

## GLUTEN FREE Weekly Prep Guide

### GRAINS

- 3 cups cooked brown rice (see below)

### VEGETABLES

- ½ red onion, roughly chopped (½ cup)
- 1 red onion, diced (1 cup)
- ½ red or yellow onion, sliced (½ cup)
- 1 red or green bell pepper, roughly chopped
- 1 red or green bell pepper, sliced
- 1 head broccoli, cut into florets (4 cups)
- 1 pound zucchini or summer squash, cubed (3 medium)
- 1 cucumber, diced (1½ cups)

### FRUITS

- 4 limes, juiced (½ cup juice)

### MISC.

- Peach sauce can be made ahead (MONDAY)
- ¼ cup pantry dressing (WEDNESDAY)\*
- Gazpacho can be made up to 3 days ahead (THURSDAY)

### **BROWN RICE (TUESDAY)**

1½ cups brown rice  
3 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 30 minutes. Remove from heat and let sit 5-10 minutes before removing lid. Makes 3 cups.

*the* **FRESH 20**

**JUNE 15, 2018**

#### **MONDAY**

Pork Chops with Peach Sauce  
& Broccoli

#### **TUESDAY**

Balsamic Glazed Halibut  
Sautéed Zucchini & Rice

#### **WEDNESDAY**

Prosciutto Penne Pasta  
Spinach Salad

#### **THURSDAY**

Pork Tacos  
Gazpacho

#### **FRIDAY**

Veggie Fajitas  
Guacamole

\* Pantry dressing recipes can be found at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# Shopping List

(1) Pork Chops with Peach Sauce (2) Balsamic Glazed Halibut (3) Prosciutto Penne Pasta (4) Gazpacho with Pork Pitas (5) Veggie Fajitas

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	boneless pork chops	3 pounds		18
2	fish fillets	1-1/2 pounds	cod, halibut or swordfish fillets	12
3	prosciutto	8 ounces	from deli	4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,4,5	red onion	2		2
1,4	ripe peaches	4	or nectarines	2
1,4,5	lime	4		2
2,5	fresh parsley	1 bunch	need 1/3 cup chopped	1.5
1	broccoli	1 head		2
2	zucchini or summer squash	1 pound	<i>about 3 medium</i>	2
3,4	baby spinach	2/3 pound		4
4,5	bell pepper	3	<i>red or green</i>	3
3,4	cucumber	2 large		1
3,4,5	tomatoes	7		3.5
5	avocado	2		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
3	parmesan cheese	1/2 cup		2
5	mozzarella cheese, shredded	4 ounces	<i>1 cup shredded</i>	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
4,5	corn tortillas	16		6

Fresh 20 Grocery Est                \$71.00  
 Cost Per Dinner                    \$14.20  
 Cost Per Serving                    \$3.55

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	dried oregano	1/4 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar	1/3 cup	ground cumin	1/4 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	6 Tablespoons
	gluten free chicken/veg broth: low sodium	1 cup (8 fl oz)	gluten free organic tomato paste	
	garlic	7 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	gluten free soy sauce or Braggs liquid aminos	2 Tablespoons
	black pepper	2 teaspoons	gluten free pasta (garbanzo)	8 oz penne
	cayenne pepper		long grain brown rice	1-1/2 cups
paprika		gluten free 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

**PORK CHOPS with PEACH SAUCE & BROCCOLI**

MONDAY PREP

- Peach sauce can be made ahead
- ¼ red onion, diced (¼ cup)
- 2 peaches, peeled & chopped
- 1 head broccoli, cut into florets (4 cups)
- ½ lime, juiced (1 Tablespoon)

FOR PEACH SAUCE

1 Tablespoon extra virgin olive oil  
¼ red onion, diced (¼ cup)  
2 peaches, peeled & chopped  
½ lime, juiced (1 Tablespoon)  
¼ cup honey  
⅛ teaspoon kosher salt  
⅛ teaspoon black pepper

1. Heat olive oil in a large nonstick skillet over medium-high heat. Add onion and sauté for 4 minutes, stirring frequently.
2. Add peaches and cook for 2 minutes.
3. Stir in lime juice and honey, reduce heat, and simmer for 15 minutes stirring frequently.
4. Remove from heat and season with salt and pepper.

FOR PORK CHOPS

1 Tablespoon extra virgin olive oil  
3 pounds boneless pork chops  
½ teaspoon kosher salt  
¼ teaspoon black pepper

1. Heat olive oil in a large, oven-proof skillet over medium heat. Season pork chops with salt and pepper.
2. Place pork chops in the skillet. Brown about 5-7 minutes on each side or until internal temperature reaches 145°F; let rest 3-4 minutes before serving.
3. Save half the pork chops for Meal #4.

