

## PREP GUIDE

### MEAL #1

- Cut vegetables:
  - 1½ pounds rutabaga, peeled and 1" cubes (4 cups)
  - ¾ large head green cabbage, shredded (6 cups)

### MEAL #2

- 3 limes, juiced (6 Tablespoons juice)
- Cut fruit & vegetables:
  - 1 yellow onion, sliced (1 cup)
  - 2 bell peppers, sliced (2 cups)
  - 6 oranges, peeled, in segments

### MEAL #3

- 2 lemons, zested & juiced (6 Tablespoons juice, 1 Tablespoon zest) *\*for the week*
- Cut vegetables:
  - 1 bunch kale, chopped (4 cups)
  - 4 ounces brown mushrooms, quartered (1½ cups)

### MEAL #4

- 1-2" fresh ginger, grated (1 Tablespoon)
- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 bell peppers, minced (2 cups)
  - ¼ head cabbage, shredded (2 cups)

### MEAL #5

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 bell pepper, diced (1 cup)
  - 6 ounces mushrooms, sliced (1½ cups)
  - ½ bunch kale, chopped (2 cups)

## MENU

### MONDAY ①

DIJON PORK  
Rutabagas & Sweetkraut

### TUESDAY ②

FISH TACOS  
Chipotle Orange Salsa

### WEDNESDAY ③

LEMON PEPPER DRUMSTICKS  
Potatoes & Kale

### THURSDAY ④

PORK STIR-FRY

### FRIDAY ⑤

PAPAS TOSTADAS



GLUTEN FREE 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	2-1/2 pounds		16
2	fish fillets (your choice)	1-1/4 pounds		10
3	chicken drumsticks	8		4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	rutabaga	1-1/2 pounds		3
1,3	rosemary	few sprigs	<i>need 2 t. optional - can sub Herbes de Provence</i>	1
1,4	green cabbage	1 large head		2
2,4,5	yellow onion	3		3
2,4,5	bell peppers	5	<i>any color</i>	5
2	oranges	6		3
2	avocados	2		2
2,4	cilantro	1 bunch	<i>need 6 Tablespoons chopped</i>	1.5
2	limes	3		1.5
3,4	lemon	2		1
3,5	russet potatoes	2-1/4 pounds		2.5
3,5	kale	2 bunches		4
3,5	brown mushrooms	2/3 pound		7.5
4	fresh ginger	1-2"	<i>need 1 Tablespoon grated</i>	1

Recipe #	Dairy	Quantity	Notes	Est Cost *
5	eggs	8		4
5	shredded cheese (your choice)	1/2 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	red wine vinegar	2 Tablespoons	<i>optional - can use white wine vinegar</i>	1
2,5	corn tortillas	20		4
2,5	chipotle peppers in adobo	1 small can		1.5

Fresh 20 Grocery Est           \$80.50  
 Cost Per Dinner               \$16.10  
 Cost Per Serving               \$4.03

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	1/3 cup	herbes de provence	
	balsamic vinegar		ground cumin	1/2 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	gluten free chicken/veg broth: low sodium		gluten free organic tomato paste	
	garlic	16 cloves	gluten free Dijon mustard or brown mustard	1 Tablespoon
	kosher salt	2-1/2 teaspoons	gluten free soy sauce or Braggs liquid aminos	1-1/2 Tablespoons
	black pepper	2 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	1-1/2 cups
	paprika		gluten free 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) DIJON PORK rutabaga & sweetkrait

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 loin.
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.
5. Let rest 3-5 minutes before slicing. Save half the pork for Meal #4, serve remaining pork and rutabagas with sweetkrait.

### Meanwhile

### *For sweetkrait*

1. Heat a large non-stick skillet over medium heat and add oil, cabbage, garlic, and syrup.
2. Cook for about 5 minutes then add vinegar and reduce heat to low; cook for about 15 minutes.
3. Season with salt and pepper.

