

## PREP GUIDE

### Meal #4

- Brown Rice *\*see directions below*

### Meal #5

- Bake potato \* see directions Meal #5

### For Brown Rice

¼ cup brown rice

½ cup water or broth

Pinch of kosher salt (only if using water)

Pour all ingredients into a medium 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.

## MENU

### MONDAY ①

TURKEY TACOS de "PAPA"  
Pinto beans

### TUESDAY ②

CREAMY SHRIMP PASTA PRIMAVERA

### WEDNESDAY ③

CHEESY TOMATO TORTILLA BAKE

### THURSDAY ④

BRAISED SPANISH CHICKEN  
Brown rice

### FRIDAY ⑤

STUFFED VEGGIE POTATOES  
Cheddar cheese sauce



FOR ONE Week 6

# Shopping List

(1) Turkey tacos (2) Shrimp Pasta Primavera (3) Tomato Tortilla Bake (4) Braised Spanish Chicken (5) Stuffed Veggie Potatoes

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	lean ground turkey	1/2 pound		2.5
2	medium shrimp	1/2 pound		5
4	chicken thighs	2 thighs		2

Recipe #		Quantity	Notes	Est Cost
1,4	yellow onion	1		1
1,5	russet potatoes	2		1.5
1	iceberg lettuce	1/2 c. shredded		1.5
1	tomato	1		1
2,5	broccoli florets	2 cups		1.5
2,4,5	red bell pepper	2		2
1,3,4	cilantro	1/4 sm bunch		1.5
2,5	carrots	2		1
2,4	thyme	few sprigs		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1,3,5	white cheddar cheese	3/4 cup	shredded	2
1,3	low fat sour cream	3 Tablespoons	or greek yogurt	1
2,5	cream	1/2 cup + 2 Tbs		1.5
2	parmesan	1/4 cup	plus additional for garnish	2

Recipe #		Quantity	Notes	Est Cost
1,3	organic corn tortillas - 6"	5		4
1,3	organic pinto beans	1 can		2
2,4	white wine (Chardonnay)	1/2 cup		3
3	organic diced tomatoes can	1 can		2

Fresh 20 Grocery Est 39.5  
Cost Per Dinner 7.9

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

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# (1) TURKEY TACOS de "PAPA" pinto beans

Makes **1** serving.

## DIRECTIONS

### *For turkey tacos de papa*

1. Heat a large, non-stick sauté pan over medium-high heat and add oil. Once oil is hot, add onion and potatoes. Add a sprinkle of salt and sauté until soft and translucent, 2-3 minutes.
2. Add in turkey meat, garlic, oregano, cumin, tomato paste, paprika, cayenne pepper & black pepper - stir to combine. Sauté over medium heat until meat is browned and cooked through, 7-10 minutes. Reserve ½ of the taco meat for Meal #3. Store cooled meat in a Ziploc or airtight container.
3. Warm 2 tortillas on the stovetop over a low, open flame or wrap in a damp towel and microwave for 15-20 seconds.
4. Fill two tortillas with meat, lettuce and tomatoes. Garnish with cheese and sour cream or Greek yogurt.

### *For pinto beans*

In small sauce pot, warm beans with cumin and oregano. Simmer over low heat for 5-6 minutes, taste, and adjust salt & pepper. Mix in cilantro.

*Vegetarian:* Substitute organic, whole grain tempeh, crumbled (for two meals) for the ground turkey.

*Gluten Free:* Use gluten-free tomato paste.

*Dairy Free:* Omit cheese and sour cream or yogurt; replace with ¼ avocado, sliced or mashed (optional).

