

PREP GUIDE

Meal #1

- 2 cups cooked brown rice *** see recipe below*

Meal #2

- 2 cups brown rice *** see recipe below*
- 2 inches of fresh ginger, peeled and grated to yield 1 Tablespoon
- Cut vegetables:
 - 2 green onions, white and green parts, thinly sliced
 - 1 red bell pepper, cut into thin slices
 - 1 medium carrot, shredded

Meal #3

- Cut vegetables:
 - 1 bunch or 1 pound of radishes, stems removed, washed and cut in half
 - 6 medium carrots, peeled, root end trimmed and cut into pieces the same size as the radishes

Meal #4

- 2 inches of fresh ginger, peeled and grated to yield 1 Tablespoon
- 2 cups cooked quinoa *** see recipe below*
- Cut vegetables:
 - 1 medium carrot, shredded
 - 2 green onions, cut into thin slices (white and green or your preference)
 - ½ red bell pepper, cut into small dice

Meal #5

- 4 cooked brown rice *** see recipe below*
- Cut vegetables:
 - 4 green onions, root end trimmed, green and white parts cut into thin slices
 - 2 medium carrots, cut into small dice
 - ½ red bell pepper, cut into small dice

Brown Rice (Meal #1, #2 and #5)

4 cup brown rice

8 cups water or kosher vegetable broth

1 teaspoon kosher salt (only if using water)

Pour all ingredients into a medium/large stockpot. Bring to boil, cover, and reduce heat to simmer for 25 - 35 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes; makes 8 cups.

Quinoa (Meal #4)

1 cup dry quinoa

½ teaspoon kosher salt

2 cups water

Bring water to a boil with salt and add in quinoa, cover with a lid, and reduce to a low simmer for 25-35 minutes or until all the liquid is absorbed, and then store in an airtight container; makes 2 cups.

MENU

MONDAY ①

TAHINI STUFFED
CHICKEN BREASTS
Roasted Asparagus With Balsamic
Dressing

TUESDAY ②

SPICY MANGO FISH with
COCONUT SAUCE
Brown Rice

WEDNESDAY ③

DIJON HERB LAMB CHOPS
Roasted Spring Vegetables

THURSDAY ④

MANGO & CHICKEN QUINOA SALAD

FRIDAY ⑤

CHICKPEA COCONUT CURRY
Brown Rice



Shopping List

(1) Stuffed Chicken Breast (2) Mango Fish (3) Herbed Lamb Chops (4) Mango/Chicken Quinoa Salad (5) Chickpea Curry

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|----------|--------------------|----------------|---|----------|
| 1,4 | chicken breasts* | 6 | bone-in, skin-on about 3 pounds | 18 |
| 3 | lamb chops* | 4 - 4 oz chops | sub boneless skinless chicken breast | 12 |
| 2 | tilapia* | 1 pound | or firm, white kosher fish of your choice | 12 |
| Recipe # | Vegetables / Fruit | | | Est Cost |
| 1 | asparagus | 1 pound | | 3 |
| 2,4,5 | red bell pepper | 2 | | 2 |
| 2,3,4,5 | carrot | 10 medium | | 3 |
| 2,4,5 | cilantro | 1 bunch | | 1.5 |
| 2,4,5 | green onion | 8 | | 2 |
| 2,4 | mango | 2 | ripe but firm | 2 |
| 2,5 | lime | 2 | | 1 |
| 2,4 | ginger | 4" piece | | 2 |
| 5 | cucumber | 1 medium | | 1 |
| 3 | radishes | 1 bunch | about 1 pound | 1.5 |
| 2,5 | swiss chard | 1 bunch | | 2 |

| Recipe # | Misc / Bakery | Quantity | Notes | Est Cost |
|----------|----------------------------|---------------|-----------------------------------|----------|
| 2,5 | light coconut milk* | 2 cans | 14 ounces each | 4 |
| 1 | organic tahini* | 6 Tablespoons | | 2 |
| 4 | quinoa | 1 cup | | 1 |
| 5 | red curry powder | 1 teaspoon | or more to taste (check bulk bin) | 2 |
| 5 | organic canned chick peas* | 2 cans | garbanzo beans (14.5 oz cans) | 4 |

