

PREP GUIDE

MEAL #1

- Marinate tofu at least 30 minutes
- 8 cups cooked brown rice prepared according to package directions * *for the week*
- 3 lemons, zested and juiced (4½ Tablespoons juice, 2½ Tablespoons zest) * *for the week*
- Cut vegetables:
 - 1 head broccoli, chopped (4 cups)

MEAL #2

- 8 ounces whole wheat pasta cooked according to package directions (4 cups) * *for the week*
- Cut vegetables:
 - 2 cups artichoke hearts, diced

MEAL #3

- Cut vegetables:
 - 1 jalapeno, seeded & diced
 - 1 head cauliflower, chopped (4 cups)

MEAL #4

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 1 jalapeno, seeded & diced
 - 4 carrots, diced (2 cups)
 - 2 bell peppers, diced (2 cups)
 - 12 ounces mushrooms, quartered (4 cups)

MEAL #5

- Cut vegetables:
 - 1½ heads cauliflower, large florets (6 cups)
 - 2 ounces spinach, chopped (1½ cups)
 - 1 cup artichoke hearts, diced

MENU

MONDAY ①

CREAMY PEPPERED TOFU
Broccoli Rice

TUESDAY ②

ARTICHOKE TAHINI PASTA

WEDNESDAY ③

CAULIFLOWER TACO SALAD

THURSDAY ④

BLACK BEAN & QUINOA STEW

FRIDAY ⑤

ROASTED CAULIFLOWER



Shopping List

(1) Peppered Tofu (2) Artichoke Pasta (3) Cauliflower Salad (4) Black Bean Quinoa Stew (5) Roasted Cauliflower

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4,5	lemons	3		1.5
1	broccoli	1 head		2
1,3,5	basil	1 bunch	<i>need 1/2 cup chopped</i>	1.5
2,4	yellow onion	2		2
2,5	artichoke hearts	3 cups	<i>frozen or canned in water</i>	3
2,3,4,5	spinach	1 pound		5
3,4	jalapeno pepper	2		1
3,5	cauliflower	3 heads		6
3	tomatoes	3 medium		1.5
3	avocado	1		1
4	carrots	4		1.5
4	bell peppers	2	<i>any color</i>	2
4	mushrooms	12 ounces	<i>brown or button</i>	4

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,3,4,5	sour cream	2/3 cup		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	extra firm tofu	1 (14 oz) block		2.5
1,5	chopped nuts (your choice)	2/3 cup		3.5
2	garbanzo beans, organic	1 (15 oz) can		1.5
2,5	tahini	3/4 cup		3
3,4	black beans	2 (15 oz) cans		3
4	quinoa (dry)	1-1/2 cups		3

Fresh 20 Grocery Est \$51.50
 Cost Per Dinner \$10.30
 Cost Per Serving \$2.58

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	
	grapeseed oil		herbes de provence	1 teaspoon
	balsamic vinegar	1 Tablespoon	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	5-1/4 cups (42 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	8 ounces
	cayenne pepper		long grain brown rice	4 cups
paprika	1/2 teaspoon	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) CREAMY PEPPERED TOFU

broccoli rice

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Marinate tofu for at least 30 minutes
- 3 cups cooked brown rice prepared according to package directions
- 1 lemon, zested & juiced (1½ Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: broccoli

DIRECTIONS

For creamy peppered tofu

1. Drain the tofu and press with a clean towel to remove excess liquid. Cut into 8 slices.
2. Combine remaining ingredients except sour cream, add tofu, and marinate at least 30 minutes.
3. Heat oven to 375°F.
4. Remove tofu from marinade set marinade aside. Put tofu on a baking sheet and cook about 15-20 minutes, turning once until browned.
5. Heat reserved marinade in a small skillet and whisk in sour cream. Add tofu and gently turn to coat.
6. Serve tofu and sauce over broccoli rice.

Meanwhile

For broccoli rice

1. Heat a large non-stick skillet over medium heat and add oil and garlic and sauté for 1 minute.
2. Add broccoli, salt, and pepper and cook for about 4-5 minutes.
3. Add brown rice and stir until heated through.
4. Toss in basil and nuts before serving with tofu.

INGREDIENTS

For creamy peppered tofu

- 1 (14 oz) block extra firm tofu
- 1 Tablespoon olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 clove garlic, minced
- ½ teaspoon paprika
- 1½ Tablespoons lemon juice
- 1 Tablespoon lemon zest
- 2 Tablespoons sour cream

For broccoli rice

- 1 Tablespoon olive oil
- 1 clove garlic, minced
- 1 head broccoli, chopped (4 cups)
- dash of salt and pepper
- 3 cups cooked brown rice
- 2 Tablespoons chopped basil
- 2 Tablespoons chopped nuts

Tofu:160kcal, 12g Protein, 3g Carb, 160mg Sodium, 0g Fiber, 5mg Cholesterol, 11g Fat, 2g Saturated, 0g Sugar, 8% Calcium, 10% Iron

Broccoli Rice:290kcal, 9g Protein, 47g Carb, 140mg Sodium, 8g Fiber, 0mg Cholesterol, 6.5g Fat, 1g Saturated, 2g Sugar, 6% Calcium, 10% Iron



(2) ARTICHOKE TAHINI PASTA

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 8 ounces whole wheat pasta cooked according to package directions (4 cups)
- Cut vegetables: artichoke hearts

DIRECTIONS

For artichoke tahini pasta

1. Heat a large skillet over medium heat and add oil, onions, and garlic; sauté for 2 minutes.
2. Add artichokes, beans, and spinach and cook for 2 minutes and then add tahini and pasta.
3. Stir until warm, adding a little water or broth to thin if necessary.