## INGREDIENTS

### *For turkey tacos de papa*

- 1 Tablespoon olive oil
- ½ medium yellow onion, chopped
- 1 – small 4 ounce Russet potato peeled and cut into small dice
- ½ teaspoon kosher salt
- ½ pound lean ground turkey (for two meals)
- 2 garlic cloves, minced or pressed
- 1 teaspoon dried oregano
- ½ Tablespoon ground cumin
- 2 Tablespoons tomato paste
- 1 teaspoon paprika
- Pinch of cayenne pepper
- ½ teaspoon black pepper

- 2 – 6" corn tortillas
- ½ cup iceberg lettuce, shredded
- ¼ medium tomato, cut into small dice
- 2 Tablespoons white cheddar cheese, grated
- 1 Tablespoon low fat sour cream or Greek yogurt

### *For pinto beans*

- ¼ – 15 ounce can organic pinto beans
- Pinch of cumin
- Pinch of dried oregano
- Pinch of kosher salt & black pepper
- ½ Tablespoon freshly chopped cilantro



## (2) CREAMY SHRIMP PASTA PRIMAVERA

Makes **2** servings, leftovers make an excellent next-day lunch.

### DIRECTIONS

*For creamy shrimp pasta primavera*

1. Bring a large pot of water to a boil with a heavy pinch of salt.

Meanwhile

2. Cut all your vegetables and set aside.
3. Heat a large, nonstick sauté pan over low-medium heat. Whisk together the cream, garlic, thyme, parmesan cheese, broth, wine, and salt & pepper. Simmer gently for about 5 minutes. The cream will begin to thicken and create the sauce. Be careful to not boil or the cream will break. Taste and adjust seasoning.
4. Add pasta to boiling water and set a timer for 7 minutes. At 7 minutes, add the shrimp (\*see kitchen notes if using chicken) and vegetables in with the boiling pasta and cook for an additional 3-4 minutes or until they are soft and the pasta is al dente.
5. Drain and gently toss shrimp, vegetables, and pasta into the thickened sauce, tongs work best.
6. Serve half the pasta warm with grated parmesan. Reserve the remainder for next-day lunch.

*Kitchen notes:*

*To substitute chicken, season chicken with salt & pepper. Heat a large, nonstick sauté pan over medium-high heat. Add in 1 Tablespoon of grapeseed oil and sauté until golden and cooked through, about 2-3 minutes. Remove from pan and set aside. Continue on with sauce and add chicken back into the pan at the end with the pasta.*

*Vegetarian: Omit shrimp, use vegetable broth.*

*Gluten Free: Substitute 4 ounces gluten-free pasta of choice.*

*Dairy Free: Omit cream and parmesan. Increase broth to ½ cup and add 1 Tablespoon olive oil as you toss pasta in sauce.*

### INGREDIENTS

*For creamy shrimp pasta primavera*

- 1 cup broccoli florets, cut into 1 inch pieces
- 1 carrot, peeled and cut into ¼ inch pieces
- ½ red bell pepper, cut into 1" pieces
- ½ cup of heavy cream
- 1 garlic clove, minced
- ½ Tablespoon fresh thyme leaves removed from stem and roughly chopped
- ¼ cup parmesan cheese, grated and loosely measured
- ¼ cup low sodium chicken or vegetable broth
- 2 Tablespoons white wine
- ¼ teaspoon kosher salt
- Pinch of black pepper
- 4 ounces whole wheat linguine noodles
- ½ pound medium shrimp, peeled and deveined (1/2 pound chicken tenders can be substituted)

Grated parmesan for garnish

Makes **2** servings; leftovers make a great next-day lunch.

### MADE AHEAD

- Turkey taco meat \* *See Meal #1*

### DIRECTIONS

#### *For cheesy tomato tortilla bake*

1. Preheat the oven to 425 degrees.
2. Prepare a small, oven proof baking dish by brushing lightly with olive oil.
3. In a small bowl, combine tomatoes, cayenne pepper, oregano, and chopped cilantro.
4. Begin layering  $\frac{1}{2}$  of the corn tortillas,  $\frac{1}{2}$  the ground turkey meat,  $\frac{1}{2}$  beans, and  $\frac{1}{2}$  of the grated cheese, pour half of the tomato mixture over the top and then repeat starting with a another layer of tortillas and finishing with the cheese.
5. Cover loosely with foil and place into the preheated oven for 15 minutes, then remove foil and bake for an additional 10 minutes or until the top is bubbly and the cheese is melted.
6. Serve warm with a dollop of sour cream or Greek yogurt.

