

## CLASSIC Weekly Prep Guide

### VEGETABLES

- 8 ounces baby spinach, chopped (4 cups)
- 1 yellow onion, diced (1 cup)
- 4 medium carrots, peeled

### FRUITS

- 1 cup dried apricots, finely chopped
- 3 kiwi, peeled and sliced

### MISC.

- Apricot chutney can be made a day ahead (MONDAY)
- Meatloaves can be made two days ahead (WEDNESDAY)
- 1½ cups breadcrumbs (see below)

### For Breadcrumbs (WEDNESDAY, THURSDAY)

3 whole wheat bakery rolls

1. Heat oven to 400°F. Slice wheat rolls lengthwise and place on baking sheet.
2. Bake in over for 5-8 minutes to dry out. Crumble the crusted bread until it feels meal like crumbs or pulse in a food processor or blender. Store in airtight container. (Makes 1½ cups breadcrumbs, use ½ cup Wednesday and 1 cup Thursday).

*the* **FRESH 20**

APRIL 20, 2018

#### MONDAY

Stuffed Chicken with Apricot  
Chutney & Couscous

#### TUESDAY

Corn Chowder with Clams  
Fruit Salad

#### WEDNESDAY

One Sheet Meatloaf  
Potatoes & Carrots

#### THURSDAY

Baked Chicken Nuggets  
Applesauce & Broccoli

#### FRIDAY

Easy Skillet Joes  
Tomato Salad



# Shopping List

(1) Stuffed Chicken (2) Corn & Clam Chowder (3) Mini Meatloaves (4) Baked Chicken Nuggets (5) Easy Skillet Joes

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	chicken breast	2-1/2 pounds	<i>boneless, skinless</i>	12.5
2	little neck clams	1 pound	<i>optional</i>	10
3,5	ground turkey or beef	2 pounds		12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	baby spinach	3/4 pound		4
2,3,5	yellow onion	1		1
2,3	russet potatoes	6 medium	<i>about 10-12 oz each</i>	6
2,5	frozen corn kernels	5-1/2 cups		5.5
2,3,5	parsley	1 bunch		1.5
2	avocado	1		1
2	kiwi	3		2
3	carrots	4 medium		1.5
4	broccoli	1 head		2
4	apples	4	<i>golden delicious, jonathon, braeburn</i>	2
5	tomatoes	4		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	goat cheese	2 ounces		2
2	plain Greek yogurt	1/2 cup		1
3,4	eggs	3		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	couscous (dry)	1 cup		1
1	dried apricots	1 cup		3
3,4,5	whole wheat bakery rolls	7		3.5
4	chili powder	1/8 teaspoon	<i>optional</i>	0.5

Fresh 20 Grocery Est                   \$75.50  
 Cost Per Dinner                         \$15.10  
 Cost Per Serving                         \$3.78

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	1 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar	1/2 cup	ground cumin	1-3/4 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	1/3 cup
	chicken or veggie broth: low sodium	6 cups (48 fl oz)	organic tomato paste	
	garlic	4 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	4 teaspoons	soy sauce or Braggs liquid amino acid	1 teaspoon
	black pepper	3 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	
	paprika		whole wheat flour	1 Tablespoon

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

**STUFFED CHICKEN & APRICOT CHUTNEY with Couscous**

MONDAY PREP

- Chutney can be made a day ahead
- 8 ounces baby spinach, chopped (4 cups)
- 1 cup dried apricots, finely chopped

FOR STUFFED CHICKEN

2 Tablespoons extra virgin olive oil (for pan)  
2 chicken breasts (about 1 pound), sliced in half horizontally  
½ teaspoon kosher salt  
½ teaspoon black pepper  
8 ounces baby spinach, chopped (4 cups)  
2 ounces goat cheese, crumbled (½ cup)

1. Heat oven to 325°F.
2. Pound out chicken so it forms long, thin pieces; season with salt and pepper. Arrange on an oiled sheet pan.
3. Mix spinach and goat cheese together until well combined. Spread over chicken breasts.
4. Bake for 15 minutes until no longer pink. Remove from oven.
5. Serve chicken over couscous with spoonful of chutney on top.

