

## FOR ONE Weekly Prep Guide

### VEGETABLES

- 2½ green onions, diced
- ¼ bell pepper, any color, chopped (¼ cup)
- ½ yellow squash, ends removed and sliced lengthwise into ½" thick strips
- ¼ large bunch kale, washed, dried, left as whole leaves
- ¾" piece of fresh ginger, peeled

### FRUIT

- ½ cup pineapple, chunks plus a slice for garnish
- ½ cup pineapple, blended into a puree
- 2 limes, juiced (3 Tablespoons juice)

### MISC.

- Marinate ribs up to 24 hours ahead (MONDAY)
- Beans can be made up to two days ahead and refrigerated (TUESDAY)
- Cooked chicken breast (FRIDAY) \* *see below*

### CHICKEN FOR TROPICAL SALAD (FRIDAY)

½ pound chicken breast, boneless, skinless

1 cup water

¼ teaspoon kosher salt

In a deep sauté pan bring water and salt to a simmer. Add chicken and cook 10 minutes or until no longer pink. Cool. Store in an airtight container for Friday.

*the* **FRESH 20**

**MARCH 30, 2018**

#### **MONDAY**

Korean Style Short Ribs  
Crispy Kale & Polenta

#### **TUESDAY**

Hot Scallion Salmon  
Black Bean Salad & Parmesan  
Squash

#### **WEDNESDAY**

Pineapple Citrus Chicken  
Black Beans & Sautéed  
Bananas

#### **THURSDAY**

Easy Asian Rice Noodles  
Leftover Ribs and/or Salmon  
Pear Salad

#### **FRIDAY**

Tropical Chicken  
Polenta Cakes & Arugula Salad

# Shopping List

(1) Korean Style Short Ribs (2) Hot Scallion Salmon (3) Pineapple Citrus Chicken (4) Easy Asian Rice Noodles (5) Tropical Chicken

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1	beef short ribs	1/3 pound	cut into 1" slabs Korean style	4
2	salmon fillets	1/4 pound		2.5
3,5	chicken breast	2/3 pound	boneless, skinless	3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,4	green onion	1 bunch	<i>need 3 green onions total</i>	1
1	kale	1 bunch		2
2,4	fresh ginger	3/4" piece		0.5
2,5	bell pepper	1	<i>any color</i>	1
2	yellow squash	1		1
3,5	pineapple	1 small		2
3,4,5	limes	2		1
3	bananas	1 small		0.5
4	pears	1		0.5
4,5	arugula	2 ounces	<i>need about 2 cups total</i>	1
5	avocado	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
2	parmesan cheese, grated	2 Tablespoons		1
3	unsalted butter	3/4 teaspoon		0.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	sesame oil	1/2 Tablespoon	optional - can use grapeseed oil	1
1,5	polenta	1/2 cup	coarsely ground yellow cornmeal	1
1,2,4	rice vinegar	1.5 Tablespoons	optional - can use white wine vinegar	1
2,3	black beans	1 (15 oz) can	low sodium	1.5
4	rice noodles (vermicelli style)	1 (8 oz) box	need 1/4 box	2
4	red chili powder	pinch		0.5

Fresh 20 Grocery Est                    \$29.50  
 Cost Per Dinner                         \$5.90  
 Cost Per Serving                         \$5.90

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	1/8 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar	1/2 Tablespoon	ground cumin	1/4 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium	1 cup (8 fl oz)	organic tomato paste	
	garlic	2 cloves	Dijon mustard or brown mustard	
	kosher salt		soy sauce or Braggs liquid amino acid	1.5 Tablespoons
	black pepper	1/2 teaspoon	whole grain pasta	
	cayenne pepper	1/2 teaspoon	long grain brown rice	
	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) MONDAY

**KOREAN STYLE SHORT RIBS with Crispy Kale & Simple Polenta**

MONDAY PREP

- Marinate ribs up to 24 hours ahead
- 1 green onion, diced
- ¼ large bunch kale, washed & dried, left as whole leaves

