

GRAINS

- ½ cup cooked brown rice (see below)

VEGETABLES

- ¼ head butter leaf or green leaf lettuce, torn (1-1½ cups)
- 1 small yellow onion, diced (¾ cup)
- ¼ serrano chile, stemmed, deseeded, roughly chopped (use ⅛ for less heat)
- ¼ bunch kale, hard stems removed, chopped (¾ cup)
- Steam broccoli (see below)

FRUIT

- ¼ lemon, zested & juiced (½ Tablespoon juice, ¾ teaspoon zest)
- ¾ teaspoon lime juice

MISC.

- Chimichurri sauce can be made 3 days ahead (MONDAY)
- 1 Tablespoon pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

*the* **FRESH 20**

APRIL 13, 2018

MONDAY

Argentinean Steak with Potatoes & Simple Salad

TUESDAY

Halibut Cioppino

WEDNESDAY

Vegetarian Chilaquiles

THURSDAY

Warm Broccoli & Bacon Salad

FRIDAY

Broccoli Beef Sesame Noodles

FOR BROWN RICE (TUESDAY)

¼ cup brown rice  
½ cup water or broth  
Pinch of kosher salt

Place rice, water, and salt in a saucepan and bring to a boil. Reduce to medium-low, cover, and cook 25-30 minutes. Remove from heat and let sit 5-10 minutes before removing lid. Makes ½ cup.

STEAMED BROCCOLI (THURSDAY & FRIDAY)

¼ head broccoli, florets (1½ cups)

Place a steamer insert in a medium saucepan and add 1-2" water. Add broccoli and cover. Bring to a boil and cook 5-6 minutes until broccoli is bright green and fork tender. Drain, cool, and refrigerate until needed.

# Shopping List

(1) Argentinean Steak Potatoes (2) Lemongrass Halibut (3) Vegetarian Chilaquiles (4) Halibut Cioppino (5) Broccoli Beef Sesame Noodles

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,5	beef flank steak	3/4 pound		4
2	halibut filets	1/3 pound		3
4	turkey bacon	3 ounces	low fat, low sodium	3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2	parsley	1 bunch		1.5
1,4	small red potatoes	1-1/4 pounds		1.5
1	butter leaf or green leaf lettuce	1 head		2
3	lime	1		0.5
1	lemon	1		0.5
4,5	broccoli	1 head		2
3	tomatillos	1/2 pound		1
2,3,4	yellow onion	1		1
2,3	cilantro	1 bunch		1.5
3	serrano chile	1		0.5
3	kale	1 small bunch		2
3	corn kernels (frozen)	1/3 cup		1

Recipe #	Dairy	Quantity	Notes	Est Cost *

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	red pepper flakes	1/8 teaspoon	<i>optional</i>	0.5
2,5	white wine	1/3 cup		1.5
3	high quality corn tortilla chips	1 small bag		2
3	firm tofu	1 (14 oz) pkg		2.5
3	black beans	1 (15 oz) can		1.5
5	sesame oil	1 teaspoon		1
4	raisins	2 Tablespoons	<i>optional</i>	1
5	chili powder	1/8 teaspoon	<i>optional</i>	0.5
5	rice noodles	2 ounces		1

Fresh 20 Grocery Est                   \$35.50  
 Cost Per Dinner                         \$7.10  
 Cost Per Serving                         \$7.10

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/4 cup	dried oregano	1/4 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar	2 teaspoons	raw honey or 100% maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium	1-1/2 cups (12 fl oz)	organic tomato paste	1-1/2 Tablespoons
	garlic	3 cloves	Dijon mustard or brown mustard	1/4 teaspoon
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	1 Tablespoon
	black pepper	1/2 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	1/4 cup
	paprika		whole wheat 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) MONDAY

**ARGENTINEAN STEAK WITH POTATOES with Simple Salad**

*This is a traditional steak and potato dinner with an international twist. I tend to make extra chimichurri sauce to have around as a vegetable dip!*

MONDAY PREP

- ¼ large bunch parsley, chopped (about ½ cup)
- 1 Tablespoon pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Chimichurri sauce can be made up to 3 days ahead
- ¼ lemon, zested & juiced (½ Tablespoon juice, ¼ teaspoon zest)
- ¼ head butter leaf or green leaf lettuce, torn (1-1½ cups)

FOR ARGENTINEAN STEAK

- ¼ large bunch parsley, chopped (about ½ cup) \*
- 2 Tablespoons extra virgin olive oil
- ½ clove garlic, minced or pressed
- ¼ lemon, zested & juiced
- ⅛ teaspoon kosher salt
- ⅛ teaspoon red pepper flakes, optional