FOR COUSCOUS

1 cup low sodium chicken or vegetable broth  
1 teaspoon extra virgin olive oil  
½ teaspoon seasoning of choice (optional)  
1 cup dry couscous

1. Bring broth to a boil in a small saucepan. Add olive oil and seasonings and slowly stir in couscous.
2. Remove from heat, cover, and let sit 5 minutes. Fluff with a fork before serving.

FOR CHUTNEY

1 Tablespoon extra virgin olive oil  
1 clove garlic, minced or pressed  
1 cup dried apricots, finely chopped  
⅓ cup balsamic vinegar  
½ cup water  
2 Tablespoons honey

1. In a medium saucepan, heat olive oil and sauté garlic over medium-low heat.
2. After a minute, add dried apricots. Sauté for a minute before adding the vinegar, water, and honey. Reduce heat to low and simmer for 15 minutes or until liquid evaporates and mixture becomes thickened.
3. Set aside ½ cup for Wednesday. Allow to cool before serving.

(2) TUESDAY

**CORN CHOWDER with CLAMS with Fruit Salad**

TUESDAY PREP

- ½ yellow onion, diced (½ cup)
- ½ bunch parsley, finely chopped (½ cup)
- 3 kiwi, peeled and sliced

FOR CORN CHOWDER with CLAMS

- 1 Tablespoon extra virgin olive oil
- ½ yellow onion, diced (½ cup)
- 3 medium russet potatoes, peeled and chopped into bite sized pieces (10-12 oz each)
- 4 cups water
- 1 pound little neck clams, washed and scrubbed of any dirt (or 2 cups cooked diced chicken)
- 4 cups frozen corn kernels
- 4 cups low sodium chicken broth
- 1 Tablespoon balsamic vinegar
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- ½ bunch parsley, finely chopped (½ cup)
- 1 avocado, pit removed and chopped

1. Heat olive oil in a stockpot on medium-high; add onion and potatoes.
2. Cook, stirring occasionally, until the onion softens, about 5 minutes.
3. Add water to the stockpot. Bring to boil.
4. Reduce to a simmer on low for 8 minutes, until potatoes are tender. If using clams, add now, cover and continue to simmer for an additional 5 minutes. With tongs, remove clams and set aside.
5. Add the corn kernels and chicken broth and heat through for a few minutes.
6. Remove 2 cups of chowder and puree in blender for 10 seconds on low. Return puree to stockpot and stir to combine. If using chicken, add in now.
7. Stir in balsamic vinegar, salt, and pepper.
8. Divide chowder into bowls. Place cooked clams on top of chowder. Garnish with parsley and avocado.

FOR FRUIT SALAD

- 3 kiwi, peeled and sliced (sub any fruit)
- ½ cup plain Greek yogurt, unsweetened
- 1 Tablespoon honey

Mix yogurt and honey. Arrange kiwi slices on a plate and spoon yogurt over kiwi.

(3) WEDNESDAY  
**ONE SHEET MEATLOAF with APRICOT GLAZE**

WEDNESDAY PREP

- Meatloaves can be made up to 2 days ahead
- 2 Tablespoons fresh parsley, finely chopped
- ½ cup breadcrumbs (see prep guide)
- ⅓ yellow onion, diced (⅓ cup)
- 4 medium carrots, peeled

FOR POTATOES

3 medium russet potatoes, scrubbed, cut into quarters (10-12 oz each)

Olive oil for baking sheet

¼ teaspoon kosher salt

¼ teaspoon black pepper

1. Preheat oven to 400°F.
2. Arrange potato quarters on an oiled baking sheet. Sprinkle with salt and pepper.
3. Place in oven to bake while you prep meatloaf (about 20 minutes).

