

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 2 Tablespoons diced bell pepper
 - ¼ carrot, shredded (1½ Tablespoons)
 - ½ scallion, chopped
 - 1½ ounces mushrooms, sliced (½ cup)
 - ¼ bunch kale, chopped (1 cup)

MEAL #2

- 2¼ cups cooked quinoa prepared according to package directions ** for the week*
- Cut vegetables:
 - ¼ head broccoli, chopped (1 cup)

MEAL #3

- Cut vegetables:
 - ¼ yellow onion, sliced (¼ cup)
 - ½ bell pepper, sliced (½ cup)

MEAL #4

- ¼ lime, juiced (½ Tablespoon juice)
- Cut vegetables:
 - 2 Tablespoons diced yellow onion
 - ¼ bell pepper, diced (¼ cup)
 - ¼ zucchini, diced (½ cup)
 - 1 scallion, chopped

MEAL #5

- Cut vegetables:
 - ¼ yellow onion, chopped (¼ cup)
 - ¼ pound brussels sprouts, shredded (1 cup)
 - 1½ ounces mushrooms, sliced (½ cup)

MENU

MONDAY ①

TURKEY BURGERS
Sweet Potato Fries & Veggie Sauté

TUESDAY ②

SEARED COD
Cheesy Broccoli Quinoa

WEDNESDAY ③

PERUVIAN STIR-FRY

THURSDAY ④

TACO SKILLET

FRIDAY ⑤

SWEET POTATO HASH



FOR ONE March 9, 2017

Shopping List

(1) Turkey Burgers (2) Seared Cod (3) Peruvian Stir Fry (4) Taco Skillet (5) Sweet Potao Hash

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	ground turkey	2/3 pound		4
2	cod filets	1/4 pound		8
3	sirloin steak	1/4 pound		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,5	sweet potatoes	1 pound		1
1,3,4	bell pepper	1		1
1	carrot	1		0.5
1,4	scallions (green onion)	2 scallions		0.5
1,5	mushrooms	3 ounces	brown or button	1.5
1	kale	1 bunch		2
2	broccoli	1 head		2
3,4,5	yellow onion	1		1
3,4	tomatoes	1		1
3,4	cilantro	1 bunch	need 2 tablespoons chopped	1.5
4	zucchini	1		1
4	lime	1		0.5
5	brussels sprouts	1/4 pound		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,4	cheddar cheese, shredded	1/4 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2,3,4,5	quinoa (dry)	1-1/4 cups		1.5
3	red wine vinegar	1/2 Tablespoon	optional, can use white wine vinegar	1
4	chili powder	1/8 teaspoon	optional	0.5
1,4,5	kidney beans, organic	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$32.00
 Cost Per Dinner \$6.40
 Cost Per Serving \$6.40

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

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) TURKEY BURGERS

sweet potato fries & veggie sauté

OVEN TEMPERATURE: 425°F

MADE AHEAD

- Cut vegetables: bell pepper, carrots, scallions, mushrooms, kale

DIRECTIONS

For sweet potato fries

1. Heat oven to 425°F.
2. Toss potatoes with oil, salt, and pepper.
3. Put in a single layer on a baking sheet and bake for about 20-25 minutes until tender and lightly browned.
4. Save $\frac{2}{3}$ for Meals #3 and #5. Serve remaining fries with turkey burgers and veggie sauté.

Meanwhile

For turkey burgers

1. Heat an outdoor grill or stovetop grill pan over medium heat.
2. Combine all ingredients and form into a patty.
3. Cook for about 5-7 minutes on each side or until cooked through (no longer pink in the center, juices run clear).
4. Serve over veggie sauté with a side of sweet potato fries.

For veggie sauté

1. Heat a nonstick skillet over medium heat and add oil and garlic; sauté 30 seconds.
2. Add mushrooms and cook for 1-2 minutes then add beans, kale, salt, and pepper and cook until kale is wilted.