Makes 2 adult-size servings; refrigerate remaining portion for next-day lunch.

**Vegetarian:** *Substitute organic, whole grain tempeh, crumbled (from Meal #1) for turkey.*

**Dairy Free:** *Omit cheese and sour cream or yogurt and garnish with  $\frac{1}{4}$  avocado, sliced or mashed (optional).*

**Gluten Free:**

### INGREDIENTS

#### *For cheesy tomato tortilla bake*

- $\frac{1}{2}$  – 14.5 ounce can organic diced tomatoes with their juice
- Pinch of cayenne pepper \* *optional*
- $\frac{1}{2}$  teaspoon dried oregano
- 1 Tablespoon cilantro, roughly chopped
- 3 – 6" organic corn tortillas stacked and then cut into tortilla chip size pieces
- Turkey taco meat \* *see Meal #1 for recipe*
- $\frac{1}{2}$  – 14.5 ounce cans organic pinto beans, drained and rinsed
- $\frac{1}{2}$  cup white cheddar cheese, grated
- 2 Tablespoons light sour cream or Greek yogurt



## (4) BRAISED SPANISH CHICKEN WITH RED PEPPERS

brown rice

Makes 1 serving.

### MADE AHEAD

- ½ cup cooked brown rice \* see prep guide for directions

### DIRECTIONS

*For braised Spanish chicken with red peppers*

1. In a small bowl, combine salt & pepper, paprika, and oregano.
2. Season both sides of the chicken.
3. Heat a large, nonstick sauté pan over medium heat and add oil. Once oil is hot, add in the chicken. Lightly brown on both sides, about 3 minutes per side – remove the chicken from the pan and set aside.
4. Add sliced onions and bell peppers to the pan, sauté for 2-3 minutes or until the peppers become soft.
5. Add garlic, wine, vinegar, broth, thyme, and salt & pepper – stir to combine
6. Place the chicken on top of the peppers. Cover with a lid, reduce heat to a low simmer, and cook for 20 minutes.

*For brown rice*

To re-heat on dinner night add ½ Tablespoon water to prepared rice and heat on stovetop, stirring with a fork to fluff.

Serve chicken with peppers and sauce over rice topped with a sprinkle of cilantro.

**Vegetarian:** *Substitute 1 cup baby bella or white button mushrooms for chicken. Season mushrooms if desired and sauté with onion and peppers; continue to simmer with broth, 20 minutes.*

**Gluten Free:** *Use gluten-free broth.*

**Dairy Free:**

### INGREDIENTS

*For braised Spanish chicken with red peppers*

Pinch of kosher salt and black pepper  
½ teaspoon paprika  
½ teaspoon oregano  
2 chicken thighs, bone in and skin removed  
½ Tablespoon olive oil  
¼ medium yellow onion, thinly sliced  
1 red bell pepper, thinly sliced  
1 garlic clove, minced or pressed  
¼ cup white wine  
1 teaspoon of red wine vinegar or white wine vinegar (*Sherry vinegar if you have it on hand - it tastes the best*)  
¼ cup low sodium chicken broth  
1 teaspoon fresh thyme, leaves removed from stems and roughly chopped  
Pinch of kosher salt and black pepper  
  
½ cup cooked brown rice \*see prep guide for directions  
1 teaspoon fresh, finely chopped cilantro



## (5) STUFFED VEGGIE POTATO

### cheddar cheese sauce

Makes **1** serving.

#### MADE AHEAD

- Bake potato \* *see directions below*

#### DIRECTIONS

##### *For baked potatoes*

1. Preheat oven to 450 degrees.
2. In a small bowl, toss clean potato with olive oil and then sprinkle with kosher salt.
3. Place potato into preheated oven and bake for 25-30 minutes or until fork tender. Remove from oven and allow to cool slightly. Potato can bake directly on rack.
4. If potato has been made ahead, cut open into a 'T' shape and place into a microwave safe bowl. Heat on high for 2-3 minutes to warm.