- ½ pound beef flank steak
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper

\* save ½ Tablespoon chopped parsley for Tuesday

1. Combine parsley, olive oil, garlic, lemon zest, ½ Tablespoon lemon juice, salt, and red pepper flakes in an blender or food processor. Blend or process on high until smooth. Cover and refrigerate for up to 3 days.
2. Rinse and pat steak with a paper towel. Sprinkle with salt and pepper.
3. Heat a dry skillet on medium-high. Spoon 1 Tablespoon chimichurri sauce into skillet. Lay steak over the sauce and cook for 8 minutes before flipping to other side. Note: When you flip, make sure the spatula gets under the chimichurri crust so that it remains intact with one side of the steak.
4. Cook an additional 5-6 minutes until the inside is pale pink (medium).
5. Remove from pan; transfer to serving platter. Tent with foil until ready to serve. Slice on the diagonal.

*NOTE: cooking time of meat is based on a ¾" flank steak, times may need to be adjusted based on thickness of steak*

FOR POTATOES

- 1¼ pounds small red potatoes, scrubbed
- Pinch of kosher salt
- Pinch of black pepper
- ¼ teaspoon olive oil, optional
- ¼ teaspoon chimichurri sauce, optional

1. Place potatoes in a small stock pot and cover with water. Add salt. Bring to boil and cook for 10-12 minutes until tender. Drain. Save ⅓ pound for Thursday.
2. Sprinkle remaining potatoes with pepper. If desired, you can toss potatoes in oil or chimichurri sauce.

FOR SALAD

- ¼ head butter leaf or green leaf lettuce, torn (1-1½ cups)
- Black pepper to taste
- 1 Tablespoon pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

Toss lettuce and pantry dressing. Top with any fresh herbs you have on hand. Sprinkle with black pepper.

- DAIRY FREE:
- GLUTEN FREE:

VEGETARIAN: Reduce potatoes to ½ pound. Serve potatoes & kale with Spiced Lentils: Heat 1 teaspoon oil in a skillet and add ¼ cup diced yellow onion; cook 2-3 minutes. In a blender combine ⅓ cup diced tomatoes, pinch of cumin, turmeric, salt, ½ garlic clove, ¼ teaspoon grated ginger and 1 Tablespoon chopped parsley. Add mixture to pan with onions along with 1 cup cooked green lentils. Cook 4-5 minutes to warm. Serve potatoes and kale in a bowl topped with lentils.

(2) TUESDAY  
**HALIBUT CIOPPINO**

THURSDAY PREP

- 2 Tablespoons diced yellow onion
- 2 Tablespoons fresh cilantro, chopped
- ½ Tablespoon fresh parsley, minced
- ½ cup prepared brown rice (see prep guide)

FOR HALIBUT CIOPPINO

½ Tablespoon extra virgin olive oil  
2 Tablespoons diced yellow onion  
½ clove garlic, minced  
2 Tablespoons fresh cilantro, chopped  
1½ Tablespoons organic tomato paste  
1 cup low sodium chicken broth (8 fl oz)  
½ Tablespoon fresh parsley, minced  
¼ teaspoon dried oregano  
Pinch of kosher salt  
¼ cup white wine  
½ pound halibut fillets, cubed  
½ cup prepared brown rice, warmed

1. Heat olive oil in a stockpot over medium heat; add onions, garlic, and cilantro. Cook slowly, stirring occasionally until onions are soft.
2. Add tomato paste to the pot, mixing well with onions.
3. Add chicken broth, parsley, oregano, salt, and wine. Mix well. Cover and simmer 15-20 minutes.
4. Stir in the fish. Bring to boil. Lower heat, cover, and simmer 5 minutes.
5. Remove from heat. Place in a deep bowl. Serve immediately over rice.

DAIRY FREE:

GLUTEN FREE: Use gluten free tomato paste and broth.

VEGETARIAN: Omit above, prepare Vegetable Soup: Heat ½ Tablespoon oil in a skillet and add ¼ teaspoon minced ginger, ½ minced garlic clove, ½ cup sliced bell pepper; cook 1 minute. Add ¾ cup sliced mushrooms and ½ cup chopped broccoli; cook 2 minutes. Add ¾ cup vegetable broth and bring to a simmer. Add splash of lime juice, 1 Tablespoon white wine, pinch of red pepper flakes and salt. Add 1 cup cooked whole wheat noodles and let simmer a few minutes, meanwhile cook 1 egg over easy. Add soup to bowl and top with egg just before serving.