**For short ribs**

1 Tablespoon reduced sodium soy sauce

½ Tablespoon maple syrup

½ Tablespoon sesame or grapeseed oil

1 green onion, diced

½ clove garlic, minced or pressed

¾ teaspoon extra-virgin olive oil

½ Tablespoon white wine or rice vinegar

½ pound beef short ribs cross cut into 1" thick slabs Korean style (ask butcher to cut)

3 Tablespoons low sodium chicken or vegetable broth

*Quick Tip:*

*Start the ribs. While they are simmering, prepare kale. Once kale is in oven, start polenta since it requires more labor for stirring.*

1. Combine marinade ingredients (soy sauce through vinegar) in a large non-aluminum (reactive) container.
2. Add ribs to marinade and coat well. Seal container and marinate at least 2 hours and up to 24 hours.
3. Remove ribs from marinade, reserving liquid. Arrange ribs in sauté pan (with lid) over medium-high heat and sear for 4 minutes each side.
4. Pour remaining marinade and broth into sauté pan with ribs and cover with lid. Reduce heat to medium-low and cook for 10-12 minutes.
5. Remove lid and cook uncovered for 3-5 minutes. The liquid will reduce down. Remove ribs and place on a serving dish. Loosely cover with foil. Pour remaining sauce in a bowl to serve alongside. Save any leftover ribs for Thursday Dinner.

**For kale**

¼ large bunch kale, washed & dried, left as whole leaves

¾ teaspoon extra-virgin olive oil

pinch of kosher salt

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper or generously grease with olive oil.
3. Arrange kale on the baking sheet making sure to not overlap leaves too much. Brush with olive oil and sprinkle with salt. Bake for 10 minutes. Kale will become crispy. Gently move to serving dish. Kale crisps are best when picked up and eaten straight off the stem.

(1) MONDAY

**KOREAN STYLE SHORT RIBS with Crispy Kale & Simple Polenta**

***For polenta***

- ¾ cup low sodium chicken or vegetable broth
- ½ cup polenta (coarsely ground yellow cornmeal)
- ¾ teaspoon extra-virgin olive oil

1. In a medium saucepan, bring the broth to a boil over high heat.
2. While constantly whisking, slowly pour the cornmeal in a thin stream. Lower the heat to medium and cook, stirring frequently, until the polenta thickens to an oatmeal consistency, about 15-20 minutes. Sometimes it is necessary to add more liquid (water or broth). Scrape the bottom and sides while cooking to prevent the polenta from sticking. Reserve ½ cup in airtight container for Friday.
3. Stir in the olive oil and transfer polenta to a serving bowl. If desired, serve with 1 Tablespoon grated parmesan for topping.

Serving Size: 5oz ribs, ¼ cup kale, ½ cup polenta

Ribs: 350kcal, 32g protein, 10g carb, 750mg sodium, 0g fiber, 85mg cholesterol, 20g fat, 5g sat fat, 8g sugar, 3%DV calcium, 20%DV iron

Kale: 60kcal, 3g protein, 6g carb, 75mg sodium, 2g fiber, 0mg cholesterol, 4g fat, .5g sat fat, 1.5g sugar, 10%DV calcium, 6%DV calcium

Polenta: 130kcal, 4g protein, 27g carb, 25mg sodium, 2g fiber, 0mg cholesterol, 3g fat, 0g sat fat, 0g sugar, 0%DV calcium, 10%DV iron

**Dairy Free:**

**Gluten Free:** *Use gluten free broth and soy sauce.*

**Vegetarian:** *Omit ribs. Prepare kale and polenta as above, use vegetable broth for polenta. Serve with Mushroom Omelet:  
Heat 2 teaspoons oil in a skillet over medium heat. Add 1 sliced green onion and 1½ cups sliced mushrooms and sauté 3-4 minutes. Pour 2 whisked eggs over mushrooms and cook to desired doneness. Top with 1 Tablespoon parmesan cheese during last minute of cooking.*

(2) TUESDAY

**HOT SCALLION SALMON with Black Bean Salad & Parmesan Squash**

TUESDAY PREP

- Beans can be made up to 2 days ahead and refrigerated
- ½ green onion, diced
- ½" piece of fresh ginger, peeled and sliced
- ¼ bell pepper, any color, chopped (¼ cup)

