

## CLASSIC Weekly Prep Guide

### GRAINS

- 7 cups cooked brown rice (see below)

### VEGETABLES

- ½ red onion, diced (½ cup)
- 1 red onion, thinly sliced
- ½ red onion, cut into large pieces for kebab
- 1 bell pepper, seeded and cut into large pieces
- 1 bell pepper, diced small (1 cup)
- 2 zucchini, ends removed, cut into thick rounds for kebabs

### FRUITS

- 3 lemons, juiced (½ cup juice)
- 1 cup cherries, pitted

### MISC.

- Kebabs should be marinated overnight (MONDAY)
- ¼ cup pantry dressing \* (TUESDAY)
- Roasted red peppers, see below (WEDNESDAY, THURSDAY)
- Basil aioli, see below (WEDNESDAY)

### BROWN RICE (MONDAY, FRIDAY)

3½ cups brown rice  
7 cups 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 minutes. Remove from heat and let sit 5-10 minutes before removing lid. Makes 7 cups.

### ROASTED RED PEPPERS (WEDNESDAY, THURSDAY)

3 red bell peppers  
1 brown paper bag

On a pre-heated grill, place whole peppers directly over flame. Roast until skin is charred on one side. Turn and repeat until peppers are blackened. Remove from heat and place into brown paper bag. Close bag and let sit for 5 minutes while peppers steam to release skin. Carefully cut open bag and transfer peppers to a bowl to cool. Remove blackened skin by peeling it away to reveal flesh. Open pepper, remove stem and scrape out seeds with a spoon. Store peppers with any juice in an air tight container in fridge until ready to use.

### BASIL AIOLI (WEDNESDAY)

¼ cup store bought or homemade mayonnaise \*  
½ lemon, juiced (1 Tablespoon)  
2 cloves garlic  
6 leaves fresh basil, shredded or very finely chopped

Whisk together ingredients until smooth.

*the* **FRESH 20**

**JUNE 8, 2018**

#### **MONDAY**

Grilled Chicken Kabobs with  
Cherry Rice

#### **TUESDAY**

Pesto Shrimp Linguini

#### **WEDNESDAY**

Grilled Eggplant Sandwich

#### **THURSDAY**

Grilled Pita Pizza with  
Watermelon

#### **FRIDAY**

Greek Rice Chopped Salad

\* find pantry dressings and mayo recipe at  
[www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	boneless, skinless chicken breast	2 pounds	<i>can also use chicken thighs</i>	12
2	shrimp, peeled, tail on	1 pound		10
5	deli turkey breast	2/3 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,5	lemon	3		1.5
2,4	basil	1 bunch		1.5
1,3,4,5	red bell peppers	5		5
1,2,3,5	red onion	2		2
1	zucchini	2 medium		2
1,3	cherries	3 cups	<i>about 1 pound</i>	5
2,5	tomatoes	4		2
3,5	eggplant	2 medium		3
4	mini watermelon	1	<i>can use 1/2 medium watermelon</i>	4
5	cucumber	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,5	plain Greek yogurt	1-1/4 cups		1.5
1	unsalted butter	1 Tablespoon	<i>optional, can use olive oil</i>	1
2	parmesan cheese	1/2 cup		2
3,4	fresh mozzarella	12 ounces		5
5	feta cheese	1/4 cup	<i>optional, can use additional mozzarella</i>	2
3	mayonnaise	1/4 cup	<i>optional - use storebought or homemade</i>	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	skewers	8 (12")	<i>wood or metal</i>	2
1,3,4	whole wheat pita bread	12		4
2	whole walnuts	1/2 cup		2.5
5	black olives	1/4 cup	<i>optional</i>	1.5

Fresh 20 Grocery Est                   \$78.50  
 Cost Per Dinner                         \$15.70  
 Cost Per Serving                         \$3.93

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

**GRILLED CHICKEN KABOBS with Cherry Rice**

MONDAY PREP

- **Marinate chicken overnight**
- 3 cups cooked brown rice (see prep guide)
- ½ lemon, juiced (1½ Tablespoons)
- ½ red onion, cut into large pieces for kebab
- ¼ red onion, diced (¼ cup)
- 1 bell pepper, seeded and cut into large pieces
- 2 zucchini, ends removed, cut into thick rounds for kebabs
- 1 cup cherries, pitted

FOR MARINADE

- 1 cup plain Greek yogurt
- ½ teaspoon cumin
- 2 cloves garlic, minced
- ½ lemon, juiced (1½ Tablespoons)
- ¼ teaspoon black pepper

