

PREP GUIDE

MEAL #1

- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest) *
for the week
- Cut vegetables:
 - 12 ounces mushrooms, sliced (4½ cups)
 - 1 bunch asparagus, trimmed and cut in 1" pieces (3 cups)

MEAL #2

- 6 cups cooked brown rice prepared according to package directions *
for the week
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables and fruit:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - ½ small pineapple, cored & diced with juice (about 2 cups)

MEAL #3

- Cut vegetables:
 - 1 bunch asparagus, ends trimmed (16 spears)

MEAL #4

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables:
 - 1 yellow onion, sliced (1 cup)
 - 2 bell peppers, sliced (2 cups)
 - 8 ounces mushrooms, quartered (3 cups)

MEAL #5

- Cut fruit:
 - ½ small pineapple, cored & sliced

MENU

MONDAY ①

ASPARAGUS PASTA

TUESDAY ②

SWEET & SOUR TOFU

WEDNESDAY ③

EGG SANDWICH

Roast Asparagus

THURSDAY ④

QUINOA FAJITA BOWL

FRIDAY ⑤

AVOCADO TOAST



Shopping List

(1) Asparagus Pasta (2) Sweet & Sour Tofu (3) Egg Sandwich (4) Quinoa Fajita Bowl (5) Avocado Toast

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	mushrooms	1-1/4 pounds	<i>brown or button</i>	10
1,3	asparagus	2 bunches		4
1,3,5	tomatoes	7		3.5
1,5	lemon	1		0.5
2,4	yellow onion	2		2
2,4	bell pepper	4	<i>any color</i>	4
2	snow peas	1/4 pound		1.5
2,5	pineapple	1 small		2.5
2	fresh ginger	1-2"	<i>need 1 Tablespoon grated ginger</i>	1
4	limes	1		0.5
4,5	avocado	3		3

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	parmesan cheese	1/4 cup		2
3,5	eggs	8		4
3	guyere swiss cheese	4 ounces	<i>4 thin slices</i>	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	white beans	1 (15 oz) can		1.5
2	tofu	1 pound		3
4	black beans	2 (15 oz) cans		3
4	chili powder	1/4 teaspoon	<i>optional</i>	0.5
4	quinoa	1-1/2 cups		1.5
3,5	whole wheat rolls	8		4

Fresh 20 Grocery Est \$54.00
 Cost Per Dinner \$10.80
 Cost Per Serving \$2.70

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	6 Tablespoons	dried oregano	
	grapeseed oil	3 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	1 teaspoon
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	2-1/2 Tablespoons
	veggie broth: low sodium	1/4 cup (2 fl oz)	organic tomato paste	1 Tablespoon
	garlic	2 cloves	Dijon mustard or brown mustard	
	kosher salt	3/4 teaspoon	soy sauce or Braggs liquid amino acid	1-1/2 Tablespoons
	black pepper	3/4 teaspoon	whole grain pasta	8 ounces
	cayenne pepper		long grain brown rice	1-1/2 cups
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) ASPARAGUS PASTA

MADE AHEAD

- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: mushrooms, asparagus

DIRECTIONS

For asparagus pasta

1. Heat a large skillet over medium-high heat and add oil.
2. Add garlic, mushrooms, asparagus, salt, and pepper and cook for about 3 minutes.
3. Stir in beans and tomatoes.
4. Lower heat and add pasta and broth and stir until warmed through.
5. Garnish with lemon zest and parmesan cheese.

INGREDIENTS

For asparagus pasta

- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 12 ounces mushrooms, sliced (4½ cups)
- 1 bunch asparagus, cut in 1" pieces (3 cups)
- ¼ teaspoon kosher salt
- dash of black pepper
- 1 (15 oz) can organic white beans, rinsed and drained
- 2 tomatoes, diced
- 4 cups cooked whole wheat pasta
- ¼ cup low-sodium vegetable broth or white wine
- 1 Tablespoon lemon zest
- ¼ cup grated parmesan cheese

Asparagus Pasta: 390kcal, 19g Protein, 56g Carb, 330mg Sodium, 12g Fiber, 5mg Cholesterol, 12g Fat, 2g Saturated, 8g Sugar, 15% Calcium, 35% Iron



(2) SWEET AND SOUR TOFU

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables & fruit: onion, bell peppers, pineapple

DIRECTIONS

For sweet and sour tofu

1. Heat a large non-stick skillet over medium-high heat and add 1 Tablespoon grapeseed oil. When oil is hot add tofu and cook 4-5 minutes per side until lightly browned. Remove from pan and set aside.
2. Put skillet back on medium heat and add ½ Tablespoon oil.
3. Add onion and bell peppers and sauté for 2-3 minutes.
4. Add snow peas, pineapple, ginger, tomato paste, vinegar, soy sauce, maple syrup, and pepper. Cook for about 2 minutes.
5. Add tofu back to pan until heated through, about 1 minute.
6. Serve over warmed rice.

