

## PREP GUIDE

### MEAL #1

- Roast acorn squash \* *see below*
- 7 cups cooked green or brown lentils prepared according to package directions \**for the week*
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 bell peppers, diced (2 cups)
  - 2 Portobello mushroom caps, cleaned & diced (1½-2 cups)

### MEAL #2

- Cut vegetable:
  - 2 bunches kale, chopped (8 cups)

### MEAL #3

- 5 cups cooked quinoa prepared according to package directions\* *for the week*
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 bell pepper, 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)
  - 2 zucchini, diced (4 cups)
  - 1 head kale, finely chopped (4 cups)

### MEAL #5

- 1 lemon, juiced (3 Tablespoons)
- 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

LENTIL STUFFED SQUASH

### TUESDAY ②

BALSAMIC MUSHROOMS  
White Beans & Greens

### WEDNESDAY ③

TACO SKILLET

### THURSDAY ④

KALE & BEAN SOUP

### FRIDAY ⑤

QUINOA ACORN SQUASH



# Shopping List

(1) Lentil Stuffed Squash (2) Balsamic Mushrooms (3) Taco Skillet (4) Kale & Bean Soup (5) Quinoa Acorn Squash

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	acorn squash	4 large		10
1,3,4,5	yellow onion	4		4
1,3	bell peppers	3	<i>any color</i>	3
1,2	portobello mushroom caps	6 large		9
1,2,4,5	parsley	1 bunch		1.5
2,4,5	kale	4 bunches		8
3,4,5	zucchini	5		5
3,4,5	carrots	8		2
3	frozen corn kernels	1 cup		1
3	cilantro	1 bunch	<i>optional, need 1/4 cup chopped</i>	1.5
3,5	apples	4		2
5	lemon	1		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,4	parmesan cheese	3/4 cup		2
3,5	cheddar cheese	1 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3	green or brown lentils (dry)	3-1/2 cups		5.5
1,4	diced tomatoes	2 (15 oz) cans		3
1	ground turmeric	1/2 teaspoon	<i>optional</i>	1
2,5	sun dried tomatoes	1 cup		2
2,4	white beans	4 (15 oz) cans		6
3	chili powder	1 teaspoon	<i>optional</i>	0.5
3,5	quinoa	2-1/2 cups		2.5

Fresh 20 Grocery Est \$72.00  
 Cost Per Dinner \$14.40  
 Cost Per Serving \$3.60

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	dried oregano	1/2 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar	1/4 cup	ground cumin	1-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	veggie broth: low sodium	6 cups (48 fl oz)	organic tomato paste	1 Tablespoon
	garlic	10 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/2 teaspoons	whole grain pasta (dry)	4 oz elbow noodles
	cayenne pepper		long grain brown rice	
	paprika	1/2 teaspoon	whole wheat flour	

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) LENTIL STUFFED SQUASH

OVEN TEMPERATURE: 350°F

### MADE AHEAD

- 2 roasted acorn squash \* *see prep guide*
- 4 cups cooked green or brown lentils prepared according to package directions
- Cut vegetables: onion, bell pepper, mushrooms

### DIRECTIONS

#### *For lentil stuffed squash*

1. Heat oven to 350°F. Place squash halves on a baking sheet, add 1 teaspoon water to each, and warm in oven for 8-10 minutes.
2. Meanwhile, heat a large skillet over medium heat and add oil, onion, pepper, and garlic and sauté for 1-2 minutes.
3. Add mushrooms and cook 4-5 minutes.
4. Add lentils, tomatoes, and seasonings to pan and simmer for 10 minutes.
5. Fill warmed squash with lentil mixture, garnish with parsley, and serve.

