

## PREP GUIDE

### MEAL #1

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables:
  - 1 head kale, chopped (4 cups)
  - 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)
  - 3 bell peppers, sliced (3 cups)
  - 6 oranges, peeled & segments

### MEAL #3

- Cut vegetables:
  - 1 bunch kale, chopped (4 cups)
  - 4 ounces brown mushrooms, quartered (1½ cups)

### MEAL #4

- 2" fresh ginger, grated (1 Tablespoon)
- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 8 ounces mushrooms, sliced (3 cups)
  - 3 bell peppers, sliced thin (3 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

WINTER QUINOA BOWL  
Rutabagas & Sweetkraut

### TUESDAY ②

VEGETARIAN TACOS  
Chipotle Orange Salsa

### WEDNESDAY ③

AVOCADO TOAST  
Potatoes & Kale

### THURSDAY ④

VEGETARIAN STIR-FRY

### FRIDAY ⑤

PAPAS TOSTADAS



# Shopping List

(1) Winter Quinoa Bowl (2) Vegetarian Tacos (3) Avocado Toast (4) Vegetarian Stir Fry (5) Papas Tostadas

| Recipe # | Vegetables & Fruit | Quantity     | Notes   | Est Cost * |
|----------|--------------------|--------------|---|------------|
| 1,3,5    | kale               | 3 bunches    |   | 6          |
| 1        | rutabaga           | 1-1/2 pounds |   | 3          |
| 1,3      | fresh rosemary     | few sprigs   | <i>optional, can use 2 tsp Herbes de Provence</i> | 1          |
| 1,4      | green cabbage      | 1 large head |   | 2          |
| 2,4,5    | yellow onion       | 3            |   | 3          |
| 2,3,4,5  | mushrooms          | 1-2/3 pounds | <i>brown or button</i>                            | 7.5        |
| 2,4,5    | bell peppers       | 7            | <i>any color</i>                                  | 7          |
| 2        | oranges            | 6            |   | 3          |
| 2,3      | avocadoes          | 4            |   | 4          |
| 2,3,4    | cilantro           | 1 bunch      |   | 1.5        |
| 2        | limes              | 3            |   | 1.5        |
| 3,5      | russet potatoes    | 2-1/4 pounds |   | 2.5        |
| 4        | fresh ginger       | 1-2"         | <i>optional - need 1 Tablespoon grated</i>        | 1          |

| Recipe # | Dairy                         | Quantity | Notes | Est Cost * |
|----------|-------------------------------|----------|-------|------------|
| 3,5      | eggs                          | 12       |       | 4          |
| 5        | shredded cheese (your choice) | 1/2 cup  |       | 2          |

| Recipe # | Bakery/Misc               | Quantity       | Notes                                  | Est Cost * |
|----------|---------------------------|----------------|--|------------|
| 1,4      | garbanzo beans            | 2 (15 oz) cans |  | 3          |
| 1        | quinoa                    | 1-1/2 cups     |  | 1.5        |
| 1        | red wine vinegar          | 2 Tablespoons  | <i>optional, can use white vinegar</i> | 1          |
| 2        | black beans               | 2 (15 oz) cans |  | 3          |
| 2,5      | corn tortillas            | 20             |  | 4          |
| 2,5      | chipotle peppers in adobo | 1 small can    |  | 2          |
| 3        | whole wheat bread         | 4 slices       |  | 1          |
| 3,4      | sesame seeds              | 2/3 cup        |  | 5          |

Fresh 20 Grocery Est \$69.50  
 Cost Per Dinner \$13.90  
 Cost Per Serving \$3.48

| 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                          | 3/4 teaspoon  |
|                | white wine vinegar       |                 | raw honey or 100% maple syrup         | 2 Tablespoons |
|                | veggie broth: low sodium | 1/4 cup         | organic tomato paste                  |               |
|                | garlic                   | 11 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                     |               |
|                | cayenne pepper           |                 | long grain brown rice                 | 1-1/2 cups    |
|                | paprika                  |                 | 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) WINTER QUINOA BOWL

## rutabaga & sweetkrait

OVEN TEMPERATURE: 425°F

### MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: kale, rutabaga, cabbage

### DIRECTIONS

#### *For quinoa bowl*

1. Heat oil in a medium skillet over medium heat and add garlic.
2. Add garbanzo beans and kale and cook for 3-4 minutes. Add broth, cumin, and salt and cook another 2-3 minutes.
3. Divide quinoa between bowls and top with beans, rutabaga, and sweetkrait.

