

**PREP GUIDE**

**MEAL #1**

- Roast acorn squash \* *see below*
- ¾ cup cooked brown rice prepared according to package directions
- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - 1 ounce mushrooms, chopped (½ cup)

**MEAL #2**

- ½ lemon, juiced (1½ Tablespoons juice) \**for the week*
- Cut vegetable:
  - ¼ bunch kale, chopped (1 cup)

**MEAL #3**

- 1¼ cups cooked quinoa prepared according to package directions\* *for the week*
- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - ¼ zucchini, shredded (½ cup)
  - ½ carrot, shredded (2½ Tablespoons)

**MEAL #4**

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - 1 carrot, diced (½ cup)
  - 1 stalk celery, diced (½ cup)
  - 1½ ounces brown mushrooms, quartered (½ cup)

**MEAL #5**

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - ½ carrot, shredded(2½ Tablespoons)
  - ½ zucchini, small dice (1 cup)
  - ¼ bunch kale, chopped (1 cup)

**Acorn Squash** (Meal #1 & #5)

1 large acorn squash, cut in half lengthwise and seeded

Heat oven to 400°F. Brush squash with a drizzle of olive oil and put cut side down on baking sheet for about 45 minutes.

**MENU**

**MONDAY ①**

TURKEY STUFFED SQUASH

**TUESDAY ②**

SEARED FISH

White Beans & Greens

**WEDNESDAY ③**

TACO SKILLET

**THURSDAY ④**

BACON & BEAN SOUP

**FRIDAY ⑤**

QUINOA ACORN SQUASH



FOR ONE January 5, 2018

# Shopping List

(1) Turkey Stuffed Squash (2) Seared Fish (3) Taco Skillet (4) Bacon & Bean Soup (5) Quinoa Acorn Squash

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	ground turkey	1/2 pound		3
2	fish fillets	1/3 pound		3
4	bacon	3 ounces		1

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	acorn squash	1 large		2.5
1,3,4,5	yellow onion	1		1
1,4	brown mushrooms	3 ounces		1.5
1,3	cilantro	1 small bunch	need 2 Tablespoons chopped	1.5
2,5	lemon	1		0.5
2,5	kale	1 small bunch		2
3,5	zucchini	1		1
3,4,5	carrots	2		0.5
3	corn kernels, frozen	1/4 cup		1
3,5	apples	1		0.5
4	celery	1 stalk		0.5
4,5	parsley	1 small bunch	need 2 Tablespoons chopped	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
3,5	cheddar cheese, shredded	1/4 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
3,5	quinoa (dry)	2/3 cup		1
2,5	sun dried tomatoes	1/4 cup		1
2,4	white beans	1 (15 oz) can		1.5
3	chili powder	1/4 teaspoon	optional	0.5

Fresh 20 Grocery Est                   \$26.00  
 Cost Per Dinner                         \$5.20  
 Cost Per Serving                         \$5.20

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	1/8 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	1/4 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	1 teaspoon
	garlic	3 cloves	Dijon mustard or brown mustard	
	kosher salt	1/4 teaspoon	soy sauce or Braggs liquid amino acid	1/2 Tablespoon
	black pepper	1/2 teaspoon	whole grain pasta (dry)	
	cayenne pepper		long grain brown rice (dry)	1/2 cup
paprika	dash	whole wheat flour	1 teaspoon	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://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) TURKEY STUFFED SQUASH

OVEN TEMPERATURE: 350°F

### MADE AHEAD

- ½ roasted acorn squash \* see prep guide
- ¾ cup cooked brown rice prepared according to package directions
- Cut vegetables: onion, mushrooms

### DIRECTIONS

#### *For turkey stuffed squash*

1. Heat oven to 350°F.
2. Heat a skillet over medium heat and add oil, onion, and garlic and sauté for 1 minute.
3. Add turkey and mushrooms; cook 4-5 minutes, crumbling turkey as it cooks.
4. Add soy sauce, black pepper, cilantro, and rice and stir to heat through.
5. Fill the squash half and bake for 8-10 minutes.

**Dairy Free:**

**Gluten Free:** Use gluten free soy sauce.

**Vegetarian:** Omit turkey, soy sauce, and rice. Add ½ cup diced bell pepper with onions. Add 1 cup cooked green or brown lentils, ¼ cup canned diced tomatoes, and a pinch of turmeric, cumin, and paprika in step 4. Fill squash and bake 8-10 minutes.