INGREDIENTS

For sweet and sour tofu

1½ Tablespoons grapeseed oil, divided
1 pound tofu, drained, pressed, cut into ½" slices
1 yellow onion, diced (1 cup)
2 bell peppers, diced (2 cups)
¼ pound snow peas (1 cup)
½ small pineapple, diced with juice (2 cups)
1 Tablespoon grated ginger
1 Tablespoon tomato paste
2 Tablespoons white vinegar
1½ Tablespoons low-sodium soy sauce
2½ Tablespoons maple syrup
dash of black pepper

3 cups cooked brown rice, warmed

Sweet and Sour Tofu (about 2 cups):300kcal, 15g Protein, 37g Carb, 130mg Sodium, 3g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 31g Sugar, 10% Calcium, 15% Iron

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



(3) EGG SANDWICH

roasted asparagus

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: asparagus

DIRECTIONS

For egg sandwich

1. Heat a large nonstick skillet over medium heat. Add oil, when warm add eggs. Cook 2 minutes per side or to desired doneness.
2. Layer cooked egg, cheese, and tomato in sliced rolls.
3. Transfer to skillet to cook about 2-3 minutes per side.
4. Serve with roasted asparagus

Meanwhile

For roasted asparagus

1. Heat oven to 375°F.
2. Lay asparagus on baking sheet and drizzle with oil, salt, and pepper.
3. Roast for about 6-9 minutes, depending on thickness, until just tender and lightly browned.

INGREDIENTS

For egg sandwich

1 Tablespoon olive oil
4 eggs

4 whole wheat rolls, sliced in half
4 ounces guyere swiss cheese, sliced thin (4 slices)
2 tomatoes, sliced thin

For roasted asparagus

1 bunch asparagus, trimmed (16 spears)
1½ Tablespoons olive oil
pinch of salt and pepper

Sandwich: 400kcal, 23g Protein, 31g Carb, 580mg Sodium, 1g Fiber, 210mg Cholesterol, 19g Fat, 8g Saturated, 6g Sugar, 30% Calcium, 10% Iron

Asparagus: 70kcal, 2g Protein, 4g Carb, 40mg Sodium, 2g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 2g Sugar, 2% Calcium, 10% Iron



(4) QUINOA FAJITA BOWL

MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: onion, bell pepper, mushrooms

DIRECTIONS

For quinoa fajita bowl

1. Heat a large skillet over medium-high heat and add oil.
2. Add onions, bell peppers, and mushrooms; sauté for about 3 minutes until tender. Stir in beans, salt, cumin and chili powder.
3. Serve over warmed quinoa with a squeeze of lime. Top with sliced avocado.

INGREDIENTS

For quinoa fajita bowl

- 1 Tablespoon grapeseed oil
- 1 yellow onion, sliced (1 cup)
- 2 bell peppers, sliced (2 cups)
- 8 ounces mushrooms, quartered (3 cups)
- 2 (15 oz) cans organic black beans, rinsed and drained
- ¼ teaspoon kosher salt
- 1 teaspoon cumin
- ¼ teaspoon chili powder, optional
- 1 lime, wedges
- 1 avocado, sliced

3 cups cooked quinoa, warmed

Fajitas (2¼ cups): 280kcal, 13g Protein, 35g Carb, 190mg Sodium, 13g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 3g Sugar, 8% Calcium, 15% Iron

Quinoa (¾ cup): 170kcal, 6g Protein, 30g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 10% Iron

MADE AHEAD

- 1 lemon, juiced (3 Tablespoons)
- Cut fruit: pineapple

DIRECTIONS

For avocado toast

1. Toast rolls in oven or toaster.
2. Mash avocado with salt, pepper, and lemon.
3. Spread on rolls and top with sliced tomatoes.
4. Serve with fried egg on top and a side of sliced pineapple.

For fried eggs

1. Heat a medium non-stick skillet over medium-high heat and add oil.
2. When oil is hot add eggs and cook until desired doneness. Serve on avocado toast.

INGREDIENTS

For avocado toast

4 whole wheat rolls, sliced in half
2 avocados, peeled & diced
Salt & pepper to taste
3 Tablespoons lemon juice
3 tomatoes, sliced

For fried eggs

1 Tablespoon olive oil
4 eggs

½ pineapple, cored & sliced

Avocado Toast: 400kcal, 18g Protein, 38g Carb, 460mg Sodium, 6g Fiber, 180mg Cholesterol, 21g Fat, 4g Saturated, 8g Sugar, 10% Calcium, 15% Iron

Pineapple: 70kcal, 1g Protein, 17g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 0% Calcium, 0% Iron