

PREP GUIDE

MEAL #1

- ½ lemon, zested and juiced (1½ Tablespoons juice, ½ Tablespoon zest) * *for the week*
- Cut vegetables:
 - ¼ yellow onion, wedges (¼ cup)
 - ½ carrot, chunks

MEAL #2

- 2 ounces whole wheat pasta cooked according to package directions (1 cup cooked)
- Cut vegetables:
 - ¼ head broccoli, florets (1 cup)

MEAL #3

- 1½ cups cooked quinoa prepared according to package directions * *for the week*
- Cut vegetables:
 - ¼ bell pepper, diced (¼ cup)
 - ¼ cup diced Portobello mushrooms

MEAL #4

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ½ carrot, diced (¼ cup)
 - ½ stalk celery, diced (¼ cup)
 - ¼ bell pepper, diced (¼ cup)

MEAL #5

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ½ carrot, shredded (2½ Tablespoons)
 - ¼ bell pepper, diced small (¼ cup)

MENU

MONDAY ①

GRILLED CHICKEN
Potato Medley

TUESDAY ②

SHRIMP BROCCOLI ALFREDO

WEDNESDAY ③

SEARED LAMB CHOPS
Mediterranean Quinoa

THURSDAY ④

CHICKEN & ROSEMARY DUMPLINGS

FRIDAY ⑤

QUINOA TOPPED PORTABELLOS



FOR ONE February 9, 2018

Shopping List

(1) Roast Chicken (2) Shrimp Broccoli Alfredo (3) Seared Lamb Chops (4) Chicken & Rosemary Dumplings (5) Quinoa Topped Portobellos

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	chicken breast	1/2 pound	boneless, skinless	3
2	medium shrimp	1/3 pound	peeled & deveined	4
3	lamb rib chops	1/3 pound		3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	fresh rosemary	few sprigs	<i>need 1 teaspoon chopped</i>	1
1,2,3	lemon	1		0.5
1,4,5	yellow onion	1		1
1	Yukon potatoes	1/3 pound		1
1,4,5	carrots	2		1
1	apples	1	<i>choose your favorite variety</i>	0.5
2	broccoli	1 head	<i>need 1 cup broccoli florets</i>	2
2,3	fresh dill	1 small bunch	<i>need 1/2 Tablespoon chopped</i>	1.5
3,5	Portobello mushrooms	3 large caps		4.5
4	celery	1 stalk		0.5
3,4,5	bell pepper	1	<i>any color</i>	1

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,4	low fat milk	1/2 cup (4 fl oz)		1
2,5	parmesan cheese	1/4 cup		1.5
2	cream cheese	1/2 ounce	<i>optional</i>	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
3,5	artichoke hearts	1 (15 oz) can		1.5
3,5	quinoa	3/4 cup		1
3	olives (green or black)	1 Tablespoon		1
4	baking powder	1/2 teaspoon		0.5
5	diced tomatoes, fire roasted	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$33.50
 Cost Per Dinner \$6.70
 Cost Per Serving \$6.70

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	
	grapeseed oil	1 teaspoon	herbes de provence	1/2 teaspoon
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	1-1/2 cups (12 fl oz)	organic tomato paste	
	garlic	3 cloves	Dijon mustard or brown mustard	
	kosher salt	3/4 teaspoon	soy sauce or Braggs liquid amino acid	
	black pepper	3/4 teaspoon	whole grain pasta	2 ounces
	cayenne pepper		long grain brown rice	
	paprika	1/8 teaspoon	whole wheat flour	1/3 cup

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) ROASTED CHICKEN potato medley

OVEN TEMPERATURE: 400°F

MADE AHEAD

- ¼ lemon, zested (¾ teaspoon)
- Cut vegetables: onion, carrots

DIRECTIONS

For roasted chicken with potato medley

1. Heat oven to 400°F.
2. In a small bowl, combine olive oil, salt, pepper, Herbes, garlic, rosemary, and lemon.
3. Rub oil mixture over chicken and place on a rimmed baking sheet.
4. Cook about 10 minutes then add the onions, potatoes, carrots, and apples to pan.
5. Cook for another 15-20 minutes until chicken juices run clear (internal temperature 165°F).
6. Reserve half of the chicken meat for Meal #4.