Fresh 20 Grocery Est 76
 Cost Per Dinner 15.2
 Cost Per Serving 3.8

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|----------------|--------------------------------------|--------------------------|------------------------------------|-----------------|
| | extra Virgin olive oil | 4 Tblsp + 2 tsp | dried oregano | |
| | grapeseed oil* | 5 Tablespoons | herbes de provence | 2 Tablespoons |
| | balsamic vinegar* | 1 teaspoon | ground cumin | 1-1/2 teaspoons |
| | white wine vinegar* | | raw honey or 100% maple syrup | 2 Tablespoons |
| | chicken or veggie broth: low sodium* | | organic tomato paste* | |
| | garlic | 8 cloves | Dijon mustard or brown mustard* | 1 Tablespoon |
| | kosher salt | 4-1/2 teaspoons | soy sauce or Braggs liquid aminos* | 1 Tablespoon |
| | black pepper | 1-1/2 teaspoons | whole wheat linguini* | |
| | cayenne pepper | 1/4 teaspoon | long grain brown rice | 4 cups |
| paprika | 1 teaspoon | whole wheat white flour* | | |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

* Item must be certified Kosher
note: All fish with fins and scales that can be easily removed without tearing the skin are Kosher



(1) TAHINI STUFFED CHICKEN BREASTS

roasted asparagus with balsamic dressing

For this recipe you will be roasting 4 breasts stuffed with tahini and 2 breasts unstuffed and without the skin for later in the week. You will season all the chicken with salt & pepper and paprika and roast all 6 pieces together in the oven. If you want to stuff them all, then go for it, but portion out the tahini and leave the skin on all 6 breasts. Roasting "bone-in" gives the chicken an incredible juicy flavor.

MADE AHEAD

- 2 cups cooked brown rice ** see prep guide

DIRECTIONS

For tahini stuffed chicken breasts

1. In a small bowl, combine the tahini, garlic and Herbes.
2. Preheat the oven to 450 degrees and adjust the rack to the upper third.
3. Using your fingers, loosen the skin from the chicken breast working from the outside edge in - leave the inside attached. You are creating a little pocket for the tahini.
4. Spoon the tahini-garlic mixture under the skin and spread over all chicken flesh. Adjust the skin back to cover the breast.
5. Place all the chicken breasts (4 stuffed and 2 plain with skin removed) on a baking sheet lined with foil and season generously with salt & pepper and paprika.
6. Heat a large, nonstick sauté pan over medium-high heat and add in 2 Tablespoons olive oil. When the oil starts to heat up add in the 4 pieces of stuffed chicken with the skin on (skin side down); cook for about 3 minutes or until golden brown.
7. Transfer stuffed chicken back to the baking sheet (skin side up) and bake all 6 pieces for 10-12 minutes, or until cooked through. The chicken should be at an internal temperature of 155 degrees and the juices should run clear. Rest for 5 minutes before serving. Refrigerate the 2 unstuffed chicken breasts in an airtight container for later in the week.

While chicken is resting:

For roasted asparagus with balsamic dressing

1. Preheat oven to 450 degrees.
2. Line a baking sheet with parchment or foil and toss asparagus with 1 teaspoon of the olive oil, salt, and pepper.
3. Roast in the oven for 8 minutes or until the asparagus is tender and slightly browned.
4. Toss with balsamic vinegar and 1 teaspoon of olive oil.

For brown rice

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat on stovetop, stirring with a fork to fluff.

INGREDIENTS

All ingredients marked with an * need Kosher certification

Tahini stuffed chicken breasts

- 6 bone-in, skin-on organic chicken breasts (4 with skin on, 2 skinless)*
- 6 Tablespoons tahini*
- 2 cloves garlic, crushed
- 1 teaspoon Herbes de Provence
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 teaspoon paprika
- 2 Tablespoons extra virgin olive oil

Roasted asparagus with balsamic dressing

- 1 pound asparagus spears, root end trimmed
- 2 teaspoons extra virgin olive oil, divided
- ¼ teaspoon kosher salt
- Pinch of black pepper
- 1 teaspoon balsamic vinegar*

For brown rice

- 2 cups cooked brown rice ** see prep guide



(2) SPICY MANGO FISH with COCONUT SAUCE

brown rice

MADE AHEAD

- 2 cups cooked brown rice *** see prep guide*
- Peel and grate ginger
- Cut vegetables: onion, pepper, carrot

DIRECTIONS

For spicy mango fish with coconut sauce

1. Season the fish with cayenne pepper and salt & pepper on both sides.
2. Heat a large, nonstick sauté pan over medium/high heat; add in oil and once hot add the fish.
3. Cook about 3 minutes on each side. Carefully remove the fish from the pan and set aside on plate. Cut the fish into bite-sized portions.
4. Add the onion, peppers, carrots, chard, ginger, garlic, cilantro, coconut milk and salt to the pan. Stir to combine, reduce heat, and simmer for 3 -4 minutes or until it begins to reduce and thicken slightly.
5. Add the fish back to the pan and simmer for 2 minutes.
6. Spoon the fish, sauce, and vegetables over the warm brown rice. Garnish with chopped cilantro, mango, and fresh limes.

