

FOR ONE Weekly Prep Guide

GRAINS

- 2 cups cooked brown rice (see below)

VEGETABLES

- 2 Tablespoons diced red onion
- ¼ red onion, thinly sliced
- ¼ red onion, cut into large pieces for kebab
- ¼ bell pepper, seeded
- ¼ bell pepper, diced small (¼ cup)
- ½ zucchini, ends removed, cut into thick rounds for kebabs

FRUITS

- ½ lemon, juiced (1½ Tablespoons juice)
- ¼ cup cherries, pitted

MISC.

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

BROWN RICE (MONDAY, FRIDAY)

1 cup brown rice
2 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 2 cups.

ROASTED RED PEPPERS (WEDNESDAY, THURSDAY)

1 red bell pepper
1 brown paper bag

On a pre-heated grill, place whole pepper directly over flame. Roast until skin is charred on one side. Turn and repeat until pepper is blackened on all sides. 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 pepper 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)

1 Tablespoon store bought or homemade mayonnaise *
1 teaspoon lemon juice
½ clove garlic
2 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

Shopping List

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	boneless, skinless chicken breast	1/2 pound	<i>can also use chicken thighs</i>	3
2	shrimp, peeled, tail on	1/4 pound		2.5
5	deli turkey breast	3 ounces		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,5	lemon	1		0.5
2,4	basil	1 small bunch		1.5
1,3,4,5	red bell peppers	2		5
1,2,3,5	red onion	1		2
1	zucchini	1 small		2
1,3	cherries	3/4 cup	<i>about 1/3 pound</i>	1.5
2,5	tomatoes	2 small		1
3,5	eggplant	1 small		3
4	mini watermelon	1	<i>or choose your favorite fruit</i>	4
5	cucumber	1 small		1

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

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	skewers	2 (12")	<i>wood or metal</i>	2
1,3,4	whole wheat pita bread	3		1
2	chopped walnuts	2 Tablespoons		1.5

Fresh 20 Grocery Est \$44.50
 Cost Per Dinner \$8.90
 Cost Per Serving \$8.90

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

GRILLED CHICKEN KABOBS with Cherry Rice

MONDAY PREP

- **Marinate chicken overnight**
- ¾ cup cooked brown rice (see prep guide)
- ¼ red onion, cut into large pieces for kebab
- 1 Tablespoon diced red onion
- ¼ bell pepper, seeded
- ½ zucchini, ends removed, cut into thick rounds for kebabs
- ¼ cup cherries, pitted

FOR MARINADE

- ¼ cup plain Greek yogurt
- ⅛ teaspoon cumin
- ½ cloves garlic, minced
- 1 teaspoon lemon juice
- Pinch of black pepper

FOR KABOBS

- ½ pound boneless, skinless chicken breasts or thighs, cut into large cubes
- 2 (12") skewers for kebabs
- ¼ red onion, cut into large pieces for kebab
- ¼ red bell pepper, seeded
- ½ zucchini, ends removed, cut into thick rounds for kebabs
- ¾ teaspoon extra virgin olive oil (for grill)
- 1 whole wheat pita, lightly brushed with olive oil

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 one skewer (for Thursday). With remaining chicken, alternate chicken, red onion, bell pepper, and zucchini onto 2nd skewer.
3. Brush grill with a little oil. Arrange both kebabs on grill over medium heat. Cook for 20 minutes, turning occasionally. As kebabs finish cooking, place pita on grill until it starts to crisp.
4. For chicken only skewer, remove meat and set aside to cool, refrigerate for Thursday. For remaining skewer, remove meat and veggies, serve on grilled pita with a side of rice.

FOR RICE

- 1 teaspoon unsalted butter or olive oil
- 1 Tablespoon diced red onion
- ¼ cup cherries, pitted
- ¼ teaspoon maple syrup
- ¾ cup cooked brown rice (see prep guide)
- Pinch of black pepper

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

DAIRY FREE: Use coconut or almond yogurt for marinade. Use olive oil for rice.

GLUTEN FREE: Omit pita. Add 2 Tablespoons slivered almonds to rice and serve kabobs over rice.

VEGETARIAN: Omit kebab recipe above, prepare as follows: Make marinade using 1 teaspoon oil, 1 teaspoon maple syrup, pinch of cumin, salt, and pepper; set aside. On skewers, alternate ½ cup cubed pineapple, few large pieces of onion, ¼ bell pepper in large pieces, ½ zucchini in large rounds. Brush skewers with marinade and let sit 20 minutes. Brush grill with oil and place skewers over medium heat for 10-15 minutes turning occasionally. Place 1 pita on grill for a few minutes to crisp. Remove veggies from skewers and serve in pita with a side of rice. Prepare cherry as above adding ½ cup garbanzo beans in step 3.