### INGREDIENTS

#### *For turkey stuffed squash*

½ acorn roasted squash \*see prep guide

¾ teaspoon olive oil or sesame oil

¼ yellow onion, chopped (¼ cup)

½ clove garlic, minced

¼ pound ground turkey

1 ounce brown mushrooms, chopped (⅓ cup)

½ Tablespoon low-sodium soy sauce

Pinch of black pepper

1 Tablespoon chopped cilantro

¾ cup cooked brown rice

Turkey Stuffed squash: 450kcal, 33g Protein, 58g Carb, 100mg Sodium, 6g Fiber, 55mg Cholesterol, 9g Fat, 1.5g Saturated, 1g Sugar, 8% Calcium, 15% Iron



## (2) SEARED FISH white beans & greens

### MADE AHEAD

- ¼ lemon, juiced (2¼ teaspoons juice)
- Cut vegetables: kale

### DIRECTIONS

#### *For seared fish*

1. Heat a skillet over medium-high heat and add oil.
2. Season fish with salt, pepper, and paprika.
3. Add fish to skillet and cook about 2-3 minutes per side until firm and opaque (chicken will take longer to cook, depending on thickness, about 4-5 minutes per side).
4. Drizzle cooked fish with lemon juice and serve over beans & greens.

#### *For white beans & greens*

1. Heat a non-stick skillet over medium heat and add oil and garlic and cook for 30 seconds.
2. Add kale and sauté for 2-3 minutes until starting to wilt. Add tomatoes, salt, pepper, oregano, and beans until heated through.

Dairy Free:

Gluten Free:

Vegetarian: *Omit fish dish. Prepare white beans and greens as above increasing beans to ½ can. Serve with Balsamic Mushrooms: Combine ½ Tablespoon oil, 1 Tablespoon balsamic vinegar, and a pinch of salt, pepper and paprika. Brush over 1 large Portobello mushroom cap (cleaned with gills removed) and let sit 10-15 minutes. Cook mushroom 4-5 minutes per side in a stovetop grill pan. Slice and serve over beans and greens.*

### INGREDIENTS

#### *For seared fish*

½ Tablespoon olive oil  
½ pound fish fillet, your choice (sub  
¼ pound chicken breast)  
pinch of salt and pepper  
pinch of paprika  
2¼ teaspoons lemon juice

#### *For white beans & greens*

½ Tablespoon olive oil  
½ clove garlic, minced  
¼ bunch kale, chopped (1 cup)  
2 Tablespoons sun-dried tomatoes,  
chopped \*  
pinch of kosher salt and pepper  
⅛ teaspoon oregano  
⅓ (15 ounce) can white beans,  
drained and rinsed

*\* to rehydrate sundried tomatoes, place in a glass bowl and cover with very hot water. Let soak 10 minutes, drain, and chop.*

Seared Fish: 230kcal, 34g Protein, 0g Carb, 160mg Sodium, 0g Fiber, 85mg Cholesterol, 10g Fat, 2g Saturated, 0g Sugar, 2% Calcium, 6% Iron

White beans and Greens: 220kcal, 8g Protein, 28g Carb, 140mg Sodium, 7g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 5g Sugar, 6% Calcium, 15% Iron

### MADE AHEAD

- ½ cup cooked quinoa prepared according to package directions
- Cut vegetables: onion, zucchini, carrots

### DIRECTIONS

#### *For taco skillet*

1. Heat a skillet over medium heat and add oil.
2. When oil is hot add onions and garlic and cook for 1 minute.
3. Add turkey and crumble while cooking, about 3-4 minutes.
4. Add zucchini, carrots, salt, pepper, cumin, chili powder, and corn and cook for 2-3 minutes.
5. Add quinoa and cilantro and stir to warm through.
6. Sprinkle cheese on top and serve with a side of apples.

*Dairy Free:* Omit cheese.

*Gluten Free:*

*Vegetarian:* Omit turkey, replace with ¾ cup cooked green or brown lentils.

### INGREDIENTS

#### *For taco skillet*

- ½ Tablespoon olive oil
- ¼ yellow onion, diced (¼ cup)
- ½ clove garlic, minced
- ¼ pound ground turkey
- ¼ zucchini, shredded (⅓ cup)
- ½ carrot, shredded (2½ Tablespoons)
- Pinch of kosher salt
- Pinch of black pepper
- ¼ teaspoon cumin
- ¼ teaspoon chili powder, optional
- ¼ cup frozen corn kernels
- ½ cup cooked quinoa
- 1 Tablespoon chopped cilantro
- 2 Tablespoons shredded cheddar cheese
  
- ½ apple, sliced

Taco skillet: 430kcal, 37g Protein, 36g Carb, 260mg Sodium, 6g Fiber, 70mg Cholesterol, 15g Fat, 4.5g Saturated, 9g Sugar, 10% Calcium, 15% Iron