Dairy Free:

Gluten Free:

Vegetarian: *Prepare sweet potatoes as above, dicing instead of cutting into fries. Omit Turkey Burgers. For veggie sauté, add $\frac{3}{4}$ cup cooked green or brown lentils with mushrooms. Add cooked sweet potatoes into veggie sauté. Serve with a side of orange slices.*

INGREDIENTS

For sweet potato fries

1 pound sweet potatoes, peeled & cut into strips
2 teaspoons olive oil
 $\frac{1}{8}$ teaspoon kosher salt
pinch of black pepper

For turkey burgers

$\frac{1}{3}$ pound ground turkey
2 Tablespoons diced bell pepper
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{4}$ carrot, shredded (1 $\frac{1}{2}$ Tablespoons)
 $\frac{1}{2}$ scallion, chopped
 $\frac{1}{8}$ teaspoon kosher salt
pinch of black pepper
 $\frac{1}{8}$ teaspoon cumin

For veggie sauté

$\frac{1}{2}$ Tablespoon olive oil
 $\frac{1}{2}$ clove garlic, minced
1 $\frac{1}{2}$ ounces mushrooms, sliced ($\frac{1}{2}$ cup)
 $\frac{1}{4}$ cup canned organic kidney beans, drained and rinsed
 $\frac{1}{4}$ bunch kale, chopped (1 cups)
pinch of salt and pepper

Fries: 150kcal, 3g Protein, 27g Carb, 190mg Sodium, 5g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 9g Sugar, 4% Calcium, 6% Iron

Turkey Burger: 160kcal, 34g Protein, 3g Carb, 240mg Sodium, 1g Fiber, 55mg Cholesterol, 1g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 6% Iron

Veggie Medley: 130kcal, 6g Protein, 10g Carb, 85mg Sodium, 5g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 1g Sugar, 4% Calcium, 6% Iron



(2) SEARED COD

cheesy broccoli quinoa

MADE AHEAD

- $\frac{3}{4}$ cup cooked quinoa prepared according to package directions
- Cut vegetables: broccoli

DIRECTIONS

For cheesy broccoli quinoa

1. Heat a skillet over medium heat and add oil and garlic; sauté 30 seconds.
2. Add broccoli and cook for about 1-2 minutes then add broth and cook another 2 minutes until tender.
3. Add quinoa, stir well, then add cheese, salt, and pepper. Stir until well combined and cheese is melted.
4. Serve with seared cod.

Meanwhile

For seared cod

1. Heat a skillet over medium-high heat and add oil.
2. Season fish with salt and pepper.
3. When oil is hot add fish and cook 2-3 minutes per side until firm and flaky. Chicken will take slightly longer depending on thickness, about 6 minutes total.

Dairy Free: *Omit cheese. Can use dairy free alternative or nutritional yeast.*

Gluten Free: *Use gluten free broth.*

Vegetarian: *Omit cod. Prepare quinoa as above, top with 1 fried egg.*

INGREDIENTS

For cheesy broccoli quinoa

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{4}$ garlic clove, minced
 $\frac{1}{4}$ head broccoli, chopped (1 cup)
2 Tablespoons low-sodium chicken broth
 $\frac{3}{4}$ cup cooked quinoa
2 Tablespoons shredded cheddar cheese
pinch of salt and pepper

For seared cod

1 teaspoon olive oil
 $\frac{1}{4}$ pound cod fillets (sub $\frac{1}{4}$ pound chicken breast cut into 1" cubes)
pinch of salt and pepper

Cheesy quinoa: 310kcal, 14g Protein, 41g Carb, 160mg Sodium, 9g Fiber, 15mg Cholesterol, 11g Fat, 4g Saturated, 3g Sugar, 15% Calcium, 15% Iron

Cod: 170kcal, 26g Protein, 0g Carb, 160mg Sodium, 0g Fiber, 60mg Cholesterol, 6g Fat, 1g Saturated, 0g Sugar, 2% Calcium, 6% Iron



(3) PERUVIAN STIR-FRY

MADE AHEAD

- ¼ cup cooked quinoa prepared according to package directions
- ¼ pound cooked sweet potato fries *from Meal #1
- Cut vegetables: onion, bell peppers

DIRECTIONS

For Peruvian stir-fry

1. Heat a skillet over medium-high heat and add oil.
2. Season steak with salt and pepper.
3. Sauté steak about 3-4 minutes until browned; set aside.
4. Place pan back on heat and add onions and bell peppers and cook about 2 minutes.
5. Add tomatoes and cook for 1-2 minutes.
6. Add soy sauce, vinegar, broth, and cumin; stir well.
7. Add cooked steak, cilantro, quinoa, and sweet potatoes and stir until warmed through.