For brown rice

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat on stovetop, stirring with a fork to fluff.

INGREDIENTS

All items marked with an * need Kosher certification

For spicy mango fish with coconut sauce

- 1 pound tilapia, or firm kosher fish of your choice*
- Cayenne pepper to taste
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 Tablespoon grapeseed oil*
- 2 green onions, white and green parts, thinly sliced
- 1 red bell pepper, cut into thin slices
- 1 medium carrot, shredded
- ½ bunch Swiss chard, cleaned & thick stems removed, roughly chopped into thin shreds
- 2 inches of fresh ginger, peeled and grated to yield 1 Tablespoon
- 2 garlic cloves, minced or pressed
- ¼ cup or ¼ of a small bunch of cilantro, roughly chopped
- 1 (14 ounce) can light coconut milk *
- ¼ teaspoon kosher salt
- 2 cups cooked brown rice, reheated ***see prep guide*

Garnish

- 2 Tablespoons roughly chopped fresh cilantro
- 1 ripe but firm mango, cut into small dice
- 1 lime, cut into wedges



(3) DIJON HERB LAMB CHOPS

roasted spring vegetables

Fresh radishes have a bite to them that can be a bit spicy. Roasting them with some honey and herbs is a delicious way to balance out their flavor. Roasted radishes are a perfect side dish to any meat dish or tossed in salads. Lamb chops cook very quickly, so be sure to not overcook your chops. Try pulling one off the heat and cutting into the center to give it a check. Remember meat continues to cook off the stove while it is resting, so you can always pull it off the heat a little early.

MAKE AHEAD

- Cut vegetables: radishes, carrots

DIRECTIONS

For Dijon herb lamb chops

1. In a small bowl, stir to combine the Dijon mustard, herbs, and salt & pepper. Brush both sides of the lamb chops with seasoning and set aside.
2. Heat a large, non-stick sauté pan over medium heat and add in 1 Tablespoon of grapeseed oil. Once oil is hot add in lamb chops and cook for 3-4 minutes on each side until done. Cooking time will depend on the thickness of your lamb chops.

Cooking outdoors? Grill lamb chops for 3-4 minutes per side, until done and remove from grill and let rest. For chicken, cook 3-4 minutes per side, chicken is done when it is no longer pink in the middle.

For roasted spring vegetables

1. Preheat oven to 450 degrees and adjust rack to the upper third.
2. Line a baking sheet with parchment or foil. Toss cut vegetables with olive oil, honey, and seasonings then spread out evenly onto the baking sheet. Place into preheated oven and roast for 20-30 minutes or until the vegetables are golden and tender when pierced with a fork.

INGREDIENTS

All items marked with an * need Kosher certification

For Dijon herb lamb chops

- 1 Tablespoon Dijon mustard*
- 2 teaspoons of Herbes de Provence or Italian seasoning
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 4 (4 ounce) lamb chops* (** 1 pound of boneless skinless chicken breast* can be substituted - 2 breasts sliced in half lengthwise)
- 1 Tablespoon grapeseed oil *

For roasted spring vegetables

- 1 bunch (or 1 pound) of radishes, stems removed, washed and cut in half
- 6 medium carrots, peeled, root end trimmed, cut into pieces the same size as the radishes
- 2 Tablespoons extra virgin olive oil
- 1 Tablespoon 100% pure honey
- 1 Tablespoon Herbes de Provence
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper

MADE AHEAD

- 2 leftover roasted chicken breasts, shredded or cut into bite size pieces ** see *Meal #1 for recipe*
- Grate ginger
- 2 cups cooked quinoa ** see *prep guide for recipe*
- Cut vegetables: carrot, green onion, red bell pepper

DIRECTIONS

For mango & chicken quinoa salad

1. Heat a large sauté pan over medium heat and add the oil. Once the oil is warm add in the garlic, ginger soy sauce, honey, and cumin (and optional cayenne). Stir to combine and once fragrant (about 30 seconds) add in chicken and quinoa. Stir to combine and cook until warmed through - about 5 minutes.
2. Stir in the carrots, onions, cilantro, bell pepper, and mango; serve warm.