FOR KABOBS

- 2 pounds boneless, skinless chicken breasts or thighs, cut into large cubes
- 8 (12") skewers for kebabs
- ½ red onion, cut into large pieces for kebab
- 1 red bell pepper, seeded, cut into large pieces
- 2 zucchini, ends removed, cut into thick rounds for kebabs
- 1 Tablespoon extra virgin olive oil (for grill)
- 4 whole wheat pitas, lightly brushed with olive oil

FOR RICE

- 1 Tablespoon unsalted butter or olive oil
- ¼ red onion, diced (¼ cup)
- 1 cup cherries, pitted
- 1 teaspoon maple syrup
- 3 cups cooked brown rice (see prep guide)
- ½ teaspoon black pepper

1. DAY AHEAD: Combine marinade ingredients in a glass baking dish or re-sealable bag. Add chicken, seal, and marinate overnight.
2. On dinner night, remove chicken from liquid and discard marinade. Place half the chicken on skewers (for Thursday). With remaining chicken, alternate chicken, red onion, bell pepper, and zucchini onto skewers.
3. Brush grill with a little oil. Arrange ALL kebabs on grill over medium heat. Cook for 20 minutes, turning occasionally. As kebabs finish cooking, place whole pitas on grill until they start to crisp.
4. For chicken only skewers, remove meat and set aside to cool, refrigerate for Thursday. For remaining skewers, remove meat and veggies, serve on grilled pita with a side of rice.

1. Melt butter in a medium saucepan.
2. Add onions and sauté over medium heat until soft, about 4 minutes. Stir in cherries and maple syrup and cook for 3-4 minutes.
3. Add rice and black pepper & cook until rice is warm.

(2) TUESDAY

**PESTO SHRIMP LINGUINI with Tomato Salad**

TUESDAY PREP

- ¼ red onion, diced (¼ cup)
- ½ lemon, juiced (1½ Tablespoons)
- ¼ cup pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

FOR SHRIMP LINGUINI

8 ounces whole wheat linguine  
Kosher salt for pasta water  
1 Tablespoon extra virgin olive oil  
2 cloves garlic, minced  
1 pound raw shrimp, peeled, tail on  
(can sub 1 pound chicken tenders)  
1 cup low sodium chicken or vegetable broth  
½ cup pesto sauce (see below)  
½ teaspoon black pepper

1. Boil salty water for pasta in large stockpot. Cook pasta according to package instructions. Do not overcook.
2. While pasta is cooking, heat olive oil in large sauté pan. Add minced garlic and sauté for 1 minute.
3. Add shrimp and sauté for 2 minutes. Add broth and let simmer for 2 minutes. Remove from heat.
4. Drain pasta, return to pot, and toss immediately with pesto sauce and pepper. Divide pasta into four bowls. Top with ½ cup of shrimp in sauce.

FOR TOMATO SALAD

2 medium tomatoes, sliced  
¼ red onion, diced (¼ cup)  
6 leaves basil finely chopped  
¼ cup pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

1. Arrange tomatoes on a serving platter. Top with red onions and basil.
2. Drizzle tomatoes with pantry dressing. Chill until ready to serve.

FOR PESTO

½ cup extra virgin olive oil  
½ cup whole walnuts  
½ bunch fresh basil  
½ cup grated Parmesan cheese  
¼ teaspoon kosher salt  
½ lemon, juiced (1½ Tablespoons)

1. Combine olive oil and walnuts in a food processor or blender until smooth.
2. Add in basil, Parmesan, and salt. Pulse until well combined.
3. Add lemon juice and pulse a few seconds more. Transfer to airtight container and refrigerate. Yields 1½ cups, save half for Thursday.

(3) WEDNESDAY  
**GRILLED EGGPLANT PITAS**

WEDNESDAY PREP

- Make roasted red peppers (see prep guide)
- Make basil aioli (see prep guide)
- 1 red onion, thinly sliced

FOR EGGPLANT

2 medium eggplant, cut into ½" slices to yield at least 8 eggplant rounds  
2 Tablespoons extra virgin olive oil

1. Sprinkle eggplant with salt and set aside in a colander for 15 minutes.
2. Rinse and pat dry. Lightly brush with oil and grill or broil eggplant until tender but not mushy, about 5-7 minutes per side. Save half for Friday.

FOR MARINATED ONION

1 red onion, thinly sliced  
1 Tablespoon white wine vinegar  
1 Tablespoon extra virgin olive oil  
1 teaspoon dried oregano

Toss red onion in vinegar, oil, and oregano; set aside. Save half for Friday, use remaining onion on pitas.

FOR PITAS

4 whole wheat pitas  
6 ounces fresh mozzarella, sliced  
2 roasted red bell peppers, finely chopped  
Marinated onions  
Basil aioli

1. Slice pitas in half, toasting if desired, to make 8 pockets.
2. Fill pitas with red bell peppers, onions, mozzarella, and eggplant.
3. Drizzle with basil aioli.
4. Serve pitas with fresh cherries.

