Provence
- ½ garlic clove, peeled
- ¾ teaspoon chopped rosemary
- ¾ teaspoon lemon zest

For zucchini pilaf

- ½ Tablespoon olive oil
- ¼ yellow onion, diced (¼ cup)
- ½ garlic clove, minced
- ½ large zucchini, diced (1 cup)
- Pinch of kosher salt
- Pinch of black pepper
- ¾ cup cooked brown rice
- 1 Tablespoon 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

- ¼ lime, juiced (½ Tablespoon)
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For shrimp fajitas

1. Heat a skillet over medium heat and add oil.
2. When oil is hot add onion and garlic and sauté for 1 minute. Add bell peppers and mushrooms and sauté an additional 1-2 minutes.
3. Set veggies aside and put skillet back on medium-high heat.
4. Add shrimp and cook for 2 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.

Dairy Free:

Gluten Free:

Vegetarian: *Omit above. Prepare Veggie Fajita Bowls: Heat a skillet and add 1 teaspoon oil, ¼ cup diced onion, ½ minced garlic clove, ½ cup sliced bell pepper, and ¾ cup sliced mushrooms; cook 3-4 minutes until vegetables are tender. Add ½ cup pinto beans and a pinch of salt, pepper, cumin, and chili powder; cook until warmed through. Stir in a splash of lime juice. Serve over ¾ cup cooked quinoa with yogurt sauce (below) and a side of sliced oranges. For yogurt sauce, combine ¼ cup plain Greek yogurt, 1 teaspoon lime juice, ¼ teaspoon honey, and pinch of chili powder.*

INGREDIENTS

For shrimp fajitas

- 1 teaspoon grapeseed oil
- ¼ yellow onion, sliced (¼ cup)
- ½ clove garlic, minced
- ½ bell pepper, sliced (½ cup)
- 2 ounces mushrooms, quartered (¾ cup)
- ½ pound peeled and deveined shrimp (sub ½ pound chicken tenders)
- Pinch of kosher salt
- Pinch of black pepper
- Pinch of cumin
- ¼ teaspoon chili powder
- ½ Tablespoon lime juice
- ¼ (15 oz) can pinto beans, rinsed and drained
- 1 Tablespoon chopped cilantro
- 2 corn tortillas, warmed

- 1 orange, 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

- ¾ cup cooked brown rice prepared according to package directions
- ½ orange, juiced (2 Tablespoons 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 small baking dish.
4. Bake for about 35-40 minutes, turning occasionally.

For broccoli stir fry

1. Heat a non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add broccoli and cook for 2-3 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.

Dairy Free:

Gluten Free: *Use gluten free soy sauce.*

Vegetarian: *Omit above, prepare Orange Broccoli Fried Rice: Heat a skillet and add ½ Tablespoon oil, ¼ cup diced onion, ¼ cup diced bell pepper, ¼ cup diced carrot, ½ minced garlic clove, and 2 cup chopped broccoli. Sauté 4-5 minutes until tender. Add ½ cup thawed frozen peas, ¾ cup cooked brown rice and ½ Tablespoon soy sauce and cook until heated through. Set aside. In same pan heat 1 teaspoon oil and 1 whisked egg, scramble. Add vegetables back to pan and stir to combine. Remove from heat and ¼ cup of diced oranges or mandarin oranges.*

INGREDIENTS

For chicken drumsticks

2 chicken drumsticks
½ Tablespoon low sodium soy sauce
½ clove garlic, minced
2 Tablespoons orange juice
¾ teaspoon honey
¾ teaspoon grapeseed or sesame oil
Pinch of black pepper

For broccoli stir fry

¾ teaspoon grapeseed or sesame oil
½ clove garlic, minced
1 cup broccoli florets
¾ cup cooked brown rice
½ Tablespoon low-sodium soy sauce
pinch 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

- ¼ pound cooked pork * *from Meal #1*
- ¼ lime, zested and juiced (½ Tablespoon juice, ½ teaspoon zest)
- Cut vegetables: onion, bell pepper, jalapeno, tomatillos

DIRECTIONS

For chili verde

1. Heat a soup 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 7-8 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.

Dairy Free:

Gluten Free: *Use gluten free broth.*

Vegetarian: *Omit pork and corn tortillas. Prepare chili verde as above using vegetable broth and serve in a baked sweet potato, top with ¼ cup plain Greek yogurt.*

INGREDIENTS

For chili verde

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

- 2½ ounces small whole wheat pasta cooked according to package directions (1¼ cups cooked)
- Cut vegetables: onion, carrot, bell pepper, mushrooms, broccoli

DIRECTIONS

For veggie pasta

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and garlic and sauté for 30 seconds.
3. Add carrots, bell pepper, mushrooms, and broccoli and cook for 2-3 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.

Dairy Free: Omit ricotta topping, top with sliced avocado.

Gluten Free: Use gluten free pasta.

Vegetarian:

INGREDIENTS

For veggie pasta

¾ teaspoon olive oil
 ¼ yellow onion, diced (¼ cup)
 ½ clove garlic, minced
 ½ carrot, sliced (¼ cup)
 ¼ bell pepper, diced (¼ cup)
 1 ounce mushrooms, sliced (⅓ cup)
 1 cup chopped broccoli
 Pinch of kosher salt
 Pinch of black pepper
 1¼ cups cooked whole wheat pasta
 2 Tablespoons chopped basil, optional
 1 Tablespoon slivered almonds

For ricotta

¼ cup ricotta cheese
 2¼ teaspoons lemon juice
 ¾ teaspoon lemon zest
 Pinch 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