Dairy Free:

Gluten Free:

Vegetarian: *Omit chicken. Add 1 teaspoon honey to oil mixture. Add 1 cup broccoli florets, ¼ can artichoke hearts, and ¼ (14 oz) package tofu to vegetable mix. Omit apples. Bake for 20-30 minutes until vegetables are tender.*

INGREDIENTS

For roasted chicken with potato medley

- ½ pound chicken breast
- ½ Tablespoon olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ¼ teaspoon Herbes de Provence
- ½ garlic clove, peeled
- ¾ teaspoon chopped rosemary
- ¾ teaspoon lemon zest
- ¼ yellow onion, wedges (¼ cup)
- ½ pound Yukon potatoes, chunks
- ½ carrot, chunks
- 1 apple, cored, in wedges

Chicken Dinner: 450kcal, 43g Protein, 56g Carb, 290mg Sodium, 8g Fiber, 95mg Cholesterol, 7g Fat, 0.5g Saturated, 24g Sugar, 4% Calcium, 10% Iron



(2) SHRIMP BROCCOLI ALFREDO

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 2 ounces cooked whole wheat pasta prepared according to package directions (1 cup cooked)
- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables: broccoli

DIRECTIONS

For shrimp alfredo

1. Heat oven to 400°F.
2. Mix olive oil, pepper, and paprika.
3. Put broccoli on a baking sheet and mix with half of oil mixture.
4. Roast broccoli for about 4 minutes. While broccoli is cooking toss shrimp with remaining oil mixture.
5. Remove broccoli from oven and add shrimp to the baking sheet. Return to oven for 4-5 minutes or until shrimp is about done (pink and opaque).

Meanwhile

1. Heat a small pot over medium heat and add olive oil and garlic and sauté for 30 seconds. Add flour and cook 1 minute. Turn heat to low and whisk in broth and milk.
2. Simmer until thickened slightly then add pepper and cheeses.
3. Stir in pasta, shrimp, and broccoli.
4. Garnish with chopped dill and a squeeze of lemon juice.

Dairy Free: Serve cooked Shrimp & Broccoli over 1 cup brown rice and garnish with 2-3 Tablespoons chopped cashews.

Gluten Free: Use gluten free flour, broth, and pasta.

Vegetarian: Prepare as above using vegetable broth and omit shrimp. Add ¼ cup thawed frozen peas to sauce with cooked broccoli and pasta.

INGREDIENTS

For shrimp broccoli alfredo

½ Tablespoon olive oil
⅛ teaspoon black pepper
⅛ teaspoon paprika
¼ head broccoli, small florets (1 cup)
⅓ pound shrimp, peeled and deveined (sub ⅓ pound cubed chicken breast)

1 teaspoon olive oil
½ clove garlic minced
2¼ teaspoons whole wheat flour
2 Tablespoons low-sodium chicken broth
⅓ cup low-fat milk
dash of pepper
2 Tablespoons grated parmesan cheese
½ ounce cream cheese, optional
1 cup cooked whole wheat pasta
¾ teaspoon chopped dill
2¼ teaspoons lemon juice

Shrimp Alfredo: 540kcal, 37g Protein, 55g Carb, 860mg Sodium, 11g Fiber, 170mg Cholesterol, 20g Fat, 7g Saturated, 8g Sugar, 35% Calcium, 15% Iron



(3) SEARED LAMB CHOPS

Mediterranean quinoa

MADE AHEAD

- $\frac{3}{4}$ cup cooked quinoa prepared according to package directions
- $\frac{1}{4}$ lemon, juiced and zested ($2\frac{1}{4}$ teaspoons juice, $\frac{3}{4}$ teaspoon zest)
- Cut vegetables: bell pepper, mushroom

DIRECTIONS

For seared lamb chops

1. Heat a skillet over medium-high heat and add grapeseed oil.
2. Season chops with salt and pepper.
3. Sear on each side for about 3 minutes depending on thickness and desired doneness (recommended 145°F internal temp).

For Mediterranean quinoa

1. Heat a non-stick skillet over medium heat and add oil and garlic; sauté for 30 seconds.
2. Add bell pepper, mushrooms, artichokes, salt, and pepper and stir to combine. Cook an additional 2-3 minutes until heated through.
3. Add quinoa, olives, dill, and lemon and stir to heat through.
4. Serve with lamb chop.

Dairy Free:

Gluten Free:

Vegetarian: *Omit lamb chops. For quinoa, increase mushrooms to $\frac{1}{2}$ cup. Add $\frac{1}{4}$ can garbanzo beans and garnish with 3 Tablespoons feta cheese.*

INGREDIENTS

For seared lamb chops

$\frac{1}{2}$ pound lamb rib chops
 $\frac{1}{8}$ teaspoon kosher salt
 $\frac{1}{8}$ teaspoon black pepper
 $\frac{3}{4}$ teaspoon grapeseed oil

For Mediterranean quinoa

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)
 $\frac{1}{4}$ cup chopped Portobello mushrooms
 $\frac{1}{4}$ (15 oz) can artichoke hearts, diced
Pinch of salt and pepper
 $\frac{3}{4}$ cup cooked quinoa
1 Tablespoon olives, sliced (green or black)
 $\frac{3}{4}$ teaspoon chopped dill
 $2\frac{1}{4}$ teaspoons lemon juice
 $\frac{3}{4}$ teaspoon lemon zest

