

PREP GUIDE**MEAL #1**

- 7 cups cooked brown rice prepared according to package directions * *for the week*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 large zucchini, diced (4 cups)

MEAL #2

- 3 cups cooked quinoa prepared according to package directions
- 3 limes, zested & juiced (5 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

- Cut fruit & vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, diced (1 cup)
 - 2 carrots, diced (1 cup)
 - 1 small head broccoli, chopped (3½ cups)
 - 1 orange, peeled & finely chopped

MEAL #4

- 4 baked sweet potatoes (see below)
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, minced (2 cups)
 - 1 jalapeno, minced (1-2 Tablespoons) **optional*
 - 8 tomatillos, diced (4 cups)

MEAL #5

- 10 ounces small whole wheat pasta cooked according to package directions (5 cups cooked)
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- 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)

For Sweet Potatoes (Meal #4)

4 small (6 oz) sweet potatoes.

Preheat oven to 400°F. Wash and dry potatoes. Pierce several times with a fork and place on foil lined baking sheet. Cook for 45-50 minutes until tender.

MENU**MONDAY ①**

ZUCCHINI PILAF
Fried Egg

TUESDAY ②

VEGGIE FAJITA BOWLS

WEDNESDAY ③

ORANGE BROCCOLI FRIED RICE

THURSDAY ④

CHILI VERDE FILLED
SWEET POTATOES

FRIDAY ⑤

VEGGIE PASTA



Shopping List

(1) Zucchini Pilaf (2) Veggie Fajita Bowls (3) Orange Broccoli Fried Rice (4) Chili Verde Sweet Potatoes (5) Veggie Pasta

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,3,4,5	yellow onion	5		5
1	zucchini	2 large		2
1,2,4	cilantro	1 bunch		1.5
2,3,4,5	bell peppers	6	<i>any color</i>	6
2,5	mushrooms	3/4 pound	<i>brown or button</i>	6
2,4	limes	3		1.5
2,3	oranges	5		2.5
3,5	carrots	4		2
3,5	broccoli	2 small heads		4
3	frozen peas	2 cups		2
4	jalapeno	1	<i>optional</i>	0.5
4	tomatillos	8		4
4	sweet potatoes	4 (6 oz)		3
5	basil	1 bunch	<i>optional, need 1/2 cup chopped</i>	1.5
5	lemon	1		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,3	eggs	8		4
2,4	plain Greek yogurt	2 cups		2
5	ricotta cheese	1 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,5	slivered almonds	3/4 cup		3
2,4	pinto beans	3 (15 oz) cans		4.5
2,4	chili powder	2 teaspoons		1
2	quinoa	1-1/2 cups		1.5

Fresh 20 Grocery Est \$60.00
 Cost Per Dinner \$12.00
 Cost Per Serving \$3.00

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/4 cup	dried oregano	
	grapeseed oil	1/2 cup	herbes de provence	
	balsamic vinegar		ground cumin	1-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	1 teaspoon
	veggie broth: low sodium	1 cup (8 fl oz)	organic tomato paste	
	garlic	10 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	1 teaspoon	whole grain pasta (dry)	10 ounces small pasta
	cayenne pepper		long grain brown rice (dry)	3-1/2 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) ZUCCHINI PILAF

fried eggs

MADE AHEAD

- 4 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, zucchini

DIRECTIONS

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 brown rice and almonds and stir until heated through. Serve topped with eggs and cilantro.

For eggs

Heat oil in a large skillet and add eggs. Cook 2 minutes per side or to desired doneness.

INGREDIENTS

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
4 cups cooked brown rice
½ cup slivered almonds
¼ cup chopped cilantro, optional

For eggs

1 Tablespoon olive oil
4 eggs

Zucchini Pilaf: 400kcal, 11g Protein, 55g Carb, 160mg Sodium, 7g Fiber, 0mg Cholesterol, 16g Fat, 1.5g Saturated, 5g Sugar, 6% Calcium, 10% Iron

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



(2) VEGGIE FAJITA BOWLS

MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 1½ limes, juiced (3 Tablespoons)
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For veggie fajitas bowls

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. Add beans, salt, pepper, cumin, and chili powder and cook for 2 minutes until warmed through.
4. Stir in lime juice and cilantro. Serve over warmed quinoa topped with yogurt sauce and a side of sliced oranges.