#### *For rutabagas*

1. Heat oven to 425°F.
2. Toss all ingredients together and put in a roasting dish. Cook about 30 minutes until fork tender.

#### 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 quinoa bowl*

- 1 Tablespoon olive oil
- 1 clove garlic, minced
- 1 (15 oz) can organic garbanzo beans, drained and rinsed
- 1 head kale, chopped (4 cups)
- ¼ cup vegetable broth
- ¼ teaspoon cumin
- ¼ teaspoon kosher salt

3 cups cooked quinoa, warmed

#### *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 or Herbes de Provence

#### *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

Quinoa and Beans:300kcal, 13g Protein, 46g Carb, 260mg Sodium, 8g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 8% Calcium, 15% 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) VEGETARIAN TACOS

### chipotle orange salsa

#### MADE AHEAD

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

#### DIRECTIONS

##### *For vegetarian tacos*

1. Heat a large skillet over medium heat and add oil.
2. When oil is hot add onion and mushrooms and sauté 4 minutes.
3. Add garlic and sauté for 1 minute. Add bell peppers, beans, and seasonings and sauté an additional 2 minutes.
4. Serve veggie mixture in tortillas with salsa.

##### *For chipotle orange salsa*

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

#### INGREDIENTS

##### *For vegetarian tacos*

1 Tablespoon grapeseed oil  
1 yellow onion, sliced (1 cup)  
8 ounces mushrooms, sliced (3 cups)  
2 cloves garlic, minced  
3 bell peppers, sliced (3 cups)  
2 (15 oz) cans organic black beans, rinsed and drained  
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: 410kcal, 17g Protein, 69g Carb, 210mg Sodium, 12g Fiber, 0mg Cholesterol, 7g Fat, 0g Saturated, 6g Sugar, 10% Calcium, 20% 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) AVOCADO TOAST

potatoes & kale

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- Cut vegetables: kale, mushrooms

### DIRECTIONS

#### *For avocado toast*

1. Top toast with sliced avocado, cilantro, and sesame seeds.
2. Meanwhile, heat oil in a skillet over medium heat and add eggs. Cook to desired doneness and place 1 egg on top toast.
3. Serve alongside potatoes and kale.

#### *For potatoes & kale*

1. Toss 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 avocado toast.

### INGREDIENTS

#### *For avocado toast*

4 slices whole wheat bread, toasted  
2 avocados, sliced  
¼ cup chopped cilantro  
¼ cup toasted sesame seeds

1 Tablespoon olive oil  
4 eggs

#### *For potatoes & kale*

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

Avocado toast: 370kcal, 15g Protein, 26g Carb, 280mg Sodium, 6g Fiber, 180mg Cholesterol, 24g Fat, 4g Saturated, 0.3g Sugar, 6% Calcium, 15% 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



## (4) VEGETABLE STIR FRY

### MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, mushrooms, bell pepper, cabbage

### DIRECTIONS

#### *For stir-fry*

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

### INGREDIENTS

#### *For stir-fry*

- 2 Tablespoons grapeseed or sesame oil
- 1 yellow onion, diced (1 cup)
- 8 ounces mushrooms, sliced (3 cups)
- 1 Tablespoon grated ginger, optional
- 2 cloves garlic, minced
- 3 bell pepper, sliced thin (3 cups)
- ¼ head cabbage, shredded (2 cups)
- 1 (15 oz) can organic garbanzo beans, drained and rinsed
- 2 Tablespoons low-sodium soy sauce
- ½ cup sesame seeds, lightly toasted
- 2 Tablespoons chopped cilantro
  
- 3 cups cooked brown rice, warmed

Stir Fry: 310kcal, 14g Protein, 33g Carb, 270mg Sodium, 10g Fiber, 0mg Cholesterol, 14g Fat, 2g Saturated, 11g Sugar, 10% Calcium, 20% 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