FOR BROCCOLI

1 head broccoli, florets (4 cups)  
1 Tablespoon extra virgin olive oil  
⅛ teaspoon kosher salt  
⅛ teaspoon black pepper

1. Place broccoli in a large saucepan with a steamer insert. Add water to pan until it reaches the bottom of the steamer; cover with a tight-fitting lid.
2. Heat over medium-high for 8-10 minutes until broccoli is bright green and tender.
3. Drain well. Drizzle with olive oil and season with salt and pepper.

(2) TUESDAY

**BALSAMIC GLAZED HALIBUT with SAUTÉED ZUCCHINI**

TUESDAY PREP

- 3 cups cooked brown rice (see prep guide)
- 1 pound zucchini or summer squash, cubed (3 medium)

BALSAMIC GLAZED HALIBUT

½ cup balsamic vinegar  
2 Tablespoons gluten free low sodium soy sauce  
2 Tablespoons extra virgin olive oil  
2 Tablespoon maple syrup  
2 cloves garlic, minced  
1½ pounds cod, halibut or swordfish fillets (sub  
1½ pounds chicken breast, sliced in half  
lengthwise)

1. Heat oven to 375°F.
2. For marinade, whisk together balsamic, soy sauce, olive oil, maple syrup, and garlic.
3. Place fish in a glass baking dish and pour marinade over fish to thoroughly coat; let sit 10 minutes.
4. Place baking dish in oven. Cook about 12-15 minutes or until fish is flakey and opaque (cooking time will vary depending on thickness of fillets).

SAUTEED ZUCCHINI

1 Tablespoon extra virgin olive oil  
1 pound zucchini or summer squash, cubed  
(3 medium)  
1 Tablespoon parsley, chopped  
Kosher salt to taste

1. Heat olive oil in a medium skillet over medium heat.
2. When oil is hot add zucchini and sauté 5 minutes. Sprinkle with parsley and salt and serve with fish and rice.

RICE

3 cups cooked brown rice (see prep guide)

Place cooked rice in a saucepan with 1 Tablespoon water, stir well. Cover with a lid and steam over medium-low heat for about 5 minutes or until rice is heated through.

(3) WEDNESDAY

**PROSCIUTTO PENNE PASTA with SPINACH SALAD**

WEDNESDAY PREP

- ½ red onion, diced (½ cup)
- 2 medium tomatoes, sliced
- 1 cucumber, diced (1½ cups)
- ¼ cup pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

PROSCIUTTO PENNE

8 ounces garbanzo penne pasta  
2 Tablespoons extra virgin olive oil, divided  
8 ounces prosciutto (from deli), diced  
2 garlic cloves, minced  
½ red onion, diced (½ cup)  
1 cup gluten free low sodium chicken broth  
½ cup parmesan cheese  
½ teaspoon black pepper

1. Boil salty water and cook pasta according to package directions.
2. While pasta cooks, heat 1 Tablespoon olive oil in a large deep skillet over medium-high heat. Add prosciutto and cook until crisp and golden brown, about 5 minutes. Remove from pan and set aside.
3. Return the pan to stove over medium-high heat; add remaining olive oil. Add garlic and onion and cook until softened, about 3 minutes.
4. Add prosciutto back to pan with broth; lower heat and simmer for 2-3 minutes.
5. Drain pasta but do not rinse. Add pasta to pan along with parmesan cheese and black pepper; stir well to combine.

SPINACH SALAD

8 ounces baby spinach (6 cups)  
2 medium tomatoes, sliced  
1 cucumber, diced (1½ cups)  
¼ cup pantry dressing

In a serving bowl, toss spinach, tomato, and cucumber with pantry dressing. Serve immediately.

(4) THURSDAY  
**PORK TACOS with GAZPACHO**

THURSDAY PREP

- Gazpacho can be made up to 3 days ahead
- ½ red onion, roughly chopped (½ cup)
- 1 red or green bell pepper, roughly chopped
- 1 medium cucumber, peeled, cut into sticks
- 1 lime, juiced (2 Tablespoons)

GAZPACHO

½ red onion, roughly chopped (½ cup)  
2 garlic cloves, peeled  
1 red or green bell pepper, roughly chopped  
1 medium cucumber, peeled, cut into sticks  
1 Tablespoon extra virgin olive oil  
1 lime, juiced (2 Tablespoons)  
4 tomatoes, stem removed, halved  
2 ripe peaches or nectarines,  
pit removed, halved  
½ teaspoon kosher salt  
½ teaspoon black pepper

1. Place onion and garlic in a food processor and pulse for 10 seconds.
2. Add bell pepper and cucumber and pulse on high for 20 seconds.
3. Add olive oil, lime juice, tomatoes, and peaches and blend on medium until large chunks are gone.
4. Add salt and pepper a little at a time until desired taste.
5. Transfer into a container and refrigerate up to 3 days.
6. Serve gazpacho COLD on dinner night with pork tacos.