(3) WEDNESDAY  
VEGETARIAN CHILAQUILES

*I love one bowl meals. There are so many nutrients in this simple flavorful meal and it is packed with protein.*

WEDNESDAY PREP:

- 1/8 yellow onion, diced (1/8 cup)
- 2 Tablespoons chopped cilantro
- 1/4 serrano chile, stemmed, deseeded, roughly chopped (use half for less heat)
- 3/4 teaspoon lime juice
- 1/4 bunch kale, hard stems removed, chopped (3/4 cup)

FOR SALSA VERDE

- 1/2 pound tomatillos (sub: green or unripe tomatoes)
- 1/4 yellow onion, diced (1/4 cup)
- 1/4 teaspoon maple syrup
- 1/8 teaspoon kosher salt
- 2 Tablespoons chopped cilantro
- 1/4 serrano chile, stemmed, deseeded, roughly chopped (use 1/8 for less heat)
- 1/2 garlic clove, peeled
- 3/4 teaspoon lime juice

NOTE:

*You can buy 3 ounces of quality salsa verde to save time.*

1. Shuck tomatillos by removing papery husk. Rinse tomatillos to get rid of the sticky residue.
2. Fill a soup pot up to three-quarters with water, lightly sprinkle with salt (1/8 tsp) and boil at medium-high heat.
3. When water comes to a boil, add tomatillos and boil for five minutes. Remove from water.
4. Add tomatillos, onions, syrup, salt, cilantro, chile, garlic, and lime juice to blender or food processor and blend until smooth. Recipe makes about 7-8 ounces; use 3 ounces (1/8 cup) in chilaquiles and reserve the rest for another use.

FOR CHILAQUILES

- 1/2 Tablespoon extra virgin olive oil
- 2 Tablespoons diced yellow onion
- 1/2 clove garlic (minced or pressed)
- 1/4 bunch kale, hard stems removed, chopped (3/4 cup)
- 1/4 (14 oz) package firm tofu, drained, diced to bite-size pieces
- 3 ounces salsa verde (see above)
- 1/2 cup frozen corn kernels
- 1/4 (15 oz) can black beans, drained and rinsed
- 1 small bag of high quality corn tortilla chips

1. Heat olive oil in a skillet over medium heat.
2. Sauté onions and minced garlic until onions are soft; about 2-3 minutes.
3. Add kale and sauté for 1-2 minutes.
4. Add diced tofu and salsa verde to pan and sauté for 4 minutes. Stir gently so as to not break tofu pieces.
5. Add corn and heat for about 1-2 minutes before adding black beans. After another minute, it is ready to serve.
6. Serve in bowls garnished with small handful of corn tortilla chips.

DAIRY FREE:

GLUTEN FREE: Be sure to choose gluten free corn chips.

VEGETARIAN:

(4) THURSDAY  
**WARM BROCCOLI & BACON SALAD**

THURSDAY PREP

- Cooked potatoes (from MONDAY)
- Cook bacon per package directions, reserving 3 teaspoons grease
- Steamed broccoli (see prep guide), chopped
- ¼ yellow onion, diced (¼ cup)

FOR WARM BROCCOLI & BACON SALAD

3 ounces low-fat/low-sodium turkey bacon,  
cooked and crumbled, saving 3 teaspoons  
grease

¼ yellow onion, diced (¼ cup)

¼ head broccoli florets, steamed, rough chop (1 cup)

½ pound cooked new potatoes, diced (MONDAY)

Pinch of black pepper

2 Tablespoons raisins, optional

1. Heat a non-stick skillet over medium heat and add 2 teaspoons bacon grease.
2. Add the onions and cook for 2 minutes.
3. Add in broccoli, crumbled bacon, potatoes, and pepper and cook until heated through. Turn off heat.
4. Toss with dressing and serve with raisins sprinkled on top if desired.

FOR DRESSING

1 teaspoon white wine vinegar

¼ teaspoon Dijon mustard

¾ teaspoon maple syrup

1 teaspoon bacon grease

¾ teaspoon water

Whisk dressing ingredients together until creamy.

DAIRY FREE:



GLUTEN FREE:

Use gluten free Dijon mustard.

VEGETARIAN:

Omit above, prepare Italian Lentils: Heat 1 teaspoon oil in a skillet and add 2 Tablespoons diced onion and ½ minced garlic clove. Cook 2 minute until onion is soft. Add ¾ cup sliced mushrooms and cook 2 minutes. Add 1 cup cooked green lentils, ½ cup diced tomatoes, 1 Tablespoon chopped parsley and a pinch of oregano, pepper, and salt. Serve over ½ cup warm brown rice.

