

PREP GUIDE

MEAL #1

- Cut vegetables:
 - ½ pound rutabaga, peeled and 1" cubes (1 cup)
 - 1½ cups shredded green cabbage

MEAL #2

- 1 lime, juiced (1½ Tablespoons juice)
- Cut fruit & vegetables:
 - ¼ yellow onion, sliced (¼ cup)
 - ½ bell pepper, sliced (½ cup)
 - 1½ oranges, peeled, in segments

MEAL #3

- ½ lemon, zested & juiced (1½ Tablespoons juice, ¾ teaspoon zest) **for the week*
- Cut vegetables:
 - ¼ bunch kale, chopped (1 cup)
 - 1 ounce brown mushrooms, quartered (½ cup)

MEAL #4

- ½" fresh ginger, grated (¾ teaspoon)
- ¾ cup cooked brown rice prepared according to package directions
- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ½ bell pepper, minced (½ cup)
 - ½ cup shredded green cabbage

MEAL #5

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ¼ bell pepper, diced (¼ cup)
 - 1½ ounces mushrooms, sliced (½ cup)
 - ½ cup chopped kale

MENU

MONDAY ①

DIJON PORK
Rutabagas & Sweetkrait

TUESDAY ②

FISH TACOS
Chipotle Orange Salsa

WEDNESDAY ③

LEMON PEPPER DRUMSTICKS
Potatoes & Kale

THURSDAY ④

PORK STIR-FRY

FRIDAY ⑤

PAPAS TOSTADAS



FOR ONE February 16, 2018

Shopping List

(1) Dijon Pork (2) Fish Tacos (3) Lemon Pepper Drumsticks (4) Pork Stir Fry (5) Papas Tostadas

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	pork loin	2/3 pound	can also use 2 (5 oz) pork chops	4
2	fish fillets (your choice)	1 (5 oz) fillet		2.5
3	chicken drumsticks	2		1

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	rutabaga	1/3 pound		1
1,3	rosemary	few sprigs	need 1/2 t. optional - can sub Herbes de Provence	1
1,4	green cabbage	1 small head		2
2,4,5	yellow onion	1		1
2,4,5	bell peppers	2	any color	2
2	oranges	2		1
2	avocados	1		1
2,4	cilantro	1 bunch	need 1.5 Tablespoons chopped	1.5
2	limes	1		0.5
3,4	lemon	1		0.5
3,5	russet potatoes	2/3 pound		1
3,5	kale	1 bunch		2
3,5	brown mushrooms	3 ounces		1.5
4	fresh ginger	1/2"	need 3/4 teaspoon grated	1

Recipe #	Dairy	Quantity	Notes	Est Cost *
5	eggs	2		1
5	shredded cheese (your choice)	2 Tablespoons		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	red wine vinegar	1/2 Tablespoon	optional - can use white wine vinegar	1
2,5	corn tortillas	5		1
2,5	chipotle peppers in adobo	1 small can		1.5

Fresh 20 Grocery Est \$30.00
 Cost Per Dinner \$6.00
 Cost Per Serving \$6.00

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

OVEN TEMPERATURE: 425°F

MADE AHEAD

- Cut vegetables: rutabaga, cabbage

DIRECTIONS

For dijon pork & rutabagas

1. Heat oven to 425°F.
2. In a small bowl, combine oil, salt, pepper, Dijon, and garlic. Rub mixture evenly over pork.
3. For rutabagas, toss all ingredients together and put in a roasting dish, place pork loin on top.
4. Cook about 20 minutes, turn once, and cook about another 15 minutes, until internal temperature of pork reaches 145°F. *Pork chops will cook more quickly, check temperature at 20 minute mark.*
5. Let rest 3-5 minutes before slicing. Save half the pork for Meal #4, serve remaining pork and rutabagas with sweetkraut.

Meanwhile

For sweetkraut

1. Heat a non-stick skillet over medium heat and add oil, cabbage, garlic, and syrup.
2. Cook for about 3-4 minutes then add vinegar and reduce heat to low; cook for about 10-12 minutes.
3. Season with salt and pepper.

Dairy Free:

Gluten Free: Use gluten free Dijon mustard.

Vegetarian: Omit pork, prepare rutabagas and sweetkraut as above. Serve over $\frac{3}{4}$ cup warm quinoa with $\frac{1}{2}$ cup garbanzo beans.