***For salmon***

1 Tablespoon extra virgin olive oil, divided

¼ pound fresh salmon fillets (sub ¼ pound thin chicken breasts)

Pinch of kosher salt

⅛ teaspoon black pepper

½ green onion, diced

½" piece of fresh ginger, peeled and sliced

pinch of kosher salt

1. Rinse and pat dry salmon filet. Combine salt and pepper and rub onto salmon. Heat 1 teaspoon olive oil in a large skillet over high heat. Place salmon skin side down in the skillet and cook 5 minutes.
2. Heat 2 teaspoons olive oil in small sauce pot until very hot. Carefully add green onion, salt, and ginger. Simmer for 2-3 minutes or until fragrant.
3. Check salmon to make sure that the bottom half is pale pink. Reduce heat to medium.
4. Pour hot fragrant oil over salmon. Fish continues to cook as it cools down, so take it off heat a little before you think you should. You can remove any large pieces of ginger and discard. Save any leftover salmon for Thursday.

***For beans***

½ Tablespoon white wine or rice vinegar

¾ teaspoon maple syrup

¾ teaspoon extra virgin olive oil

Pinch of kosher salt

¼ (15 oz) can reduced sodium black beans, drained and rinsed

¼ bell pepper, any color, chopped (¼ cup)

Whisk vinegar, maple syrup, oil, and salt in a medium bowl until well combined. Add beans and bell peppers to coat. Chill until ready to serve. Can be made ahead of time and stored up to 2 days. Save any leftover salad for Friday.

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(2) TUESDAY

**HOT SCALLION SALMON with Black Bean Salad & Parmesan Squash**

***For squash***

½ yellow squash, ends removed and sliced lengthwise into ½" thick strips

½ teaspoon extra virgin olive oil

pinch of kosher salt

2 Tablespoons grated Parmesan cheese

Pinch of black pepper

1. Preheat oven to 350°F.
2. Arrange the squash on a baking sheet that has been lightly oiled. Drizzle with olive oil and sprinkle with salt; bake for 7 minutes.
3. Flip over and sprinkle with Parmesan and black pepper. Bake another 5 minutes or until cheese turns golden brown.

Serving Size: 4 oz salmon, ¼ cup black bean salad, ¼ cup parmesan squash

Salmon: 260kcal, 25g protein, 0g carb, 270mg sodium, 0g fiber, 50mg cholesterol, 17g fat, 2.5g sat fat, 0g sugar, 4%DV calcium, 6%DV iron

Salad: 130kcal, 6g protein, 18g carb, 170mg sodium, 5g fiber, 0mg cholesterol, 4.5g fat, 0g sat fat, 4g sugar, 4%DV calcium, 10%DV iron

Squash: 75kcal, 4g protein, 3g carb, 190mg sodium, 0g fiber, 0mg cholesterol, 5g fat, 2g sat fat, 2g sugar, 11%DV calcium, 1%DV iron

**Dairy Free:** *Omit parmesan cheese, sprinkle squash with nutritional yeast if desired.*

**Gluten Free:**

**Vegetarian:** *Omit salmon, prepare squash as above. Serve with Black Bean Quinoa: Heat ½ Tablespoon oil in a skillet over medium heat. Add 1 diced green onion, ¼ minced jalapeno, ¼ cup diced bell pepper; cook 2 minutes until peppers are soft. Add ½ can black beans, ¾ cup cooked quinoa, and a pinch of cumin, salt, and pepper. Stir until warmed through.*

(3) WEDNESDAY

**PINEAPPLE CITRUS CHICKEN with Black Beans & Sautéed Bananas**

WEDNESDAY PREP

- ½ cup chopped pineapple, plus a slice for garnish
- 1 lime, juiced (2 Tablespoons juice)

***For pineapple chicken***

½ cup chopped pineapple, plus a slice for garnish  
 1 lime, juiced (2 Tablespoons juice)  
 ½ clove garlic, minced  
 Pinch of ground cumin  
 Pinch of dried oregano  
 Pinch of kosher salt  
 ½ chicken breast, boneless, skinless (¼ pound)  
 ¾ teaspoon extra virgin olive oil  
 Pinch of kosher salt  
 ⅛ teaspoon black pepper

