

PREP GUIDE

MEAL #1

- 2 lemons, zested and juiced (3 Tablespoons juice, 2 Tablespoons zest) * *for the week*
- Cut vegetables:
 - 1 yellow onion, wedges (1 cup)
 - 1 head broccoli, florets (4 cups)
 - 6 carrots, chunks (3 cups)

MEAL #2

- Cut vegetables:
 - 1 head broccoli, florets (4 cups)

MEAL #3

- 6 cups cooked quinoa prepared according to package directions * *for the week*
- Cut vegetables:
 - 1 bell pepper, diced (1 cup)
 - 2 Portobello mushrooms, diced (2 cup)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 4 carrots, diced (2 cups)
 - 3 stalks celery, diced (1½ cups)
 - 1 head red or rainbow chard, stalks finely diced & leaves thinly sliced
 - 1 bell pepper, diced (1 cup)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 carrots, shredded (¾ cup)
 - 1 bell pepper, diced small (1 cup)

MENU

MONDAY ①

SHEET PAN TOFU & VEGETABLES

TUESDAY ②

BROCCOLI ALFREDO

WEDNESDAY ③

MEDITERRANEAN QUINOA

THURSDAY ④

VEGETABLE SOUP with
ROSEMARY DUMPLINGS

FRIDAY ⑤

QUINOA TOPPED PORTABELLOS



Shopping List

(1) Sheet Pan Tofu & Vegetables (2) Broccoli Alfredo (3) Mediterranean Quinoa (4) Vegetable Soup & Dumplings (5) Quinoa Topped Portobellos

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	rosemary	few sprigs	<i>optional - need 4 t. chopped - can use Herbes</i>	1
1,3	lemon	2		1
1,4,5	yellow onion	3		3
1,2	broccoli	2 heads		4
1	Yukon gold potatoes	1 pound		1
1,4,5	carrots	12		3
2,4	frozen peas	3 cups		3
2,3	fresh dill	1 small bunch	<i>need 3 Tablespoons chopped</i>	1.5
3,4,5	bell pepper	3	<i>any color</i>	3
3,5	portobello mushroom caps	10		15
4	celery	3 stalks		1
4	red or rainbow chard	1 head		2.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,4	low fat milk	2 cups (16 fl oz)		2
2,5	parmesan cheese	1 cup		2.5
2	cream cheese	2 ounces	<i>optional</i>	1
3	feta cheese	3 ounces		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3,5	artichoke hearts	3 (15 oz) cans		4.5
1	extra firm tofu	1 (14 oz) package		3
3,5	quinoa	3 cups		3
3	garbanzo beans	1 (15 oz) can		1.5
3	olives (black or green)	1/4 cup	<i>optional</i>	1.5
4	baking powder	1-1/2 teaspoons		1
5	fire roasted tomatoes	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$63.50
 Cost Per Dinner \$12.70
 Cost Per Serving \$3.18

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	dried oregano	
	grapeseed oil		herbes de provence	1-1/2 teaspoons
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	1-1/2 Tablespoons
	veggie broth: low sodium	5-1/2 cups (44 fl oz)	organic tomato paste	
	garlic	11 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	
paprika	1/4 teaspoon	whole wheat flour	1-1/4 cups	

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) SHEET PAN TOFU & VEGETABLES

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: onion, broccoli, carrots

DIRECTIONS

For sheet pan tofu & vegetables

1. Heat oven to 400°F.
2. In a large bowl, combine olive oil, salt, pepper, Herbes, honey, garlic, rosemary, and lemon.
3. Toss veggies and tofu in oil mixture and place on 2 sheet pans.
4. Cook about 40 minutes, turning once.

INGREDIENTS

For sheet pan tofu & vegetables

- 2 Tablespoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- 1½ Tablespoons honey
- 3 garlic cloves, peeled
- 1 Tablespoon chopped rosemary
- 1 Tablespoon lemon zest
- 1 yellow onion, wedges (1 cup)
- 1 head broccoli, florets (4 cups)
- 1 pound Yukon potatoes, chunks
- 6 carrots, chunks (3 cups)
- 1 (15 oz) can artichoke hearts, drained and patted dry
- 1 (14 oz) package extra firm tofu, drained, pressed, and cut into 1 inch pieces

Tofu:450kcal, 22g Protein, 62g Carb, 600mg Sodium, 11g Fiber, 0mg Cholesterol, 14g Fat, 2g Saturated, 21g Sugar, 20% Calcium, 30% Iron



(2) BROCCOLI ALFREDO

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Cut vegetables: broccoli

DIRECTIONS

For broccoli alfredo

1. Heat oven to 400°F.
2. Mix olive oil, salt, pepper, and paprika.
3. Put broccoli on a baking sheet and toss with oil mixture.
4. Roast broccoli for about 10 minutes.