Dairy Free:

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

Vegetarian: *Omit steak, use vegetable broth. Add ¾ cup cooked green or brown lentils in in step 6. Garnish with 1 Tablespoon chopped peanuts.*

INGREDIENTS

For Peruvian stir-fry

- ¾ teaspoon grapeseed oil
- ¼ pound sirloin steak, cut into thin slices
- Pinch of kosher salt
- Pinch black pepper
- ¼ yellow onion, sliced (¼ cup)
- ½ bell pepper, sliced (½ cup)
- ½ tomato, sliced
- ¾ teaspoon low sodium soy sauce
- ½ Tablespoon white or red wine vinegar
- 2 Tablespoons low-sodium chicken broth
- ¼ teaspoon cumin
- 1 Tablespoon chopped cilantro
- ¼ cup cooked quinoa
- ¼ pound sweet potato fries *from Meal #1

Stir fry: 470kcal, 31g Protein, 48g Carb, 440mg Sodium, 9g Fiber, 75mg Cholesterol, 17g Fat, 4.5g Saturated, 16g Sugar, 10% Calcium, 20% Iron

MADE AHEAD

- $\frac{3}{4}$ cup cooked quinoa prepared according to package directions
- $\frac{1}{4}$ lime, juiced ($\frac{1}{2}$ Tablespoon juice)
- Cut vegetables: onion, bell pepper, zucchini, scallions

DIRECTIONS

For taco skillet

1. Heat a non-stick skillet over medium heat.
2. Add oil, onion, garlic, and turkey and sauté for 2-3 minutes until turkey is cooked. Add salt, pepper, cumin, and chili powder and stir to combine.
3. Add beans, bell pepper and zucchini and cook for 1-2 minutes.
4. Add tomatoes, lime juice, and cilantro and cook for 1-2 minutes.
5. Add quinoa and stir to warm through.
6. Top with cheddar and scallions.

Dairy Free: Omit cheese or use dairy free alternative.

Gluten Free:

Vegetarian: Omit turkey. Increase quinoa to 1 cup, garnish with $\frac{1}{4}$ sliced avocado.

INGREDIENTS

For taco skillet

$\frac{3}{4}$ teaspoon grapeseed oil
2 Tablespoons diced yellow onion
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{4}$ pound ground turkey
Pinch of kosher salt
Pinch of black pepper or cayenne
 $\frac{1}{2}$ teaspoon cumin
 $\frac{1}{8}$ teaspoon chili powder, optional
 $\frac{1}{4}$ (15 oz) can kidney beans, drained and rinsed
 $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)
 $\frac{1}{4}$ zucchini, diced ($\frac{1}{2}$ cup)
 $\frac{1}{2}$ tomato, diced
 $\frac{1}{2}$ Tablespoon lime juice
1 Tablespoon chopped cilantro
 $\frac{3}{4}$ cup cooked quinoa
2 Tablespoons shredded cheddar cheese
1 scallion, chopped

Skillet: 490kcal, 44g Protein, 52g Carb, 270mg Sodium, 14g Fiber, 70mg Cholesterol, 12g Fat, 4g Saturated, 8g Sugar, 15% Calcium, 30% Iron



(5) SWEET POTATO HASH

MADE AHEAD

- ¼ pound cooked sweet potato fries **from Meal #1*
- ½ cup cooked quinoa prepared according to package directions
- Cut vegetables: onion, brussels sprouts, mushrooms

DIRECTIONS

For sweet potato hash

1. Heat a 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 brussels sprouts and sauté for 2-3 minutes and then add mushrooms and beans. Cook an additional 2 minutes.
4. Add salt, pepper, and sweet potato fries and stir until warmed through. Serve over quinoa.

Dairy Free:

Gluten Free:

Vegetarian:

INGREDIENTS

For sweet potato hash

- ½ Tablespoon olive oil
- ¼ yellow onion, chopped (¼ cup)
- ½ garlic clove, minced
- ¼ pound brussels sprouts, shredded (1 cup)
- 1½ ounces mushrooms, sliced (½ cup)
- ¼ cup canned kidney beans, drained and rinsed
- Pinch of kosher salt
- Pinch of black pepper
- ¼ pound sweet potato fries, diced **from Meal #1*
- ½ cup cooked quinoa, warmed

Hash: 490cal, 18g Protein, 76g Carb, 370mg Sodium, 18g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 15g Sugar, 10% Calcium, 20% Iron