(2) TUESDAY

PESTO SHRIMP LINGUINI with Tomato Salad

TUESDAY PREP

- 1 Tablespoon diced red onion
- ¼ cup pantry dressing (www.thefresh20.com/pantrydressings)

FOR SHRIMP LINGUINI

2 ounces whole wheat linguine
Kosher salt for pasta water
¼ teaspoon extra virgin olive oil
½ clove garlic, minced
¼ pound raw shrimp, peeled, tail on
(can sub ¼ pound chicken tenders)
¼ cup low sodium chicken or vegetable broth
2 Tablespoons pesto sauce (see below)
¼ 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 sauté pan. Add minced garlic and sauté for 10-15 seconds.
3. Add shrimp and sauté for 2 minutes. Add broth and let simmer for 1-2 minutes. Remove from heat.
4. Drain pasta, return to pot, and toss immediately with pesto sauce and pepper. Place pasta in a bowl and top with shrimp in sauce.

FOR TOMATO SALAD

1 small tomato, sliced
1 Tablespoon diced red onion
2 leaves basil finely chopped
1 Tablespoon pantry dressing
(www.thefresh20.com/pantrydressings)

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

FOR PESTO

2 Tablespoons extra virgin olive oil
2 Tablespoons chopped walnuts
2 Tablespoons chopped basil leaves
2 Tablespoons grated Parmesan cheese
Pinch of kosher salt
1 teaspoon lemon juice

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. Use 3 Tablespoons for pasta, save 3 Tablespoons for Thursday.

** If you don't have a blender or food processor for small quantities you can finely chop the ingredients – it'll be a little chunky but still delicious!*

DAIRY FREE: Omit parmesan in pesto. Increase walnuts to 3 T., add 2-3 teaspoons nutritional yeast if desired.

GLUTEN FREE: Use gluten free pasta and broth.

VEGETARIAN: Omit shrimp, use vegetable broth. Add 4 chopped asparagus spears and ½ cup white beans with broth in step 3.

(3) WEDNESDAY
GRILLED EGGPLANT PITAS

WEDNESDAY PREP

- Make roasted red pepper (see prep guide)
- Make basil aioli (see prep guide)
- ¼ red onion, thinly sliced

FOR EGGPLANT

1 small eggplant, cut into ½" slices to yield at least 8 eggplant rounds
½ Tablespoon 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

¼ red onion, thinly sliced
¾ teaspoon white wine vinegar
¾ teaspoon extra virgin olive oil
¼ teaspoon dried oregano

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

FOR PITAS

1 whole wheat pita
1½ ounces fresh mozzarella, sliced
½ roasted red bell pepper, finely chopped
Marinated onions
Basil aioli

½ cup fresh cherries

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

DAIRY FREE: Use vegan mayonnaise when making aioli. Omit mozzarella on pita, add a few slices of avocado if desired.

GLUTEN FREE: Serve eggplant in either 2 corn tortillas or 2 large butter lettuce leaves. Increase cherries to 1 cup if using lettuce leaves.

VEGETARIAN:

(4) THURSDAY

GRILLED PITA PIZZA with Watermelon

THURSDAY PREP

- ½ roasted red bell pepper, diced (see prep)

FOR PITA PIZZAS

1 whole wheat pita round

3 Tablespoons pesto (from TUESDAY)

1½ ounces fresh mozzarella, shredded

½ roasted red bell pepper, diced (see prep)

½ cup grilled chicken, chopped (from MONDAY)

2 leaves basil, whole

1 cup watermelon chunks or fruit of choice

1. Pre-heat grill or broiler to medium heat.
2. Peel apart or slice pita in half to form 2 thin rounds. 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.

DAIRY FREE: Omit cheese, pita, basil. Serve pesto, bell pepper, and chicken on two toasted corn tortillas and top with ¼ sliced avocado.

GLUTEN FREE: Omit pita, make pizzas using 2 corn tortillas.

VEGETARIAN: Omit chicken, add ½ cup white beans with roasted red peppers.

(5) FRIDAY
GREEK RICE CHOPPED SALAD

FRIDAY PREP

- 1 small, diced small ($\frac{3}{4}$ cup)
- 1 small cucumber, diced small (1 cup)
- $\frac{1}{4}$ bell pepper, diced small ($\frac{1}{4}$ cup)
- 1 cup cooked brown rice (see PREP GUIDE)
- 2 teaspoons lemon juice

GREEK RICE CHOPPED SALAD

Marinated red onion, chopped (from WEDNESDAY)

Toss all ingredients together.

Grilled eggplant, diced (from WEDNESDAY)

1 small tomato, diced small ($\frac{3}{4}$ cup)

1 small cucumber, diced small (1 cup)

3 ounces deli turkey, diced small

$\frac{1}{4}$ red bell pepper, diced small ($\frac{1}{4}$ cup)

1 cup cooked brown rice (see PREP GUIDE)

1 Tablespoon crumbled feta cheese

2 teaspoons lemon juice

1 Tablespoon plain Greek yogurt

1 teaspoon extra virgin olive oil

$\frac{1}{4}$ teaspoon dried oregano

Pinch of salt and pepper

1 Tablespoon chopped black olives (optional, if you have on hand)

DAIRY FREE: Omit cheese, use dairy free yogurt such as coconut.

GLUTEN FREE:

VEGETARIAN: Omit turkey, add 1-2 hardboiled eggs, chopped.

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