Meanwhile

1. Heat a large pot over medium heat and add olive oil and garlic and sauté for 1 minute. Add flour and cook 2 minutes. Turn heat to low and whisk in broth and milk.
2. Simmer until thickened slightly then add pepper and cheeses.
3. Stir in peas and broccoli and garnish with chopped dill.

INGREDIENTS

For broccoli alfredo

1 Tablespoon olive oil
Dash of kosher salt and black pepper
Dash of paprika
1 head broccoli, small florets (4 cups)

1½ Tablespoons olive oil
2 cloves garlic minced
3 Tablespoons whole wheat flour
½ cup low-sodium vegetable broth
1½ cups low-fat milk
dash of pepper
½ cup grated parmesan cheese
2 ounces cream cheese, optional
1 cup frozen peas, thawed
2 Tablespoons chopped dill

Broccoli Alfredo: 490kcal, 24g Protein, 60g Carb, 430mg Sodium, 12g Fiber, 30mg Cholesterol, 19g Fat, 7g Saturated, 10g Sugar, 30% Calcium, 20% Iron



(3) MEDITERRANEAN QUINOA

MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 1 lemon, juiced and zested (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: bell pepper, mushrooms

DIRECTIONS

For Mediterranean quinoa

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add bell pepper, mushrooms, artichokes, salt, and pepper and stir to combine. Cook 3-4 minutes until vegetables are tender.
3. Add quinoa, beans, olives, dill, and lemon and stir to warm through.
4. Serve warm topped with feta cheese

INGREDIENTS

For Mediterranean quinoa

- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 1 bell pepper, diced (1 cup)
- 2 Portobello mushroom caps, diced (2 cups)
- 1 (15 oz) can artichoke hearts, diced
- dash of salt and pepper
- 3 cups cooked quinoa
- 1 (15 oz) can organic garbanzo beans, rinsed and drained
- ¼ cup olives, sliced (green or black), optional
- 1 Tablespoon chopped dill
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- 3 ounces crumbled feta cheese (¾ cup)

Mediterranean Quinoa: 450kcal, 20g Protein, 58g Carb, 650mg Sodium, 10g Fiber, 10mg Cholesterol, 14g Fat, 3.5g Saturated, 6g Sugar, 15% Calcium, 30% Iron

MADE AHEAD

- Cut vegetables: onion, carrots, celery, chard, bell pepper

DIRECTIONS

For vegetable soup with rosemary dumplings

1. Heat a large pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add carrots, celery, chard stalks, peas, and bell pepper and cook for 2-4 minutes.
4. Add broth, salt, pepper, Herbes, and chard leaves 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 soup at a time.
6. Turn heat to low, cover, and let dumplings cook about 10-12 minutes.

Meanwhile

For rosemary dumplings

Combine all the ingredients to form a dough.

INGREDIENTS

For vegetable soup with rosemary dumplings

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
4 carrots, diced (2 cups)
3 stalks celery, diced (1½ cups)
1 head red or rainbow chard, stalks finely diced & leaves thinly sliced
2 cups frozen peas, thawed
1 bell pepper, diced (1 cup)
5 cups low-sodium vegetable broth
dash of salt and pepper
½ teaspoon Herbes de Provence

For rosemary dumplings

1 cup whole wheat flour
1½ teaspoons baking powder
½ teaspoon kosher salt
2 Tablespoons olive oil
½ cup low-fat milk
1 teaspoon chopped rosemary

Vegetable Soup & Dumplings 480kcal, 20g Protein, 65g Carb, 730mg Sodium, 16g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 17g Sugar, 25% Calcium, 30% Iron



(5) QUINOA TOPPED PORTABELLOS

OVEN TEMPERATURE: 375°F

MADE AHEAD

- 3 cups 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 10-15 minutes until almost tender.
3. Meanwhile, heat a large non-stick skillet over medium heat and add oil, onions, and garlic and sauté for 2 minutes.
4. Add bell pepper, carrots, and artichokes and cook for 2-3 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 5-10 minutes.

INGREDIENTS

For quinoa topped Portobellos

8 Portobello mushroom caps

2½ Tablespoons olive oil

1 yellow onion, diced (1 cup)

2 cloves garlic, minced

1 bell pepper, diced small (1 cup)

2 carrots, shredded (¾ cup)

1 (15 oz) can artichoke hearts, chopped

1 (15 oz) can fire roasted diced tomatoes, drained

3 cups cooked quinoa

½ cup 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