FOR MEATLOAF

1 pound ground turkey or beef

½ cup bread crumbs (see prep guide)

2 Tablespoons fresh parsley, finely chopped

⅓ yellow onion, diced (⅓ cup)

1½ teaspoons ground cumin

2 large eggs, whisked

1 teaspoon Dijon mustard

1 teaspoon low sodium soy sauce

1 teaspoon kosher salt

1 teaspoon black pepper

½ cup apricot chutney (from Monday)

4 medium carrots, peeled

1. In a large bowl, combine meat, bread crumbs, parsley, onion, cumin, egg, Dijon, soy sauce, pepper and salt until well mixed. Don't be afraid to use your hands. Kids can have fun with this! Equally divide mixture into 4 individual loaves shaped however you please (footballs, domes, or squares). If making ahead cover with a layer of plastic wrap and store in refrigerator.
2. Before baking, baste the tops of meatloaves with apricot chutney.
3. Remove potatoes from oven and arrange mini loaves and carrots on same sheet with potatoes.
4. Place back into oven and bake about 25 minutes until meatloaves are firm but moist. Internal temp should be 165°F.

(4) THURSDAY  
**CHICKEN NUGGETS with Applesauce & Broccoli**

THURSDAY PREP

- 1 cup bread crumbs (see prep guide)
- 1 head broccoli, florets (4 cups)
- Note: Applesauce takes 30 minutes to cook

FOR CHICKEN NUGGETS

1 teaspoon extra virgin olive oil (for pan)  
2-3 large chicken breast halves (about 1½ pounds)  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
1 egg  
¼ cup water  
1 cup bread crumbs (see prep guide)  
1 teaspoon dried oregano  
⅛ teaspoon red chili powder, optional

1. Heat oven to 375°F.
2. Lightly coat a baking dish or cookie sheet with olive oil.
3. Cut chicken into small even cubes. One breast should yield 12 pieces. They should be similar in size for even cooking. Sprinkle chicken with salt and pepper.
4. In a small bowl, whisk together water and egg.
5. In shallow dish, combine bread crumbs, oregano, and chili powder.
6. Using a fork or chopsticks, one piece at a time, dip chicken into egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay onto baking dish/cookie sheet.
7. Repeat with remaining chicken, making sure the baking sheet is not overly crowded. Bake 15 minutes until chicken is no longer pink inside.

FOR BROCCOLI

1 head broccoli, florets (4 cups)  
1 Tablespoon extra virgin olive oil  
1 garlic clove, minced

Toss florets with olive oil and garlic. Place on a second baking sheet; bake for 15 minutes with chicken tenders.

FOR APPLESAUCE

4 apples, peeled, cored and roughly chopped  
2 Tablespoons honey  
1 teaspoon balsamic vinegar  
½ cup water

In a heavy pot, combine all the ingredients. Cover and cook over medium-low heat for 30 minutes or until apples are tender, stirring occasionally. Remove from the heat; mash apples until sauce is desired consistency. Serve warm or cold.

(5) FRIDAY

**SKILLET JOES with Tomato Salad**

FRIDAY PREP

- ½ yellow onion, diced (½ cup)
- ¼ cup fresh parsley, finely chopped

FOR SKILLET JOES

- 1 Tablespoon extra virgin olive oil
- ½ yellow onion, diced (½ cup)
- 2 cloves garlic, minced
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 pound lean ground beef or turkey
- 1½ cups frozen corn kernels, thawed
- 3 ounces baby spinach (2 cups)
- 1 cup low sodium chicken or vegetable broth
- 1 Tablespoon whole wheat flour
- 1 Tablespoon balsamic vinegar
- 4 wheat rolls, split in half

1. In a large skillet, heat oil over medium-high heat. Add onion, garlic, salt, and pepper. Cook, stirring frequently, until onions are softened, about 3-4 minutes.
2. Add ground meat to skillet. Cook, breaking up meat with a wooden spoon, until it is no longer pink, 6 to 8 minutes. Add corn and spinach.
3. In a small bowl, whisk chicken stock and flour together until lumps are gone. Pour stock mixture and vinegar into meat. Simmer until thickened, stirring occasionally, 5 minutes.
4. Toast rolls and arrange, open face, on a serving tray. Spoon meat onto buns and serve immediately with tomato salad.