2 cups fresh cherries

(4) THURSDAY

**GRILLED PITA PIZZA with Watermelon**

THURSDAY PREP

- 1 roasted red bell pepper, diced (see prep)

FOR PITA PIZZAS

4 whole wheat pita rounds

½ cup pesto (from TUESDAY)

6 ounces fresh mozzarella, shredded

1 roasted red bell pepper, diced (see prep)

2 cups grilled chicken, chopped (from MONDAY)

8 leaves basil, whole

1 mini watermelon or ½ medium watermelon,  
cut into cubes or wedges

1. Pre-heat grill or broiler to medium heat.
2. Peel apart or slice pita in half to form 2 thin rounds to yield 8 pieces total. Arrange pita rounds on large sheet(s) of aluminum foil.
3. Spread pesto on each pita round and sprinkle with mozzarella. Top with roasted peppers and chicken. Set a single basil leaf on each pizza for garnish.
4. Place pita on foil onto grill over indirect heat or under broiler for 5 minutes until pita is crisp and cheese is melted.
5. Serve pizzas with a side of watermelon.

(5) FRIDAY

**GREEK RICE CHOPPED SALAD**

FRIDAY PREP

- 2 tomatoes, diced small (1½ cups)
- 1 cucumber, diced small (2 cup)
- 1 bell pepper, diced small (1 cup)
- 4 cups cooked brown rice (see PREP GUIDE)
- 1 lemon, juiced (3 Tablespoons)

GREEK RICE CHOPPED SALAD

½ marinated red onion, chopped (from WEDNESDAY)  
1 eggplant, broiled and diced (from WEDNESDAY)  
2 tomatoes, diced small (1½ cups)  
1 cucumber, diced small (2 cups)  
10 ounces deli turkey, diced small  
1 red bell pepper, diced small (1 cup)  
4 cups cooked brown rice (see PREP GUIDE)  
¼ cup crumbled feta cheese  
1 lemon, juiced (3 Tablespoons)  
¼ cup plain Greek yogurt  
1 Tablespoon extra virgin olive oil  
1 teaspoon dried oregano  
Dash of salt and pepper  
¼ cup black olives, optional

Toss all ingredients together.

## NUTRITION

### 1) MONDAY

Serving Size: 4 ounces chicken, ½ cup vegetables, ¾ cup rice

Chicken: 270kcal, 34g protein, 30g carb, 320mg sodium, 1g fiber, 65mg cholesterol, 5g fat, 0.5g sat fat, 4g sugar, 8%DV calcium, 10%DV iron.

Rice: 220kcal, 4g protein, 41g Carb, 0mg Sodium, 3g fiber, 10mg cholesterol, 4g fat, 2g Sat fat, 6g Sugar, 2% calcium, 6% iron

### (2) TUESDAY

Serving Size: 2 ½ cups prepared pasta, ½ cup salad

Pasta: 530kcal, 29g Protein, 39g carb, 620mg sodium, 0g Fiber, 150mg cholesterol, 29g fat, 4.5g Sat fat, 4g Sugar, 15% calcium, 20% Iron

Salad (without dressing): 40kcal, 1g protein, 3g carb, 40mg sodium, 1g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Sat fat, 2g Sugar, 0% Calcium, 0% Iron

### (3) WEDNESDAY

Serving Size: 1 prepared pita, ½ cup cherries

Pita: 440kcal, 18g Protein, 46g Carb, 380mg Sodium, 8g fiber, 30mg cholesterol, 22g fat, 7g sat fat, 13g sugar, 25% calcium, 10% iron

Cherries: 45kcal, 1g Protein, 11g Carb, 0mg Sodium, 2g Fiber, 0g Cholesterol, 0g Fat, 0g Sat Fat, 9g Sugar, 0% Calcium, 0% Iron

### (4) THURSDAY

**Serving Size: 1 prepared pita pizza, ½ cup watermelon**

Pita pizza: 480kcal, 38g Protein, 29g Carb, 510mg Sodium, 0g Fiber, 70mg Cholesterol, 24g Fat, 3.5g Sat fat, 3g Sugar, 15% Calcium, 10% Iron

Watermelon: 25kcal, 0g protein, 6g carb, 0mg Sodium, 0g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 5g Sugar, 0% Calcium, 0% Iron

### (5) FRIDAY

Serving Size: 2 ½ cups prepared salad

Tacos: 460kcal, 28g Protein, 63g Carb, 620mg Sodium, 10g Fiber, 40mg Cholesterol, 11g Fat, 3g Saturated, 9g Sugar, 10% Calcium, 20% Iron