Lamb Chops: 270kcal, 19g Protein, 0g Carb, 200mg Sodium, 0g Fiber, 75mg Cholesterol, 21g Fat, 8g Saturated, 0g Sugar, 2% Calcium, 6% Iron

Mediterranean Quinoa: 270kcal, 9g Protein, 40g Carb, 390mg Sodium, 6g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 4g Sugar, 4% Calcium, 20% Iron

MADE AHEAD

- ¼ pound cooked chicken * *from Meal #1*
- Cut vegetables: onion, carrots, celery, bell pepper

DIRECTIONS

For chicken & rosemary dumplings

1. Heat a soup pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add carrots, celery, and bell pepper and cook for 2-3 minutes.
4. Add broth, salt, pepper, Herbes, and chicken and bring to a simmer for about 5 minutes. *While soup is simmering make dumplings.*
5. Drop one tablespoon of dumpling dough in the simmering stew at a time.
6. Turn heat to low, cover, and let dumplings cook about 8-10 minutes.

Meanwhile

For rosemary dumplings

Combine all the ingredients to form a dough.

Dairy Free: *When making chicken reduce broth to ½ cup. Omit dumplings and serve with 1 cup roasted cauliflower.*

Gluten Free: *Use gluten free broth and flour.*

Vegetarian: *Omit chicken, prepare dumplings as above. Prepare Vegetable Soup as follows:
Heat a pot over medium heat and add ½ Tablespoon oil. Add ¼ cup diced onion, ½ minced garlic clove, 1 diced carrot, 1 diced celery stalk, ½ cup finely diced rainbow chard stems, ½ cup frozen peas, and ¼ cup diced bell pepper. Cook 2-3 minutes. Add 1¼ cups broth, pinch of salt, pepper, and Herbes, and 1 cup thinly sliced chard leaves. Let simmer 5 minutes. Make dumplings while soup simmers. Drop dumplings 1 Tablespoon at a time into simmering soup. Turn heat to low, cover, and cook 8-10 minutes.*

INGREDIENTS

For chicken & rosemary dumplings

¾ teaspoon olive oil
¼ yellow onion, diced (¼ cup)
½ clove garlic, minced
½ carrot, diced (¼ cup)
½ stalk celery, diced (¼ cup)
¼ bell pepper, diced (¼ cup)
1¼ cups low-sodium chicken broth
Pinch of salt and pepper
⅓ teaspoon Herbes de Provence
¼ pound cooked chicken, diced * *from Meal #1*

For rosemary dumplings

¼ cup whole wheat flour
scant ½ teaspoon baking powder
⅓ teaspoon kosher salt
½ Tablespoon olive oil
2 Tablespoons low-fat milk
¼ teaspoon chopped rosemary

Chicken and Dumplings: 550kcal, 51g Protein, 47g Carb, 700mg Sodium, 10g Fiber, 100mg Cholesterol, 17g Fat, 2g Saturated, 9g Sugar, 8% Calcium, 20% Iron



(5) QUINOA TOPPED PORTABELLOS

OVEN TEMPERATURE: 375°F

MADE AHEAD

- $\frac{3}{4}$ cup cooked quinoa prepared according to package directions
- Cut vegetables: onion, carrot, bell pepper

DIRECTIONS

For quinoa topped Portobellos

1. Heat oven to 375°F.
2. Place mushrooms on a baking sheet and cook about 8-10 minutes until almost tender.
3. Meanwhile, heat a non-stick skillet over medium heat and add oil, onions, and garlic and sauté for 1-2 minutes.
4. Add bell pepper, carrots, and artichokes and cook for 1-2 minutes.
5. Add tomatoes and quinoa and stir to heat through.
6. Remove from heat and add parmesan.
7. Top mushrooms with quinoa mixture and bake another 5-7 minutes.

Dairy Free: *Omit parmesan cheese.*

Gluten Free:

Vegetarian:

INGREDIENTS

For quinoa topped Portobellos

2 Portobello mushroom caps

$\frac{1}{2}$ Tablespoon olive oil

$\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)

$\frac{1}{2}$ clove garlic, minced

$\frac{1}{4}$ bell pepper, diced small ($\frac{1}{4}$ cup)

$\frac{1}{2}$ carrot, shredded (2 $\frac{1}{2}$ Tablespoons)

$\frac{1}{4}$ (15 oz) can artichoke hearts, chopped

$\frac{1}{4}$ (15 oz) can fire roasted diced tomatoes, drained

$\frac{3}{4}$ cup cooked quinoa

2 Tablespoons parmesan cheese

Quinoa Topped Portobello: 470kcal, 21g Protein, 59g Carb, 620mg Sodium, 11g Fiber, 10mg Cholesterol, 16g Fat, 3.5g Saturated, 15g Sugar, 25% Calcium, 30% Iron