INGREDIENTS

For artichoke tahini pasta

- 2 Tablespoons olive oil
- ½ yellow onion, diced (½ cup)
- 2 cloves garlic, minced
- 2 cups artichoke hearts, diced
- 1 (15 oz) can organic garbanzo beans, rinsed and drained
- 5 ounces spinach leaves (3 cups)
- 3 Tablespoons tahini
- 4 cups cooked whole wheat pasta

Artichoke Tahini Pasta :450kcal, 18g Protein, 60g Carb, 430mg Sodium, 12g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 4g Sugar, 10% Calcium, 35% Iron



(3) CAULIFLOWER TACO SALAD

MADE AHEAD

- 2 cups cooked brown rice prepared according to package directions
- Cut vegetables: jalapeno, cauliflower

DIRECTIONS

For cauliflower taco salad

1. Heat oil in a large non-stick skillet over medium heat. Add garlic and jalapeno and sauté for one minute.
2. Add beans, cauliflower, and broth and cook for about 3-4 minutes until cauliflower is just tender.
3. Add spinach, pepper, and rice and stir until heated through and spinach is starting to wilt.
4. Remove from heat and stir in tomatoes, basil, balsamic vinegar, and avocado. Top with sour cream.

INGREDIENTS

For cauliflower taco salad

- 1 Tablespoon olive oil
- 1 clove garlic, minced
- 1 jalapeno, seeded and diced
- 1 (15 oz) can organic black beans, drained and rinsed
- 1 head cauliflower, chopped (4 cups)
- ¼ cup low-sodium vegetable broth
- 6 ounces spinach (4 cups)
- dash of black pepper
- 2 cups cooked brown rice
- 3 tomatoes, chopped (2¼ cups)
- 2 Tablespoons chopped basil
- 1 Tablespoon balsamic vinegar
- 1 avocado, diced
- 2 Tablespoons sour cream

Cauliflower Salad: 530kcal, 17g Protein, 88g Carb, 115mg Sodium, 15g Fiber, 5mg Cholesterol, 13g Fat, 2.5g Saturated, 67 Sugar, 15% Calcium, 30% Iron



(4) BLACK BEAN & QUINOA STEW

MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- ½ lemon, zested (½ Tablespoon)
- Cut vegetables: onion, jalapeno, carrots, peppers, mushrooms

DIRECTIONS

For black bean & quinoa stew

1. Heat a large pot over medium heat. Add oil, then add onion, jalapeno, and garlic and sauté for 1 minute.
2. Add carrots, bell pepper, and mushrooms and cook for 3 minutes.
3. Add beans, salt, and pepper and cook for 1 minute.
4. Add broth and bring to a simmer for a few minutes.
5. Add the spinach and quinoa and stir until warmed through and spinach begins to wilt.
6. Garnish with zest and sour cream.

INGREDIENTS

For black bean & quinoa stew

2 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
1 jalapeno, seeded and diced, optional
2 cloves garlic, minced
4 carrots, diced (2 cups)
2 bell peppers, diced (2 cups)
12 ounces mushrooms, quartered (4 cups)
1 (15 oz) can organic black beans, drained and rinsed
¼ teaspoon kosher salt
dash of black pepper
5 cups low-sodium vegetable broth
3 ounces spinach leaves (2 cups)
3 cups cooked quinoa
½ Tablespoon lemon zest
4 Tablespoons sour cream

Bean Stew: 450kcal, 18g Protein, 65g Carb, 440mg Sodium, 13g Fiber, 10mg Cholesterol, 13g Fat, 2.5g Saturated, 14g Sugar, 15% Calcium, 30% Iron



(5) ROASTED CAULIFLOWER

OVEN TEMPERATURE: 375°F

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: cauliflower, spinach, artichoke hearts

DIRECTIONS

For roasted cauliflower

1. Heat oven to 375°F.
2. Toss cauliflower with remaining ingredients and put on a baking sheet.
3. Cook for 25 minutes or until fork tender. While cauliflower is cooking whisk sauce ingredients together.
4. Serve cauliflower over salad drizzled with sauce.

Meanwhile

For salad

Toss salad ingredients together.

INGREDIENTS

For roasted cauliflower

2 Tablespoons olive oil
1 ½ heads cauliflower, cut in large florets (6 cups)
½ teaspoon kosher salt
¼ teaspoon black pepper
4 cloves garlic, minced
1 teaspoon Herbes de Provence

For sauce

½ cup tahini
3 Tablespoons lemon juice
1 Tablespoon lemon zest
3 Tablespoons chopped basil
2 Tablespoons sour cream

For salad

3 cups cooked brown rice, warmed
2 ounces spinach, chopped (1½ cups)
1 cup artichoke hearts, diced
½ cup chopped nuts

Roasted Cauliflower: 300kcal, 9g Protein, 12g Carb, 350mg Sodium, 7g Fiber, 5mg Cholesterol, 26g Fat, 4g Saturated, 3g Sugar, 6% Calcium, 10% Iron

Salad: 280kcal, 9g Protein, 43g Carb, 200mg Sodium, 6g Fiber, 0mg Cholesterol, 9g Fat, 0.5g Saturated, 2g Sugar, 6% Calcium, 10% Iron