

## PREP GUIDE

### MEAL #1

- Roast acorn squash \* *see below*
- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 4 ounces mushrooms, chopped (1½ cups)

### MEAL #2

- 2 lemons, juiced (6 Tablespoons juice) \**for the week*
- Cut vegetable:
  - 1 bunch kale, chopped (4 cups)

### MEAL #3

- 5 cups cooked quinoa prepared according to package directions\* *for the week*
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 zucchini, shredded (1½ cups)
  - 2 carrots, shredded (¾ cup)

### MEAL #4

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 4 carrots, diced (2 cups)
  - 4 stalks celery, diced (2 cups)
  - 6 ounces brown mushrooms, quartered (2 cups)

### MEAL #5

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 carrots, shredded (¾ cup)
  - 2 zucchini, small dice (4 cups)
  - 1 bunch kale, chopped (4 cups)

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

4 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



GLUTEN FREE 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	2 pounds		12
2	fish fillets	1-1/2 pounds		12.5
4	bacon	12 ounces		4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	acorn squash	4 large		10
1,3,4,5	yellow onion	4		4
1,4	brown mushrooms	2/3 pound		4
1,3	cilantro	1 bunch	need 1/2 cup chopped	1.5
2,5	lemon	2		1
2,5	kale	2 bunches		4
3,5	zucchini	3		3
3,4,5	carrots	8		3
3	corn kernels, frozen	1 cup		1
3,5	apples	4		2
4	celery	4 stalks		2
4,5	parsley	1 bunch	need 1/2 cup chopped	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
3,5	cheddar cheese, shredded	1 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
3,5	quinoa (dry)	2-1/2 cups		2.5
2,5	sun dried tomatoes	1 cup		2
2,4	white beans	3 (15 oz) cans		4.5
3	chili powder	1 teaspoon	optional	0.5

Fresh 20 Grocery Est \$77.00  
 Cost Per Dinner \$15.40  
 Cost Per Serving \$3.85

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	1/2 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	1 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	gluten free chicken/veg broth: low sodium	4 cups (32 fl oz)	gluten free organic tomato paste	1 Tablespoon
	garlic	10 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	gluten free soy sauce or Braggs liquid aminos	2 Tablespoons
	black pepper	1-1/2 teaspoons	gluten free pasta (dry)	
	cayenne pepper		long grain brown rice (dry)	1-1/2 cups
paprika	1/8 teaspoon	gluten free flour	1 Tablespoon	

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

- 2 roasted acorn squash (4 halves) \* *see prep guide*
- 3 cups 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 large skillet over medium heat and add oil, onion, and garlic and sauté for 1-2 minutes.
3. Add turkey and mushrooms; cook 4-5 minutes, crumbling turkey as it cooks.
4. Add soy sauce, black pepper, cilantro, and rice; stir to heat through.
5. Fill the squash halves and bake for 10-15 minutes.

### INGREDIENTS

#### *For turkey stuffed squash*

2 acorn roasted squash (4 halves) \**see prep guide*

1 Tablespoon olive oil or sesame oil

1 yellow onion, chopped (1 cup)

2 cloves garlic, minced

1 pound ground turkey

4 ounces brown mushrooms, chopped (1½ cups)

2 Tablespoons gluten free low-sodium soy sauce

¼ teaspoon black pepper

3 Tablespoons chopped cilantro

3 cups 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

- 1 lemon, juiced (3 Tablespoons juice)
- Cut vegetables: kale

### DIRECTIONS

#### *For seared fish*

1. Heat a large 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 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 tomatoes, salt, pepper, oregano, and beans until heated through.

### INGREDIENTS

#### *For seared fish*

2 Tablespoons olive oil  
1½ pounds fish fillets, your choice (sub  
1½ pounds chicken breast)  
dash of salt and pepper  
dash of paprika  
3 Tablespoons lemon juice

#### *For white beans & greens*

2 Tablespoons olive oil  
2 cloves garlic, minced  
1 bunch kale, chopped (4 cups)  
½ cup sun-dried tomatoes, chopped \*  
dash of kosher salt and pepper  
½ teaspoon oregano  
1½ (15 ounce) cans 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, 28 g Carb, 140mg Sodium, 7g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 5g Sugar, 6% Calcium, 15% Iron

### MADE AHEAD

- 2 cups cooked quinoa prepared according to package directions
- Cut vegetables: onion, zucchini, carrots

### DIRECTIONS

#### *For taco skillet*

1. Heat a large 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 4-5 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.

### INGREDIENTS

#### *For taco skillet*

2 Tablespoons olive oil  
1 yellow onion, diced (1 cup)  
2 cloves garlic, minced  
1 pound ground turkey  
1 zucchini, shredded (1½ cups)  
2 carrots, shredded (¾ cup)  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
1 teaspoon cumin  
1 teaspoon chili powder, optional  
1 cup frozen corn kernels  
2 cups cooked quinoa  
¼ cup chopped cilantro  
½ cup shredded cheddar cheese

2 apples, 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 large 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 1-2 minutes.
3. Add carrots, celery, and mushrooms and cook for 2-3 minutes.
4. Add tomato paste, pepper, and flour and cook for 1 minute.
5. Add broth and beans and bring to a simmer for 5 minutes.
6. Garnish with parsley before serving.

### INGREDIENTS

#### *For bacon & bean soup*

- 12 ounces bacon, chopped
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 4 carrots, diced (2 cups)
- 4 stalks celery, diced (2 cups)
- 6 ounces brown mushrooms, quartered (2 cups)
- 1 Tablespoon gluten free tomato paste
- ¼ teaspoon black pepper
- 1 Tablespoon gluten free flour
- 4 cups gluten free low-sodium chicken broth
- 1½ (15 ounce) cans white beans, rinsed and drained
- 3 Tablespoons 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

- 2 roasted acorn squash (4 halves) \* *see prep guide*
- 3 cups cooked quinoa prepared according to package directions
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: onion, carrots, zucchini, kale

### DIRECTIONS

#### *For quinoa acorn squash*

1. Heat oven to 400°F.
2. Heat a large non-stick skillet over medium heat and add oil, onion, garlic, carrots, and zucchini and cook for 3-4 minutes.
3. Add salt, pepper, tomatoes, and quinoa. Turn off heat.
4. Stir in parsley and cheese then fill squash halves 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.*

### INGREDIENTS

#### *For quinoa acorn squash*

1½ Tablespoons olive oil  
1 yellow onion, diced (1 cup)  
2 cloves garlic, minced  
2 carrots, shredded (¾ cup)  
2 zucchini, small dice (4 cups)  
¼ teaspoon kosher salt  
dash of black pepper  
½ cup sun-dried tomatoes, chopped \*  
3 cups cooked quinoa  
¼ cup chopped parsley  
½ cup shredded cheddar cheese  
2 roasted acorn squash (4 halves)  
\* *see prep guide*

#### *For kale & apple salad*

1 bunch kale, chopped (4 cups)  
2 apples, diced small  
3 Tablespoons lemon juice  
1 Tablespoon honey  
1 Tablespoon 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