INGREDIENTS

All items marked with an * need Kosher certification

For mango & chicken quinoa salad

2 Tablespoons grapeseed oil*
2 garlic cloves, minced or pressed
2 inches of fresh ginger grated to yield 1 Tablespoon of ginger
1 Tablespoon low sodium soy sauce*
1 Tablespoon 100% pure honey
1 teaspoon dried cumin
Pinch of cayenne pepper ***optional*
2 chicken breasts,* shredded or cut into small bite size pieces ** *from Meal #1*
2 cups cooked quinoa ***see prep guide* (cooked brown rice or cous cous can be substituted for quinoa)
1 medium carrot, shredded
2 green onions cut into thin slices (white and green or your preference)
¼ cup or ¼ bunch of cilantro, roughly chopped
½ red bell pepper, cut into small dice
1 mango, ripe but firm, cut into small dice or bite size pieces



(5) CHICKPEA COCONUT CURRY

brown rice

If you are a fan of curries you will love this simply prepared chickpea curry. If curry makes you a little uneasy, remember you can always add as you go. Start with just 1 teaspoon of curry and adjust to suit the taste of your family. When trying new dishes with your family, try introducing dinner conversation around the country where the food is from. Curries are served all around the world from India to Thailand.

MADE AHEAD

- 4 cups cooked brown rice ** see prep guide
- Cut vegetables: green onion, carrots, red bell pepper

For chickpea coconut curry

DIRECTIONS

1. Heat a large, nonstick sauté pan over medium heat and add oil. Once the oil is hot add in the onion, chard, carrots, red pepper, garlic, and a sprinkle of kosher salt. Sweat the vegetables for 2 minutes or until the onion becomes soft and translucent.
2. Add in the drained chick peas and seasonings, stir to combine and cook for an additional 1 – 2 minutes.
3. Add in the coconut milk and lime juice and stir to combine. Reduce the heat and gently simmer for 5 - 8 minutes. Taste and adjust the seasoning (salt or cayenne for spice) and serve warm over a bowl of brown rice garnished with fresh cilantro and a side of sliced cucumber.

For brown rice

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat on stovetop, stirring with a fork to fluff.

INGREDIENT

All items marked with an * need Kosher certification

For chickpea coconut curry

- 1 Tablespoon grapeseed oil *
- 4 green onions, root end trimmed, green and white parts cut into thin slices
- ½ bunch Swiss chard, cleaned, thick stems removed, roughly chopped into thin shreds, about 2 – 3 cups
- 2 medium carrots, cut into small dice
- ½ red bell pepper, cut into small dice
- 2 garlic cloves, minced or pressed
- Kosher salt
- 2 (14.5 ounce) cans organic, no salt added chick peas, drained and rinsed*
- 1 teaspoon curry powder (or 2 teaspoons if you love curry)
- ½ teaspoon dried cumin
- Pinch of cayenne pepper *to taste*
- 1 teaspoon salt
- Pinch of black pepper
- 1 (14 ounce) can light coconut milk*
- ½ lime, juiced to yield 1 teaspoon of juice
- 4 cups cooked brown rice ** see prep guide for recipe

For garnish

- 2 Tablespoons fresh cilantro, roughly chopped
- 1 cucumber, peeled and sliced



Nutrition Information

| Tahini stuffed chicken breasts | | | | Serves: 4 | |
|---|------|------|-----------|-----------|-----|
| Serving Size: Approximately 4 ounce chicken breasts | | | | | |
| Calories | 290 | kcal | Fat | 19 | g |
| Protein | 25.7 | g | Saturated | 4.2 | g |
| Carbohydrate | 3.2 | g | Sugar | 0 | g |
| Sodium | 326 | mg | Calcium | 6.1 | %DV |
| Fiber | 1.1 | g | Iron | 6.4 | %DV |
| Cholesterol | 73 | mg | | | |