## INGREDIENTS

### *For dijon pork*

- 2½ pounds pork loin
- 1 Tablespoon olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 Tablespoon gluten free Dijon mustard
- 3 garlic cloves, minced

### *For rutabaga*

- 1½ pounds rutabaga, peeled and cut into 1" cubes (4 cups)
- 1½ Tablespoons olive oil
- ¼ teaspoon kosher salt
- dash of black pepper
- 1 teaspoon chopped rosemary

### *For sweetkrait*

- 1½ Tablespoons grapeseed oil or butter
- ¾ large green cabbage, shredded (6 cups)
- 2 cloves garlic, minced
- 2 Tablespoons maple syrup
- 1-2 Tablespoon red wine vinegar
- dash 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

Sweetkrait: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

- 3 limes, juiced (6 Tablespoons)
- Cut fruit & vegetables: onion, bell peppers, oranges

#### DIRECTIONS

##### *For fish tacos*

1. Heat a large skillet over medium heat and add 1 Tablespoon oil.
2. When oil is hot add onion and garlic and sauté for 1-2 minutes. Add bell peppers and sauté an additional 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.

#### INGREDIENTS

##### *For fish tacos*

2 Tablespoons grapeseed oil, divided  
1 yellow onion, sliced (1 cup)  
2 cloves garlic, minced  
2 bell peppers, sliced (2 cups)  
1¼ pounds fish fillets (1¼ pounds chicken breast)  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
½ teaspoon cumin

12 small corn tortillas, warmed

##### *For chipotle orange salsa*

6 oranges, peeled and into segments  
2 avocados, diced  
¼ cup chopped cilantro  
6 Tablespoon lime juice  
1 chipotle pepper in adobo, chopped  
dash 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

- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon 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 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 25 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 10 minutes. Toss once during cooking.
4. Serve with drumsticks.

### INGREDIENTS

#### *For lemon pepper chicken drumsticks*

8 chicken drumsticks  
3 cloves garlic, minced  
3 Tablespoons lemon juice  
1 Tablespoon lemon zest  
1 Tablespoon olive oil  
¼ teaspoon kosher salt  
½ teaspoon black pepper

#### *For potatoes & kale*

2 Tablespoons olive oil  
2 cloves garlic, minced  
2¼ pounds russet potatoes, large dice  
1 teaspoon chopped rosemary  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
1 bunch kale, chopped (4 cups)  
4 ounces brown mushrooms, quartered (1½ cups)

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

- 1 pound cooked pork \* *from Meal #1*
- 3 cups cooked brown rice prepared according to package directions
- 1 lemon, juiced (3 Tablespoons juice)
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, bell pepper, cabbage

### DIRECTIONS

#### *For pork stir-fry*

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

### INGREDIENTS

#### *For pork stir-fry*

- 2 Tablespoons grapeseed or sesame oil
- 1 yellow onion, diced (1 cup)
- 1 Tablespoon grated ginger
- 2 cloves garlic, minced
- 2 bell peppers, sliced thin (2 cup)
- ¼ head cabbage, shredded (2 cups)
- 1 pound cooked pork, sliced thin  
\* *from Meal #1*
- 1½ Tablespoons gluten free low-sodium soy sauce
- 3 Tablespoons lemon juice
- 2 Tablespoons chopped cilantro
  
- 3 cups 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

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

### DIRECTIONS

#### *For papas tostadas*

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 bell pepper, mushrooms, and kale and cook for 3-5 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.*

### INGREDIENTS

#### *For papas tostadas*

- 1 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 bell pepper, diced (1 cup)
- 6 ounces mushrooms, sliced (1½ cups)
- ½ bunch kale, chopped (2 cups)
- 8 eggs, whisked
- ¼ teaspoon kosher salt
- dash of black pepper
- ½-1 chipotle pepper in adobo, chopped
- 1 pound cooked potatoes *\*from Meal #3*
- ½ cup shredded cheese
- 8 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