1. In a blender, process pineapple chunks with garlic, cumin, lime juice, oregano, and salt until smooth. Set aside. Reserve 1 Tablespoon of marinade for Arugula Salad on Friday.
2. Season chicken with salt and pepper. Heat oil in a skillet over medium heat.
3. When oil is hot add chicken and cook 4-5 minutes. Turn chicken and drizzle with pineapple marinade.
4. Cook on second side for 4-5 minutes depending on thickness. Internal temperature should be 165°F. Remove from heat and let rest 5 minutes before slicing (juices should run clear). Serve with remaining pineapple marinade/sauce on the side and garnish with reserved pineapple. *Note: You can marinate the chicken if you have time, if not just cook it on the stovetop and serve pineapple marinade on the side. NEVER consume marinating liquid that has been in contact with raw chicken!!*

***For beans***

¼ (15 oz) can reduced sodium black beans with liquid  
 ⅛ teaspoon ground cumin  
 pinch of kosher salt

Combine cumin, salt and beans in a small saucepan. Heat over low heat until warmed through.

***For bananas***

½ medium ripe banana, peeled & cut in half lengthwise  
 ¾ teaspoon unsalted butter

Melt butter in a sauté pan over medium heat. Arrange bananas in a single layer and sauté for 3 minutes, depending on how soft you like them. Serve immediately.

Serving Size: 4 ounces prepared chicken, ½ cup bean salad, ½ sautéed bananas  
 Chicken: 270kcal, 24g protein, 13g carb, 370mg sodium, 1g fiber, 82mg cholesterol, 14g fat, 3g sat fat, 8g sugar, 3%DV calcium, 4%DV iron  
 Bean Salad: 90kcal, 5g protein, 13g carb, 180mg sodium, 5g fiber, 0mg cholesterol, 1g fat, 0g sat fat, 1g sugar, 3%DV calcium, 8%DV iron  
 Bananas: 80kcal, 1g protein, 14g carb, 0mg sodium, 2g fiber, 8mg cholesterol, 3g fat, 2g sat fat, 7g sugar, 0%DV calcium, 1%DV iron

(3) WEDNESDAY

**PINEAPPLE CITRUS CHICKEN with Black Beans & Sautéed Bananas**

*Dairy Free:* Omit butter, cook bananas in grapeseed oil.

*Gluten Free:*

*Vegetarian:* Omit above, prepare Pineapple Poke Bowl:  
Place  $\frac{3}{4}$  cup cooked quinoa in a bowl, top with  $\frac{1}{2}$  cup diced pineapple,  $\frac{1}{4}$  diced avocado,  $\frac{1}{4}$  cucumber, diced, and 1 sliced hard-boiled egg. In a small bowl, combine 1 teaspoon oil,  $\frac{1}{2}$  teaspoon lime juice, and a pinch of salt and pepper. Pour over bowl. Top with 1 Tablespoon toasted sesame seeds, diced green onion, and minced jalapeno.

(4) THURSDAY

**EASY ASIAN RICE NOODLES with Leftover Ribs or Salmon & Pear Salad**

THURSDAY PREP

- ¼" minced peeled fresh ginger (¾ teaspoon)
- Leftover ribs and/or salmon
- 1 green onion, diced
- ¼ lime, juiced (½ Tablespoon juice)

***For noodles***

2 ounces rice noodles (¼ box vermicelli style)  
 ½ Tablespoon noodle cooking water  
 ¾ teaspoon extra virgin olive oil  
 ½ Tablespoon low-sodium soy sauce  
 ½ Tablespoon white wine or rice vinegar  
 ¼" minced peeled fresh ginger (¾ teaspoon)  
 Pinch of red chili powder  
 Leftover ribs and/or salmon  
 1 green onion, diced

Cook rice noodles according to package directions. They cook very fast!  
 Drain noodles in a colander over a bowl, reserving ½ Tablespoon noodle water; keep noodles warm.

