

PREP AHEAD OF TIME

Nut Free Pesto

2 bunches fresh basil leaves
2-3 garlic cloves (use 1-2 if your family is sensitive to garlic)
½ cup finely shredded Parmesan Reggiano (3 oz)
½ cup olive oil, plus 1-2 Tablespoons for adjusting consistency
½ teaspoon kosher salt
½ teaspoon black pepper

1. Purée basil, garlic, parmesan, olive oil, salt, and black pepper in blender or food processor until mixture forms into a thick paste.
2. Check the consistency of the pesto. If preferred, mix in 1-2 tablespoons of oil for a smoother, more liquid consistency.
3. Set aside two portions – 1/3 cup and 2/3 cup – in two different containers. To prevent top from turning brown, place a layer of plastic directly on top of pesto and then seal with lid. The 2/3 cup portion will be used for the pesto shrimp pasta; the 1/3 cup portion will be used for turkey pesto burgers.

Brown Rice

4 cups water (or broth)
½ teaspoon kosher salt
2 cups brown rice

1. Pour water, salt, and rice in a saucepan.
2. Bring to a boil. Once at a boil, reduce heat to a low simmer. Cover and cook for 25 minutes.
3. Remove from heat and allow to rest, covered, for an additional five minutes. Once cool, store in airtight container and refrigerate for later use.

MENU

MONDAY ①

Steak & Mushrooms
Sautéed Spinach

TUESDAY ②

Pesto Shrimp Pasta
Citrus Salad

WEDNESDAY ③

Steak Fajitas
Spanish Rice

THURSDAY ④

Pesto Turkey Burgers
Apple Salad

FRIDAY ⑤

Chopped Salad
Oranges



Gluten Free March 30th

Shopping List

This Week's Menu: 1 - Steak & Mushrooms; 2 - Pesto Shrimp Pasta; 3 - Steak Fajitas; 4 - Pesto Turkey Burgers; 5 - Chopped Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
2	raw shrimp, peeled, tail on	1 pound	can substitute chicken tenders	12
1, 3	ribeye steak, boneless	2.5 pounds	lean, may sub skirt steak	18
4	ground turkey	1 pound		4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2, 4	basil	2 bunches	used for pesto	3
1	fresh parsley	1 bunch	3 Tablespoon chopped	1.5
2, 3, 5	onions	1 red		1
1, 3, 5	button mushrooms	1-3/4 pound		5
4	granny smith apples	3 medium		2
2, 5	navel oranges	4 medium		3
1, 5	baby spinach	3 bunches		4.5
3, 5	bell peppers	4	3 red; 1 yellow	4
2, 4, 5	green leaf lettuce	2 heads		2.5
3, 5	avocados	3		3

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 4	parmigiano reggiano	3 ounces	finely shredded; 1/2 cup	4
1	organic butter, unsalted	1 Tablespoons		1
3, 4	greek yogurt, plain, nonfat	1 1/2 cups		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3, 4	gluten free tortillas	1 dozen	6" size, corn works well	3
4	eggs	2		1
5	garbanzo beans	2 15-oz. cans	low sodium	2.5

Fresh 20 Grocery Est 76.5
 Cost Per Dinner 15.3
 Cost Per Serving 3.825

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	15 Tablespoons	dried oregano	
	grapeseed oil	3 1/2 Tablespoon	herbes de provence	1/2 teaspoon
	gluten free pantry dressing	1/4 cup	ground cumin	2 teaspoons
	white wine vinegar	1 1/4 teaspoons	raw honey	2 Tablespoons
	gluten free chicken/ vegetable b	2 cups	organic tomato paste	2 Tablespoons
	garlic	6-7 cloves	Dijon mustard or brown mustard	
	kosher salt	3 1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	3 1/2 teaspoons	gluten free LINGUINE OR SPAGHETTI	10 ounces
	cayenne pepper	5/8 teaspoon	long grain brown rice	2 cups
paprika	1 teaspoon	gluten-free flour blend		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

DIRECTIONS

For steak and mushrooms

1. Combine ½ teaspoon of salt and ½ teaspoon black pepper with cumin, paprika, and cayenne pepper for steak rub. Thoroughly season steaks on all sides. Set aside.
2. In a skillet, melt butter with olive oil over medium heat. Add garlic and sauté for 1-2 minutes before adding mushrooms. Stir to combine.
3. Season with salt and black pepper.
4. Pour in broth and fresh parsley. Cook until liquid is mostly absorbed about 3-4 minutes. Transfer mushrooms to bowl and cover until ready to serve.
5. Using the same skillet for the steaks, increase the temperature to medium-high heat. Arrange steaks in skillet to sear one side (about 4 minutes) before flipping.
6. Cover skillet with foil, reduce heat to medium-low and cook steaks 5 minutes for medium rare.
7. Reserve 1 pound of steak meat for fajitas later in the week. Cut remaining steak to yield about five 5 oz pieces. Transfer steak to serving plate and top with mushrooms.

For sautéed spinach

1. Bring broth to a simmer in a large pan over medium heat.
2. Add spinach to pan and toss with tongs. It is likely you will need to add spinach in batches until it wilts down.
3. Cook for 4 minutes, until all spinach is wilted. Season with black pepper and paprika.

