

**PREP GUIDE****MEAL #1**

- Cut vegetables:
  - ½ bell pepper, chopped (½ cup)
  - 1 carrot, shredded (⅓ cup)
  - 2 scallions, chopped (¼ cup)
  - 6 ounces mushrooms, sliced (2 cups)
  - 1 bunch kale, chopped (4 cups)

**MEAL #2**

- 9 cups cooked quinoa prepared according to package directions  
*\*for the week*
- Cut vegetables:
  - 1 head broccoli, chopped (4 cups)

**MEAL #3**

- Cut vegetables:
  - 1 yellow onion, sliced (1 cup)
  - 2½ bell peppers, sliced (2½ cups)

**MEAL #4**

- 1 lime, juiced (2 Tablespoons juice)
- Cut vegetables:
  - ½ yellow onion, diced (½ cup)
  - 1 bell pepper, diced (1 cup)
  - 1 zucchini, diced (2 cups)
  - 4 scallions, chopped (½ cup)

**MEAL #5**

- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 1 pound brussels sprouts, shredded (4 cups)
  - 6 ounces mushrooms, sliced (2 cups)

**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



GLUTEN FREE March 9, 2017

## Shopping List

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

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	ground turkey	2-1/4 pounds		12
2	cod filets	1 pound		8
3	sirloin steak	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,5	sweet potatoes	3-1/2 pounds		3.5
1,3,4	bell pepper	4		4
1	carrot	1		0.5
1,4	scallions (green onion)	6 (1 sm bunch)		1
1,5	mushrooms	2/3 pound	brown or button	5
1	kale	1 bunch		2
2	broccoli	1 head		2
3,4,5	yellow onion	3		3
3,4	tomatoes	4		2
3,4	cilantro	1 bunch	need 1/2 cup chopped	1.5
4	zucchini	1		1
4	lime	1		0.5
5	brussels sprouts	1 pound		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,4	cheddar cheese, shredded	1 cup		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2,3,4,5	quinoa (dry)	4-1/2 cups		6
3	red wine vinegar	2 Tablespoons	optional, can use white wine vinegar	1
4	chili powder	1/2 teaspoon	optional	1
1,4,5	kidney beans, organic	2 (15 oz) cans		3

Fresh 20 Grocery Est	\$65.00
Cost Per Dinner	\$13.00
Cost Per Serving	\$3.25

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	2-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	gluten free chicken/veg broth: low sodium	1 cup (8 fl oz)	gluten free organic tomato paste	
	garlic	9 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	2 teaspoons	gluten free soy sauce or Braggs liquid aminos	1 Tablespoon
	black pepper	1 teaspoon	gluten free pasta	
	cayenne pepper		long grain brown rice	
	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) 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*

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

Meanwhile

#### *For turkey burgers*

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

#### *For veggie sauté*

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

### INGREDIENTS

#### *For sweet potato fries*

3½ pounds sweet potatoes, peeled & cut into strips  
2½ Tablespoons olive oil  
¾ teaspoon kosher salt  
dash of black pepper

#### *For turkey burgers*

1¼ pounds ground turkey  
½ bell pepper, chopped (½ cup)  
2 cloves garlic, minced  
1 carrot, shredded (½ cup)  
2 scallions, chopped (¼ cup)  
¼ teaspoon kosher salt  
dash of black pepper  
½ teaspoon cumin

#### *For veggie sauté*

2 Tablespoons olive oil  
2 cloves garlic, minced  
6 ounces mushrooms, sliced (2 cups)  
½ (15 oz) can organic kidney beans, drained and rinsed  
1 bunch kale, chopped (4 cups)  
dash 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

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: broccoli

### DIRECTIONS

#### *For cheesy broccoli quinoa*

1. Heat a large skillet over medium heat and add oil and garlic; sauté 1 minute.
2. Add broccoli and cook for about 2 minutes then add broth and cook another 2-3 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 large 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.

### INGREDIENTS

#### *For cheesy broccoli quinoa*

1 Tablespoon olive oil  
1 garlic clove, minced  
1 head broccoli, chopped (4 cups)  
½ cup gluten free low-sodium chicken broth  
3 cups cooked quinoa  
½ cup shredded cheddar cheese  
dash of salt and pepper

#### *For seared cod*

1½ Tablespoons olive oil  
1 pound cod fillets (sub 1 pound chicken breast cut into 1" cubes)  
dash 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

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

### DIRECTIONS

*For Peruvian stir-fry*

1. Heat a large skillet over medium-high heat and add oil.
2. Season steak with salt and pepper.
3. Sauté steak in 2 batches, about 3-4 minutes per batch until browned, and set aside.
4. Place pan back on heat and add onions and bell peppers and cook about 2-3 minutes.
5. Add tomatoes and cook for 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.

### INGREDIENTS

*For Peruvian stir-fry*

- 1 Tablespoon grapeseed oil
- 1 pound sirloin steak, cut into thin slices
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 yellow onion, sliced (1 cup)
- 2½ bell peppers, sliced (2½ cups)
- 2 tomatoes, sliced
- 1 Tablespoon gluten free low sodium soy sauce
- 2 Tablespoons white or red wine vinegar
- ½ cup gluten free low-sodium chicken broth
- 1 teaspoon cumin
- ¼ cup chopped cilantro
- 1 cup cooked quinoa
- 1 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



## (4) TACO SKILLET

### MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 1 lime, juiced (2 Tablespoons juice)
- Cut vegetables: onion, bell pepper, zucchini, scallions

### DIRECTIONS

#### *For taco skillet*

1. Heat a large 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 2-3 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.

### INGREDIENTS

#### *For taco skillet*

1 Tablespoons grapeseed oil  
½ yellow onion, diced (½ cup)  
2 cloves garlic, minced  
1 pound ground turkey  
¼ teaspoon kosher salt  
dash of black pepper or cayenne  
1 teaspoon cumin  
½ teaspoon chili powder, optional  
1 (15 oz) can kidney beans, drained and rinsed  
1 bell pepper, diced (1 cup)  
1 zucchini, diced (2 cups)  
2 tomatoes, diced (1½ cups)  
2 Tablespoons lime juice  
¼ cup chopped cilantro  
3 cups cooked quinoa  
½ cup shredded cheddar cheese  
4 scallions, chopped (½ cup)

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

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

### DIRECTIONS

#### *For sweet potato hash*

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 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.

### INGREDIENTS

#### *For sweet potato hash*

2 Tablespoons olive oil  
1 yellow onion, chopped (1 cup)  
2 garlic cloves, minced  
1 pound brussels sprouts, shredded (4 cups)  
6 ounces mushrooms, sliced (2 cups)  
 $\frac{1}{2}$  (15 oz) can kidney beans, drained and rinsed  
 $\frac{1}{4}$  teaspoon kosher salt  
dash of black pepper  
1 pound sweet potato fries, diced \*  
from Meal #1  
2 cups 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