INGREDIENTS

For dijon pork

- $\frac{3}{8}$ pound pork loin (or two 5-ounce pork loin chops)
- $\frac{3}{4}$ teaspoon olive oil
- $\frac{1}{8}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{3}{4}$ teaspoon Dijon mustard
- $\frac{1}{2}$ garlic clove, minced

For rutabaga

- $\frac{1}{2}$ pound rutabaga, peeled and cut into 1" cubes (1 cup)
- 1 teaspoon olive oil
- Pinch of kosher salt
- Pinch of black pepper
- $\frac{1}{4}$ teaspoon chopped rosemary

For sweetkraut

- 1 teaspoon grapeseed oil or butter
- $1\frac{1}{2}$ cups shredded green cabbage
- $\frac{1}{2}$ clove garlic, minced
- $\frac{1}{2}$ Tablespoon maple syrup
- 1 teaspoon red wine vinegar
- Pinch of kosher salt and pepper

Pork:170kcal, 30g Protein, 0g Carb, 270mg Sodium, 0g Fiber, 90mg Cholesterol, 5g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Rutabaga:100kcal, 2g Protein, 12g Carb, 150mg Sodium, 3g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 7g Sugar, 2% Calcium, 0% Iron

Sweetkraut:120kcal, 3g Protein, 20g Carb, 95mg Sodium, 4g Fiber, 10mg Cholesterol, 4.5g Fat, 2.5g Saturated, 13g Sugar, 10% Calcium, 0% Iron



(2) FISH TACOS

chipotle orange salsa

MADE AHEAD

- ¾ lime, juiced (1½ Tablespoons)
- Cut fruit & vegetables: onion, bell peppers, oranges

DIRECTIONS

For fish tacos

1. Heat a skillet over medium heat and add 1 teaspoon oil.
2. When oil is hot add onion and garlic and sauté for 1 minute. Add bell peppers and sauté an additional 1-2 minutes.
3. Set veggies aside and put skillet back on medium-high heat and add remaining oil.
4. Season fish with salt, pepper, and cumin.
5. Add fish and cook for 2-3 minutes per side until opaque and flaky (chicken will take slightly longer depending on thickness, about 4-5 minutes per side).
6. Serve fish in tortillas with veggies and salsa.

For chipotle orange salsa

Toss all ingredients together. Save half for Meal #5, serve remaining salsa with tacos.

Dairy Free:

Gluten Free:

Vegetarian: Prepare salsa as above, reserving half for Meal #5. Prepare tacos as above adding ¾ cup sliced mushrooms and ½ can black beans with onion in step 2. Omit steps 3- 5. Serve filling in tortillas with salsa.

INGREDIENTS

For fish tacos

2 teaspoons grapeseed oil, divided
¼ yellow onion, sliced (¼ cup)
½ clove garlic, minced
½ bell pepper, sliced (½ cup)
½ pound fish fillet (½ pound chicken breast)
Pinch of kosher salt
Pinch of black pepper
¼ teaspoon cumin

3 small corn tortillas, warmed

For chipotle orange salsa

1½ oranges, peeled and into segments
½ avocado, diced
1 Tablespoon chopped cilantro
1½ Tablespoon lime juice
¼-½ chipotle pepper in adobo, chopped (to taste)
Pinch of salt and pepper

Tacos:400kcal, 36g Protein, 39g Carb, 280mg Sodium, 2g Fiber, 80mg Cholesterol, 10g Fat, 1g Saturated, 4g Sugar, 4% Calcium, 6% Iron

Salsa:100kcal, 1g Protein, 13g Carb, 40mg Sodium, 4g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 9g Sugar, 2% Calcium, 0% Iron



(3) LEMON PEPPER CHICKEN DRUMSTICKS

potatoes & kale

OVEN TEMPERATURE: 375°F

MADE AHEAD

- ¼ lemon, zested & juiced (2¼ teaspoons juice, ¾ teaspoon zest)
- Cut vegetables: kale, mushrooms

DIRECTIONS

For lemon pepper chicken drumsticks

1. Heat oven to 375°F.
2. Place drumsticks on a rimmed sheet pan or in a small baking dish. In a small bowl combine garlic, lemon, oil, salt, and pepper. Pour over chicken and toss well to coat.
3. Bake for about 40 minutes, turning occasionally.

For potatoes & kale

1. Combine all ingredients except kale and mushrooms and place on a baking sheet and put in 375°F oven for about 20 minutes.
2. Take out and reserve about half the potatoes for Meal #5.
3. Toss kale and mushrooms with remaining potatoes and put back in oven for about 8-10 minutes. Toss once during cooking.
4. Serve with drumsticks.