| Roasted asparagus with balsamic dressing | | | | Serves: 4 | |
|--|-----|------|-----------|-----------|-----|
| Serving Size: 3/4 cup | | | | | |
| Calories | 44 | kcal | Fat | 2.4 | g |
| Protein | 2.5 | g | Saturated | 0.4 | g |
| Carbohydrate | 4.6 | g | Sugar | 2.3 | g |
| Sodium | 126 | mg | Calcium | 2.8 | %DV |
| Fiber | 2.4 | g | Iron | 14 | %DV |
| Cholesterol | 0 | mg | | | |

| Brown rice | | | | Serves: 4 | |
|---|------|------|-----------|-----------|-----|
| Serving Size: 1/2 cup (with low sodium broth) | | | | | |
| Calories | 191 | kcal | Fat | 3 | g |
| Protein | 4.7 | g | Saturated | 0.5 | g |
| Carbohydrate | 35.7 | g | Sugar | 0.4 | g |
| Sodium | 33 | mg | Calcium | 3.1 | %DV |
| Fiber | 1.6 | g | Iron | 8.7 | %DV |
| Cholesterol | 0 | mg | | | |

| Spicy mango fish with coconut sauce | | | | Serves: 4 | |
|--|------|------|-----------|-----------|-----|
| Serving Size: 3/4 cup (without brown rice) | | | | | |
| Calories | 260 | kcal | Fat | 11 | g |
| Protein | 25.6 | g | Saturated | 5.5 | g |
| Carbohydrate | 16 | g | Sugar | 11 | g |
| Sodium | 499 | mg | Calcium | 4.3 | %DV |
| Fiber | 2.6 | g | Iron | 10 | %DV |
| Cholesterol | 57 | mg | | | |

| Dijon herb lamb chops | | | | Serves: 4 | |
|------------------------------------|------|------|-----------|-----------|-----|
| Serving Size: 1 prepared lamb chop | | | | | |
| Calories | 185 | kcal | Fat | 9 | g |
| Protein | 23.2 | g | Saturated | 2.5 | g |
| Carbohydrate | 0 | g | Sugar | 0 | g |
| Sodium | 409 | mg | Calcium | 1 | %DV |
| Fiber | 0 | g | Iron | 12 | %DV |
| Cholesterol | 73 | mg | | | |

| Roasted spring vegetables | | | | Serves: 4 | |
|---------------------------|------|------|-----------|-----------|-----|
| Serving Size: 1/2 cup | | | | | |
| Calories | 136 | kcal | Fat | 7.1 | g |
| Protein | 1.8 | g | Saturated | 1 | g |
| Carbohydrate | 18.1 | g | Sugar | 11 | g |
| Sodium | 485 | mg | Calcium | 6.3 | %DV |
| Fiber | 4.7 | g | Iron | 4.2 | %DV |
| Cholesterol | 0 | mg | | | |

| Mango & chicken quinoa salad | | | | Serves: 4 | |
|------------------------------|------|------|-----------|-----------|-----|
| Serving Size: 1 cup | | | | | |
| Calories | 351 | kcal | Fat | 11 | g |
| Protein | 19.4 | g | Saturated | 1.3 | g |
| Carbohydrate | 43.8 | g | Sugar | 13 | g |
| Sodium | 605 | mg | Calcium | 5.3 | %DV |
| Fiber | 5.1 | g | Iron | 15 | %DV |
| Cholesterol | 36 | mg | | | |

| Chick pea coconut curry | | | | Serves: 4 | |
|-------------------------|------|------|-----------|-----------|-----|
| Serving Size: 1 3/4 cup | | | | | |
| Calories | 301 | kcal | Fat | 13 | g |
| Protein | 12.5 | g | Saturated | 5.3 | g |
| Carbohydrate | 43.3 | g | Sugar | 5 | g |
| Sodium | 940 | mg | Calcium | 12 | %DV |
| Fiber | 11 | g | Iron | 25 | %DV |
| Cholesterol | 0 | mg | | | |

| Brown rice | | | | Serves: 4 | |
|---|------|------|-----------|-----------|-----|
| Serving Size: 3/4 cup (with low sodium broth) | | | | | |
| Calories | 287 | kcal | Fat | 4.5 | g |
| Protein | 7 | g | Saturated | 0.8 | g |
| Carbohydrate | 53.5 | g | Sugar | 0.6 | g |
| Sodium | 49.5 | mg | Calcium | 5 | %DV |
| Fiber | 2.4 | g | Iron | 13 | %DV |
| Cholesterol | 0 | mg | | | |