FOR TOMATO SALAD

- ½ Tablespoon extra virgin olive oil
- ½ teaspoon balsamic vinegar
- ¼ teaspoon kosher salt
- ¼ teaspoon cumin
- ¼ teaspoon black pepper
- 4 tomatoes, sliced
- ¼ cup fresh parsley, finely chopped

Whisk together olive oil, vinegar, salt, cumin, and black pepper until well combined and smooth. Arrange tomato slices on a plate and drizzle with dressing, top with chopped parsley. Refrigerate until ready to serve.

## NUTRITION

### (1) MONDAY

Serving Size: 4 ounces prepared chicken; ½ cup couscous; 2 tablespoons chutney

Chicken: 270kcal, 31g protein, 3g carb, 450mg sodium, 1g fiber, 100mg cholesterol, 15g fat, 5g sat fat, 1g sugar, 20%DV calcium, 15%DV iron.

Couscous: 180kcal, 6g protein, 34g carb, 20mg sodium, 2g fiber, 0mg cholesterol, 1.5g fat, 0g sat fat, 0g sugar, 2%DV calcium, 4%DV iron.

Chutney: 70kcal, 0g protein, 13g carb, 5mg sodium, 1g fiber, 0mg cholesterol, 2g fat, 0g sat fat, 12g sugar, 2%DV calcium, 2%DV iron.

### (2) TUESDAY

Serving Size: 2 cups soup; ½ cup fruit salad

Corn Clam Chowder: 500kcal, 26g protein, 69g carb, 1340mg sodium, 10g fiber, 35mg cholesterol, 14g fat, 2g sat fat, 10g sugar, 8%DV calcium, 20%DV iron.

Fruit Salad: 60kcal, 3g protein, 13g carb, 10mg sodium, 2g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 10g sugar, 4%DV calcium, 8%DV iron.

### (3) WEDNESDAY

Serving Size: ¾ cup potatoes, 6 ounces meatloaf + 1 carrot, 2 tablespoons apricot chutney

Potatoes: 90kcal, 2g protein, 20g carb, 120mg sodium, 2g fiber, 0mg cholesterol, 1g fat, 0g sat fat, 1g sugar, 2%DV calcium, 4%DV iron.

Meatloaf and carrots: 350kcal, 27g protein, 14g carb, 890mg sodium, 3g fiber, 175mg cholesterol, 20g fat, 7g sat fat, 5g sugar, 6%DV calcium, 20%DV iron.

Chutney: 70kcal, 0g protein, 13g carb, 5mg sodium, 1g fiber, 0mg cholesterol, 2g fat, 0g sat fat, 12g sugar, 2%DV calcium, 2%DV iron.

### (4) THURSDAY

Serving Size: 9 chicken nuggets (Approximately 6 ounces of chicken), 1 cup broccoli, ½ cup applesauce

Chicken Nuggets: 340kcal, 44g protein, 19g carb, 580mg sodium, 1g fiber, 175mg cholesterol, 8g fat, 1.5g sat fat, 1g sugar, 6%DV calcium, 10%DV iron

Broccoli: 60kcal, 3g protein, 6g carb, 30mg sodium, 2g fiber, 0mg cholesterol, 4g fat, 0.5g sat fat, 2g sugar, 4%DV calcium, 4%DV iron

Applesauce: 130kcal, 1g protein, 34g carb, 0mg sodium, 4g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 26g sugar, 2%DV calcium, 2%DV iron

### (5) FRIDAY

Serving Size: 1 Skillet Joe Sandwich (5 ounces meat mixture, 1 roll), ½ cup tomato salad

Sandwich: 420kcal, 27g protein, 29g carb, 400mg sodium, 4g fiber, 75mg cholesterol, 22g fat, 7g sat fat, 6g sugar, 8%DV calcium, 20%DV iron

Tomato Salad: 50kcal, 1g protein, 7g carb, 80mg sodium, 1g fiber, 0mg cholesterol, 2.5g fat, 0g sat fat, 4g sugar, 2%DV calcium, 2%DV iron.