For yogurt sauce

Whisk together all ingredients. Store in refrigerator until ready to use.

INGREDIENTS

For veggie fajitas bowls

1½ Tablespoons grapeseed oil
1 yellow onion, sliced (1 cup)
2 cloves garlic, minced
2 bell peppers, sliced (2 cups)
8 ounces mushrooms, quartered (3 cups)
1 (15 oz) can pinto beans, rinsed and drained
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon cumin
½ teaspoon chili powder
2 Tablespoons lime juice
¼ cup chopped cilantro
3 cups cooked quinoa, warmed

For yogurt sauce

1 cup plain Greek yogurt
1 Tablespoon lime juice
1 teaspoon honey
pinch of chili powder

4 oranges, sliced

Fajita Bowl: 340kcal, 14g Protein, 52g Carb, 190mg Sodium, 10g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 7g Sugar, 8% Calcium, 20% Iron

Yogurt sauce: 30kcal, 3g Protein, 3g Carb, 10mg Sodium, 0g Fiber, 5mg Cholesterol, 0.5g Fat, 0g Saturated, 3g Sugar, 2% calcium, 0% Iron

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



(3) ORANGE BROCCOLI FRIED RICE

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Cut fruit & vegetables: onion, bell pepper, carrots, broccoli, orange

DIRECTIONS

For orange broccoli fried rice

1. Heat a large non-stick wok or skillet over medium heat and add oil onion, bell pepper, carrots, and garlic; sauté for 4-5 minute.
2. Add broccoli and cook for 3-4 minutes.
3. Add peas, rice, and soy sauce and stir to combine. Cook an additional 3-4 minutes until heated through and broccoli is tender. Set aside.
4. Heat grapeseed oil in the same pan over medium heat and add eggs, salt, and pepper. Scramble until cooked through. Add reserved vegetable mixture back into pan and stir to combine. Remove from heat, add oranges, and serve immediately.

INGREDIENTS

For orange broccoli fried rice

- 2 Tablespoons grapeseed or sesame oil
- 1 yellow onion, diced (1 cup)
- 1 bell pepper, diced (1 cup)
- 2 carrots, diced (1 cup)
- 2 cloves garlic, minced
- 1 small head broccoli, chopped (3½ cups)
- 2 cups frozen peas, thawed
- 3 cups cooked brown rice
- 2 Tablespoons low-sodium soy sauce
- 1 Tablespoon grapeseed oil
- 4 eggs, whisked
- dash of salt and black pepper
- 1 orange, peeled & finely chopped

Broccoli Fried Rice: 480kcal, 18g Protein, 66g Carb, 290mg Sodium, 14g Fiber, 180mg Cholesterol, 17g Fat, 2.5g Saturated, 10g Sugar, 10% Calcium, 20% Iron



(4) CHILI VERDE FILLED POTATOES

MADE AHEAD

- 4 baked sweet potatoes * *see prep guide*
- 1 lime, zested and juiced (2 Tablespoon juice, 2 teaspoons zest)
- Cut vegetables: onion, bell pepper, jalapeno, tomatillos

DIRECTIONS

For chili verde filled potatoes

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, and beans and bring to a simmer.
7. Add in cilantro and lime.
8. Open sweet potatoes and fill generously with chili verde. Top with yogurt and extra cilantro, if desired.

INGREDIENTS

For chili verde filled potatoes

- 2 Tablespoons grapeseed oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 bell peppers, minced (2 cups)
- 1 jalapeno, minced (1-2 Tablespoons)
**optional*
- 8 tomatillos, diced (4 cups)
- 1 cup low sodium vegetable broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 (15 oz) cans pinto beans, drained and rinsed
- ½ cup chopped cilantro
- 2 Tablespoons lime juice
- 2 teaspoons lime zest

- 4 baked sweet potatoes, warmed *
- 1 cup plain Greek yogurt

** If sweet potatoes were baked ahead, reheat by placing in a 400° oven for 10 minutes.*

Chili Verde Sweet Potatoes: 490kcal, 18g Protein, 85g Carb, 340mg Sodium, 20g Fiber, 5mg Cholesterol, 10g Fat, 1.5g Saturated, 26g Sugar, 20% Calcium, 35% 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