Dairy Free:

Gluten Free:

Vegetarian: *Omit drumsticks, prepare Potatoes & Kale as above. Serve with avocado toast; top 1 slice toasted wheat bread with ½ sliced avocado, 1 Tablespoon chopped cilantro, and 1 Tablespoon sesame seeds. Top with 1 fried egg.*

INGREDIENTS

For lemon pepper chicken drumsticks

2 chicken drumsticks
½ clove garlic, minced
2¼ teaspoons lemon juice
¾ teaspoon lemon zest
¾ teaspoon olive oil
Pinch of kosher salt
⅛ teaspoon black pepper

For potatoes & kale

½ Tablespoon olive oil
½ clove garlic, minced
¾ pound russet potatoes, large dice
¼ teaspoon chopped rosemary
Pinch of kosher salt
Pinch of black pepper
¼ bunch kale, chopped (1 cup)
1 ounce brown mushrooms, quartered (⅓ cup)

Drumsticks: 320kcal, 47g Protein, 0g Carb, 420mg Sodium, 0g Fiber, 215mg Cholesterol, 13g Fat, 2.5g Saturated, 0g Sugar, 2% Calcium, 10% Iron

Potatoes & Kale: 140kcal, 3g Protein, 24g Carb, 75mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 6% Iron

MADE AHEAD

- ¼ pound cooked pork * *from Meal #1*
- ¾ cup cooked brown rice prepared according to package directions
- ¼ lemon, juiced (2¼ teaspoons juice)
- ½" fresh ginger, grated (¾ teaspoon)
- Cut vegetables: onion, bell pepper, cabbage

DIRECTIONS

For pork stir-fry

1. Heat a non-stick skillet over medium heat.
2. Add oil, onion, ginger, and garlic and sauté for 30 seconds.
3. Add bell pepper and cabbage and cook for 2-3 minutes.
4. Add pork, soy sauce, lemon, and cilantro and heat until warm.
5. Serve over warmed rice.

Dairy Free:

Gluten Free: Use gluten free soy sauce.

Vegetarian: Omit pork. Add ¾ cup sliced mushrooms with onions in step 2. Add ½ cup garbanzo beans with cabbage in step 3.

INGREDIENTS

For pork stir-fry

- ½ Tablespoon grapeseed or sesame oil
- ¼ yellow onion, diced (¼ cup)
- ¾ teaspoon grated ginger
- ½ clove garlic, minced
- ½ bell pepper, sliced thin (½ cup)
- ¼ cup shredded green cabbage
- ¼ pound cooked pork, sliced thin
* *from Meal #1*
- 1 teaspoon low-sodium soy sauce
- 2¼ teaspoons lemon juice
- ½ Tablespoon chopped cilantro
- ¾ cup cooked brown rice, warmed

Stir Fry: 280kcal, 32g Protein, 9g Carb, 290mg Sodium, 3g Fiber, 9mg Cholesterol, 12g Fat, 2g Saturated, 6g Sugar, 4% Calcium, 10% Iron

Rice: 160kcal, 3g Protein, 34g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 6% Iron

MADE AHEAD

- ¼ pound coked potatoes **from Meal #3*
- ¼ cup orange salsa **from Meal #2*
- Cut vegetables: onion, bell pepper, mushrooms, kale

DIRECTIONS

For papas tostadas

1. Heat a 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 bell pepper, mushrooms, and kale and cook for 3-4 minutes.
4. Add eggs, salt, pepper, and chipotle and stir until almost cooked.
5. Add in potatoes and cheese.
6. Serve over crisped tortillas with salsa.

Kitchen Note: To crisp tortillas place on a baking sheet in a 375° oven for 10-12 minutes until crisp, turning once.

Dairy Free: *Omit cheese.*

Gluten Free:

Vegetarian:

INGREDIENTS

For papas tostadas

¾ teaspoon olive oil
¼ yellow onion, diced (¼ cup)
½ clove garlic, minced
¼ bell pepper, diced (¼ cup)
1½ ounces mushrooms, sliced (⅓ cup)
½ cup chopped kale
2 eggs, whisked
Pinch of kosher salt
Pinch of black pepper
⅛-¼ chipotle pepper in adobo,
chopped
¼ pound cooked potatoes **from Meal #3*
2 Tablespoons shredded cheese
2 small corn tortillas, crisped in oven

Orange salsa **from Meal #2*

Tostadas: 560kcal, 24g Protein, 65g Carb, 340mg Sodium, 8g Fiber, 370mg Cholesterol, 23g Fat, 6g Saturated, 14g Sugar, 20% Calcium, 15% Iron