Apples: 45kcal, 0g Protein, 13g carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 9g Sugar, 0% Calcium, 0% Iron

### MADE AHEAD

- Cut vegetables: onions, carrots, celery, mushrooms

### DIRECTIONS

#### *For bacon & bean soup*

1. Heat a soup pot over medium heat and add bacon. Let cook until all the fat is rendered. Drain off fat and leave bacon in pan.
2. Add onions and garlic and cook for 1 minute.
3. Add carrots, celery, and mushrooms and cook for 1-2 minutes.
4. Add tomato paste, pepper, and flour and cook for 1 minute.
5. Add broth and beans and bring to a simmer for 4-5 minutes.
6. Garnish with parsley before serving.

*Dairy Free:*

*Gluten Free:* Use gluten free tomato paste, flour, and broth.

*Vegetarian:* Omit bacon and flour from soup. Heat 1 teaspoon oil in a soup pot and sauté garlic and vegetables until tender. Add tomato paste, pepper, 1½ cups vegetable broth, beans, and 1 ounce uncooked elbow pasta. Bring to a boil, reduce heat and simmer until noodles are tender. Garnish with parsley and 1 Tablespoon parmesan cheese to serve.

### INGREDIENTS

#### *For bacon & bean soup*

3 ounces bacon, chopped  
¼ yellow onion, diced (¼ cup)  
½ clove garlic, minced  
1 carrot, diced (½ cup)  
1 stalk celery, diced (½ cup)  
1½ ounces brown mushrooms, quartered (½ cup)  
¾ teaspoon tomato paste  
Pinch of black pepper  
¾ teaspoon whole wheat flour  
1 cup low-sodium chicken broth  
½ (15 ounce) can white beans, rinsed and drained  
1 Tablespoon chopped parsley

Bacon and Bean soup: 450kcal, 18g Protein, 20g Carb, 550mg Sodium, 5g Fiber, 0mg Cholesterol, 34g Fat, 0g Saturated, 10g Sugar, 4% Calcium, 6% Iron



## (5) QUINOA ACORN SQUASH

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- ½ roasted acorn squash \* *see prep guide*
- ¾ cup cooked quinoa prepared according to package directions
- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables: onion, carrots, zucchini, kale

### DIRECTIONS

#### *For quinoa acorn squash*

1. Heat oven to 400°F.
2. Heat a non-stick skillet over medium heat and add oil, onion, garlic, carrots, and zucchini and cook for 2-3 minutes.
3. Add salt, pepper, tomatoes, and quinoa. Turn off heat.
4. Stir in parsley and cheese then fill squash half with mixture. See Kitchen Note.
5. Put in oven for 5-10 minutes to warm through and melt cheese.
6. Serve with kale and apple salad.

#### *For kale & apple salad*

In a small bowl whisk together lemon, honey, and oil. Place kale and apples in a serving bowl, add dressing, and toss to combine.

*Kitchen Note: If you prefer, warm quinoa but do not add to pan. Remove the roasted squash from the skin and dice. Add diced squash to the skillet with tomatoes and heat through. Serve over warmed quinoa.*

Dairy Free: Omit cheese

Gluten Free:

Vegetarian:

### INGREDIENTS

#### *For quinoa acorn squash*

1 teaspoon olive oil  
¼ yellow onion, diced (¼ cup)  
½ clove garlic, minced  
½ carrot, shredded (2½ Tablespoons)  
½ zucchini, small dice (1 cup)  
Pinch of kosher salt  
Pinch of black pepper  
2 Tablespoons sun-dried tomatoes, chopped \*  
¾ cup cooked quinoa  
1 Tablespoon chopped parsley  
2 Tablespoons shredded cheddar cheese  
½ roasted acorn squash \* *see prep guide*

#### *For kale & apple salad*

¼ bunch kale, chopped (1 cup)  
½ apple, diced small  
2¼ teaspoons lemon juice  
¾ teaspoon honey  
¾ teaspoon olive oil

*\* to rehydrate sundried tomatoes, place in a glass bowl and cover with very hot water. Let soak 10 minutes, drain, and chop.*

Quinoa squash: 440kcal, 16g Protein, 69g Carb, 210mg Sodium, 11g Fiber, 10mg Cholesterol, 12g Fat, 3.5g Saturated, 12g Sugar, 20% Calcium, 20% Iron

Salad: 100kcal, 2g Protein, 17g Carb, 5mg Sodium, 3g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 14g Sugar, 2% Calcium, 0% Iron