PORK TACOS

8 corn tortillas  
2 cooked pork chops, sliced thin (from MONDAY)  
1-2 ounces baby spinach (about 1 cup)

1. Fill tortillas with pork slices and top with spinach. Add any cheese, tomatoes, onion, or peppers leftover from the week.
2. Serve with gazpacho.

(5) FRIDAY

**VEGETABLE FAJITAS with GUACAMOLE**

FRIDAY PREP

- ½ red or yellow onion, sliced (½ cup)
- ¼ red or yellow onion, diced (¼ cup)
- 1 red or green bell pepper, sliced
- 2 limes, juiced (¼ cup)

FOR FAJITAS

1½ Tablespoon extra virgin olive oil  
½ red or yellow onion, sliced (½ cup)  
2 red or green bell pepper, sliced (1 cup)  
¼ teaspoon oregano  
¼ teaspoon kosher salt  
1 tomato, cut into wedges  
8 corn tortillas  
4 ounces shredded mozzarella cheese (1 cup)

1. Heat oil in a large skillet over medium heat. Add onions and bell peppers and sauté for 3-4 minutes. Add oregano, salt, and tomatoes; cook for 4-5 minutes.
2. Meanwhile, heat tortillas one at a time in a hot dry pan for 30 seconds per side. Wrap in a clean kitchen towel or foil to keep warm.
3. Divide fajita filling into tortillas and top with guacamole and cheese.

FOR GUACAMOLE

2 avocado, pitted and diced  
¼ cup parsley leaves, finely chopped  
¼ red or yellow onion, diced (¼ cup)  
1 clove garlic, minced  
2 limes, juiced (¼ cup)  
¼ teaspoon cumin  
½ teaspoon kosher salt

Toss all ingredients together and serve with fajitas.

---

**NUTRITION**

**(1) MONDAY**

Serving Size: 6 ounces pork with peach sauce, broccoli

Pork: 440kcal, 38g protein, 30g carb, 370mg sodium, 2g fiber, 115mg cholesterol, 19g fat, 5g sat fat, 27g sugar, 2%DV calcium, 8%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

**(2) TUESDAY**

Serving Size: 6 ounces halibut, 1/4<sup>th</sup> summer squash, 3/4 cup rice

Halibut: 280kcal, 13g protein, 13g carb, 560mg sodium, 0g fiber, 85mg cholesterol, 9g fat, 1.5g sat fat, 12g sugar, 4%DV calcium, 4%DV iron.

Squash: 50kcal, 1g protein, 4g carb, 150mg sodium, 1g fiber, 0mg cholesterol, 3.5g fat, 0.5g sat fat, 3g sugar, 2%DV calcium, 2%DV iron

Rice: 170kcal, 5g protein, 35g carb, 0mg sodium, 2g fiber, 0mg cholesterol, 1.5g fat, 0g sat fat, 0g sugar, 0%DV calcium, 4%DV iron

**(3) WEDNESDAY**

Serving Size: 1/4<sup>th</sup> prepared pasta, 1/4<sup>th</sup> spinach salad

Pasta: 370kcal, 12g protein, 50g carb, 260mg sodium, 3g fiber, 15mg cholesterol, 13g fat, 4g sat fat, 2g sugar, 20%DV calcium, 8%DV iron

Spinach salad: 80kcal, 3g protein, 9g carb, 150mg sodium, 2g fiber, 0mg cholesterol, 4.5g fat, 0g sat fat, 5g sugar, 6%DV calcium, 10%DV iron

**(4) THURSDAY**

Serving Size: 1/4 gazpacho, 2 pork tacos

Gazpacho: 130kcal, 3g protein, 22g carb, 300mg sodium, 4g fiber, 0mg cholesterol, 4g fat, 0.5g sat fat, 14g sugar, 6%DV calcium, 6%DV iron

Pork Wraps: 380kcal, 40g protein, 23g carb, 110mg sodium, 2g fiber, 115mg cholesterol, 13g fat, 4g sat fat, 0g sugar, 4%DV calcium, 10%DV iron

**(5) FRIDAY**

Serving Size: 2 veggie fajitas, 1/4 guacamole

Fajitas: 280kcal, 11g protein, 31g carb, 380mg sodium, 4g fiber, 15mg cholesterol, 13g fat, 4.5g sat fat, 4g sugar, 25%DV calcium, 8%DV iron

Guacamole: 170kcal, 2g protein, 11g carb, 300mg sodium, 7g fiber, 0mg cholesterol, 15g fat, 2g sat fat, 1g sugar, 2%DV calcium, 4%DV iron.