(5) FRIDAY  
**BROCCOLI BEEF SESAME NOODLES**

FRIDAY PREP

- ½ cup broccoli, steamed, chopped (see prep guide)

FOR BROCCOLI BEEF SESAME NOODLES

1 Tablespoon low sodium soy sauce  
½ Tablespoon maple syrup  
½ clove garlic, minced  
¾ teaspoon sesame oil  
¾ teaspoon white wine  
¾ teaspoon extra virgin olive oil  
Small pinch chili powder, optional  
½ Tablespoon hot water

3 ounces flank steak  
2 oz rice noodles  
¼ cup low sodium chicken or vegetable broth  
½ cup broccoli, steamed, chopped  
Kosher salt & black pepper to taste

1. Whisk together first 8 ingredients. Set aside.
2. Slice steak into ½ inch strips. Place in bowl and cover with one third of the marinade, reserve remaining marinade to toss with cooked noodles.
3. Boil salted water. Cook noodles according to package directions.
4. Heat a skillet over medium heat and add 1 Tablespoon broth and bring to a simmer. Remove beef from marinade and *discard any remaining liquid*. Add beef and cook 3-5 minutes. Add broccoli and remaining broth and stir to heat through.
5. Drain noodles and toss with reserved marinade, season with salt and pepper.
6. Place noodles in a bowl. Serve steak and broccoli over noodles.

DAIRY FREE:

GLUTEN FREE: Use gluten free soy sauce and broth.

VEGETARIAN: Use vegetable broth. Replace beef with ¼ pound diced tofu. Replace rice noodles with 1 cup cooked whole wheat spaghetti.

**NUTRITION**

**(1) MONDAY**

Serving Size: 1 prepared steak (about 4 -5 ounces); 1 cup potatoes; 1½ cups salad without dressing

Steak: 360kcal, 31g protein, 0g carb, 220mg sodium, 0g fiber, 80mg cholesterol, 26g fat, 9g sat fat, 0g sugar, 0%DV calcium, 20%DV iron.

Potatoes: 120kcal, 3g protein, 27g carb, 180mg sodium, 3g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 2g sugar, 2%DV calcium, 6%DV iron.

Salad: 11kcal, 1g protein, 2.1g carb, 20mg sodium, 0.9g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 0.6g sugar, 2.6%DV calcium, 3.4%DV iron.

**(2) TUESDAY**

Serving Size: 2 cups prepared cioppino; ½ cup brown rice

Cioppino: 350kcal, 39g protein, 12g carb, 570mg sodium, 2g fiber, 120mg cholesterol, 12g fat, 2g sat fat, 5g sugar, 4%DV calcium, 10%DV iron.

Rice: 150kcal, 3g protein, 34g carb, 10mg sodium, 2g fiber, 0mg cholesterol, 2g fat, 0g sat fat, 0g sugar, 2%DV calcium, 2%DV iron.

**(3) WEDNESDAY**

Serving Size: 3 ounces Salsa; 6 corn tortilla chips; 1 cup chilaquiles

Salsa: 50kcal, 2g protein, 9g carb, 140mg sodium, 3g fiber, 0mg cholesterol, 1g fat, 0g sat fat, 5g sugar, 0%DV calcium, 0%DV iron.

Crisps: 60kcal, 1g protein, 4g carb, mg sodium, 0g fiber, 0mg cholesterol, 4g fat, 0.5g sat fat, 0g sugar, 0%DV calcium, 0%DV iron.

Chilaquiles: 330kcal, 20g protein, 28g carb, 170mg sodium, 7g fiber, 0mg cholesterol, 14g fat, 1.5g sat fat, 4g sugar, 10%DV calcium, 20%DV iron.

**(4) THURSDAY**

Serving Size: 1½ cup salad, 1¼ Tablespoons dressing

Salad: 500kcal, 22g protein, 60g carb, 360mg sodium, 10g fiber, 65mg cholesterol, 22g fat, 6g sat fat, 25g sugar, 15%DV calcium, 15%DV iron

Dressing: 60kcal, 0g protein, 4g carb, 40mg sodium, 0g fiber, 5mg cholesterol, 5g fat, 2g sat fat, 3g sugar, 0%DV calcium, 9%DV iron

**(5) FRIDAY**

Serving Size: 1¼ cups prepared beef and broccoli; 1½ cups cooked noodles

Beef and Broccoli: 350kcal, 25g protein, 14g carb, 210mg sodium, 3g fiber, 60mg cholesterol, 21g fat, 7g sat fat, 9g sugar, 15%DV calcium, 17.6%DV iron.

Noodles: 210kcal, 9g protein, 36g carb, 15mg sodium, 0g fiber, 0mg cholesterol, 3.5g fat, 0g sat fat, 3g sugar, 2%DV calcium, 15%DV iron.