Combine noodle water, olive oil, soy sauce, rice vinegar, ginger, and chili powder. Place noodles into a bowl; top with sauce, leftover ribs or salmon, and green onions.

***For pear salad***

¾ teaspoon honey or maple syrup  
 ¼ lime, juiced (½ Tablespoon juice)  
 ½ pear, cored and sliced  
 1 ounce arugula, washed & chopped (1 cup)

Combine lime juice and honey. Arrange arugula on a plate, top with pears, and drizzle with dressing.

Serving Size: 1 prepared bowl with 4 oz prepared salmon & 1 cup pear salad

Noodles: 400kcal, 28g protein, 45g carbs, 180mg sodium, 0g fiber, 50mg cholesterol, 11g fat, 2g sat fat, 1g sugar, 4%DV calcium, 6%DV iron

Pear Salad: 90kcal, 1g protein, 23g carb, 12mg sodium, 4g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 15g sugar, 3%DV calcium, 3%DV iron

**Dairy Free:**

**Gluten Free:** *Use gluten free soy sauce.*

**Vegetarian:** *Omit pear salad. Prepare noodles as above omitting leftover salmon or ribs and adding ¾ cup frozen, thawed edamame and 1 Tablespoon chopped cashews.*

(5) FRIDAY

**TROPICAL CHICKEN with Polenta Cakes & Arugula Salad**

FRIDAY PREP

- ½ cup pineapple, blended into a puree
- ¼ teaspoon lime juice
- ¼ bell pepper, sliced (¼ cup)

***For tropical chicken***

½ pound cooked chicken breasts, shredded \* see prep guide

½ cup pineapple, blended into a puree

½ Tablespoon balsamic vinegar

¼ teaspoon lime juice

Pinch of kosher salt

Whisk together pineapple puree, balsamic vinegar, lime juice and salt until well blended and frothy. Toss with chicken and chill until ready to eat.

***For polenta cakes***

½ cup leftover polenta (from Monday)

¼ teaspoon extra virgin olive oil

With hands, form a 3" round polenta patty. Cook in a lightly oiled skillet over medium-high heat for three minutes each side or until lightly browned.

***For arugula salad***

1 ounce arugula (1 cup)

1 Tablespoon reserved marinade (from Wednesday) or pantry dressing

¼ bell pepper, sliced (¼ cup)

¼ avocado, pitted and sliced or chopped for salad

Leftover bean salad (from Tuesday)

Toss arugula with reserved marinade (or homemade pantry dressing). Top with avocado and bell pepper.

To serve, place warm polenta cake on dinner plate. Top with Tropical Chicken. Use any leftover bean salad as a side and serve with arugula salad.

Serving Size: 4 oz chicken salad, 1 polenta patty, 1 cup salad without dressing or leftovers

Salad: 250kcal, 26g protein, 12g carb, 380mg sodium, 1g fiber, 71mg cholesterol, 10g fat, 2g sat fat, 9g sugar, 2%DV calcium, 7%DV iron

Salad: 70kcal, 2g protein, 5g carb, 10mg sodium, 3g fiber, 0mg cholesterol, 5g fat, 1g sat fat, 2g sugar, 6%DV calcium, 4%DV iron

Polenta: 130kcal, 3g protein, 24g carb, 60mg sodium, 2g fiber, 0mg cholesterol, 3g fat, 0g sat fat, 1g sugar, 0%DV calcium, 6%DV iron

(5) FRIDAY

**TROPICAL CHICKEN with Polenta Cakes & Arugula Salad**

Dairy Free:

Gluten Free:

Vegetarian: *Omit chicken salad, prepare arugula salad as above. Serve with Tropical Arugula Salad: Combine: ½ cup frozen, thawed edamame, ½ cup black beans, ½ cup diced pineapple, ½ cup diced cucumber, ¼ diced avocado, and 1 diced green onion. In a bowl, toss 1 cup arugula with 2 teaspoon balsamic vinegar, ¼ teaspoon lime juice, ½ Tablespoon olive oil, and a pinch of salt. Gently combine with edamame mixture. Serve with polenta cake.*