##### *For vegetables*

Place cut vegetables with 1 Tablespoon water into a microwave safe bowl with lid. Microwave on high for 4 minutes or until broccoli is bright green and peppers are softened.

##### *For cheese sauce*

1. Heat a small sauce pot over medium heat and bring the cream and 1 Tablespoon of water to a simmer. Allow cream to reduce a little bit, about 3 minutes.
2. Add in shredded cheese and pepper and whisk to combine until smooth. Remove from heat and keep warm.

Cut potato down the middle into a 'T' shape, push open from the bottom, and fill with a heaping serving of vegetables and a drizzle of cheese sauce.

*Dairy Free:*      *Omit cheese sauce; garnish with ¼ avocado and a drizzle of olive oil.*

*Gluten Free:*   

*Vegetarian:*    

#### INGREDIENTS

##### *For stuffed veggie potatoes*

- 1 – 8 ounce Russet potato, scrubbed and cleaned
- 1 teaspoon olive oil
- Sprinkle of kosher salt
- 1 cup broccoli florets, cut into bite size pieces
- ¼ red bell pepper, cut into bite size pieces
- ¼ carrot, root ends trimmed, peeled, and cut into ¼ inch slices

##### *For cheese sauce*

- 2 Tablespoons heavy cream
- 1 Tablespoon water
- 2 Tablespoons white cheddar cheese
- Pinch of black pepper



# Nutrition Information

Turkey Tacos de "PAPA"				Serves: 1	
Serving Size: 2 - 6" corn tortillas with 1/2 cup meat; lettuce, tomatoes & low-fat sour cream					
Calories	592	kcal	Fat	31	g
Protein	40	g	Saturated	9.8	g
Carbohydrate	42.2	g	Sugar	7.5	g
Sodium	872	mg	Calcium	36	%DV
Fiber	7.2	g	Iron	22	%DV
Cholesterol	140	mg			

Pinto beans				Serves: 1	
Serving Size: 1/4 cup					
Calories	83	kcal	Fat	0	g
Protein	5	g	Saturated	0	g
Carbohydrate	15.6	g	Sugar	1.6	g
Sodium	115	mg	Calcium	3.5	%DV
Fiber	5.8	g	Iron	8.2	%DV
Cholesterol	0	mg			

Creamy shrimp pasta primavera				Serves: 2	
Serving Size: 1 1/4 cup *Frozen shrimp are processed with salt, fresh shrimp will be lower in sodium.					
Calories	450	kcal	Fat	21	g
Protein	21.5	g	Saturated	13	g
Carbohydrate	40.2	g	Sugar	4.4	g
Sodium	784	mg	Calcium	16	%DV
Fiber	9.8	g	Iron	13	%DV
Cholesterol	157	mg			

Cheesy tomato tortilla bake				Serves: 2	
Serving Size: 1 cup with 1 tablespoon low-fat sour cream					
Calories	474	kcal	Fat	18	g
Protein	27	g	Saturated	7.9	g
Carbohydrate	54.3	g	Sugar	6.2	g
Sodium	670	mg	Calcium	40	%DV
Fiber	14	g	Iron	21	%DV
Cholesterol	62	mg			

Braised Spanish chicken with red peppers and brown rice				Serves: 1	
Serving Size: 1 1/2 chicken thigh + 1/2 cup brown rice (prepared with low sodium broth)					
Calories	470	kcal	Fat	10	g
Protein	32.2	g	Saturated	2.1	g
Carbohydrate	49.5	g	Sugar	7.5	g
Sodium	661	mg	Calcium	7.6	%DV
Fiber	5.6	g	Iron	20	%DV
Cholesterol	106	mg			

Stuffed veggie potatoes with cheddar cheese sauce			Serves: 1		
Serving Size: 1 potato with 3/4 cup veggies + 1 tablespoon cheddar cheese sauce					
Calories	452	kcal	Fat	23	g
Protein	14.5	g	Saturated	13	g
Carbohydrate	47.3	g	Sugar	6.2	g
Sodium	272	mg	Calcium	28	%DV
Fiber	7.5	g	Iron	15	%DV
Cholesterol	70	mg			