### INGREDIENTS

#### *For lentil stuffed squash*

- 2 roasted acorn squash \**see prep guide*
- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 2 cloves garlic, minced
- 2 Portobello mushrooms, cleaned and diced (1½-2 cups)
- 4 cups cooked green or brown lentils
- 1 (15 oz) can diced tomatoes
- ½ teaspoon ground turmeric, optional
- ½ teaspoon ground cumin
- ¼ teaspoon paprika
- ¼ teaspoon black pepper
- ¼ teaspoon kosher salt
- 3 Tablespoons chopped parsley

Lentil Stuffed squash: 450kcal, 23g Protein, 76g Carb, 190mg Sodium, 22g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 12g Sugar, 10% Calcium, 50% Iron



## (2) BALSAMIC MUSHROOMS

white beans & greens

### MADE AHEAD

- Cut vegetables: kale

### DIRECTIONS

#### *For balsamic mushrooms*

1. In a large bowl, whisk together oil, vinegar, salt, pepper, and paprika. Add mushroom caps and let sit for 20 minutes, turning once, or brush mixture over mushrooms and let sit.
2. Heat a grill pan over medium heat and add mushrooms. Cook 4-6 minutes per side until just tender.
3. Remove from heat, slice, and top with parsley and cheese.

#### *For white beans & greens*

1. Heat a large non-stick skillet over medium heat and add oil and garlic and sauté for 1 minute.
2. Add kale and sauté for 3-4 minutes until starting to wilt. Add tomatoes, salt, pepper, oregano, and beans and stir until heated through. Serve topped with sliced mushrooms.

### INGREDIENTS

#### *For balsamic mushrooms*

2 Tablespoons olive oil  
¼ cup balsamic vinegar  
dash of salt and pepper  
dash of paprika  
4 Portobello mushrooms caps,  
cleaned, gills removed  
¼ cup fresh chopped parsley  
½ cup shredded parmesan cheese

#### *For white beans & greens*

2 Tablespoons olive oil  
2 cloves garlic, minced  
2 bunches kale, chopped (8 cups)  
½ cup sun-dried tomatoes, chopped \*  
dash of kosher salt and pepper  
½ teaspoon oregano  
2 (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.*

Mushrooms: 170kcal, 8g Protein, 7g Carb, 330mg Sodium, 1g Fiber, 10mg Cholesterol, 11g Fat, 3g Saturated, 4g Sugar, 15% Calcium, 6% Iron

White beans and Greens: 270kcal, 12g Protein, 34g Carb, 160mg Sodium, 10g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 6g Sugar, 8% Calcium, 20% Iron

### MADE AHEAD

- 3 cups cooked green or brown lentils prepared according to package directions
- 2 cups cooked quinoa prepared according to package directions
- Cut vegetables: onion, pepper, zucchini, carrots

### DIRECTIONS

#### *For taco skillet*

1. Heat a large skillet over medium heat and add oil.
2. When oil is hot add onions, pepper and garlic and cook for 1 minute.
3. Add zucchini, carrots, lentils, salt, pepper, cumin, chili powder, and corn and cook for 3-5 minutes.
4. Add quinoa and cilantro and stir to warm through.
5. 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)  
1 bell pepper, diced (1 cup)  
2 cloves garlic, minced  
1 zucchini, shredded (1½ cups)  
2 carrots, shredded (¾ cup)  
3 cups cooked green or brown lentils  
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: 490kcal, 24g Protein, 67g Carb, 190mg Sodium, 18g Fiber, 15mg Cholesterol, 14g Fat, 4g Saturated, 12g Sugar, 15% Calcium, 40% 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, zucchini, kale

### DIRECTIONS

#### *For kale & bean soup*

1. Heat a large pot over medium heat and oil.
2. When oil is hot add onions and garlic and cook for 1-2 minutes.
3. Add carrots and zucchini and cook for 2-3 minutes.
4. Add tomato paste, tomatoes, pasta, salt, and pepper and stir to combine.
5. Add broth, beans, and kale and bring to a simmer for 10-12 minutes or until noodles are cooked.
6. Garnish with parsley and cheese before serving.

### INGREDIENTS

#### *For kale & bean soup*

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 4 carrots, diced (2 cups)
- 2 zucchini, diced (4 cups)
- 1 Tablespoon tomato paste
- 1 (15 oz) can diced tomatoes
- 4 ounces whole wheat elbow noodles (dry)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 6 cups low-sodium vegetable broth
- 2 (15 ounce) cans white beans, rinsed and drained
- 1 head kale, finely chopped (4 cups)
- 3 Tablespoons chopped parsley
- ¼ cup grated parmesan cheese

Kale and Bean soup: 470kcal, 21g Protein, 73g Carb, 540mg Sodium, 13g Fiber, 5mg Cholesterol, 12g Fat, 2g Saturated, 19g Sugar, 25% Calcium, 35% 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