INGREDIENTS

Fresh 20 steak rub

- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 teaspoon cumin
- ½ teaspoon paprika
- 1/8 teaspoon cayenne pepper

For steak and mushrooms

- 2.5 pounds boneless ribeye steak, almost room temperature (about 2-3 medium lean steaks with minimal fat)
- 1 Tablespoon unsalted butter (organic)
- 2 Tablespoons olive oil
- 2 cloves garlic, minced or pressed
- 1 pound button mushrooms, sliced
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- 1/3 cup low sodium, gluten free chicken or vegetable broth (4oz)
- 1 Tablespoon freshly chopped parsley

For spinach

- ½ cup low sodium, gluten free chicken or vegetable broth
- 2 bunches baby spinach, washed well and roughly chopped
- ½ teaspoon black pepper
- 1/8 teaspoon paprika



PESTO SHRIMP PASTA

citrus salad

"Al dente" translated is "to the tooth," which means the noodles should still have a slight bite to them. I tell my kids if they can split the linguine using just their tongues then momma overcooked the pasta!

MADE AHEAD

- Pesto sauce (2/3 cup)

DIRECTIONS

For pesto shrimp pasta

1. Boil water for pasta in large stockpot. Cook pasta according to package instructions. Do not overcook.
2. Heat olive oil in large sauté pan over medium heat.
3. Add minced garlic and sauté for 1 minute.
4. Add shrimp and sauté for 2 minutes. Add broth and let simmer for 2-3 minutes. Remove from heat.
5. Drain pasta but do not rinse. Toss immediately with pesto sauce.
6. Divide pasta into four bowls. Top with ½ cup of shrimp in sauce. Season with black pepper.

For citrus salad

1. Arrange lettuce and oranges on a serving platter. Top with red onions. Drizzle pantry dressing over oranges. Chill until ready to serve.

INGREDIENTS

For pesto shrimp pasta

- 10 ounces gluten free linguine
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 pound raw shrimp, peeled, tail on
- 1 cup low sodium, gluten free chicken or vegetable broth
- 2/3 cup pesto sauce (see prep)
- ½ teaspoon black pepper

Substitutions: Cooked diced chicken can replace shrimp. Spaghetti can be used instead of linguine.

For citrus salad

- ½ head green leaf lettuce, chopped
- ¼ red onion, finely chopped
- 2 navel oranges, peeled and divide into wedges
- ¼ cup gluten free pantry dressing (balsamic vinaigrette)

Flexible meal. Everyone can build their own fajitas!

ALREADY MADE

- Brown rice

DIRECTIONS

1. Heat oil in a large skillet over high heat.
2. Add the bell peppers and onion. Cook, stirring frequently, until peppers are hot but still slightly crisp, about 5 minutes.
3. Add steak and mushrooms then toss to combine.
4. Season fajitas with cumin, salt, black pepper and cayenne pepper. Reduce heat to low.
5. Whisk tomato paste and broth together until smooth.
6. Mix with rice and warm in a small pan over low heat.
7. Warm tortillas (wrapped in damp paper towels) in microwave for 15-20 seconds.
8. Arrange warm tortillas, fajita mix, and avocado on a large serving platter.
9. Place 1 cup plain Greek yogurt in a small serving dish.

Serve with ½ cup Spanish rice per serving.

INGREDIENTS

- 2 Tablespoons grapeseed oil
- 2 red bell pepper, cored and cut into strips
- 1 yellow bell pepper, cored and cut into strips
- ½ medium red onion, cut into long slices
- 1 pound leftover steak, cut into thin slices
- 6 oz button mushrooms, sliced
- 1 teaspoon ground cumin
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ teaspoon cayenne pepper
- 1 Tablespoon organic tomato paste
- ¼ cup gluten free chicken or vegetable broth, low sodium
- 2 cups cooked brown rice (see prep)
- 2 Tablespoons chopped parsley
- 8 gluten free corn tortillas (6")
- 1 avocado, peeled, pitted and sliced (slice when ready to eat to prevent browning)
- 1 cup Greek yogurt, plain, nonfat



PESTO TURKEY BURGERS

apple salad

DIRECTIONS

Made Ahead

- Pesto Sauce (1/3 cup)

For pesto turkey burgers

1. Mix ground turkey, eggs, salt, cayenne and black pepper together in a large prep bowl until well incorporated. Form four patties from mix and set aside on a plate.
2. Heat grapeseed oil in griddle or skillet over medium-high heat. Sear turkey patties on one side for 4-5 minutes.
3. Flip patties over and sear for 3-4 minutes.
4. Top each burger with a tablespoon of pesto sauce, and wrap burgers with 1-2 lettuce leaves. Set inside a warm tortilla.

For fruit salad

1. Whisk yogurt and honey together until well mixed.
2. Arrange apples in a medium serving bowl.
3. Drizzle honey or maple syrup yogurt over the fruit.

INGREDIENTS

For pesto turkey burgers

- 1 pound lean ground turkey
- 2 eggs
- ¼ teaspoon kosher salt
- ¼ teaspoon cayenne pepper
- ½ teaspoon black pepper
- 1 ½ Tablespoons grapeseed oil
- 1/3 cup pesto sauce (make ahead)
- 6-8 leaves green leaf lettuce
- 4 gluten free tortillas, warmed (try corn)

For fruit salad

- ½ cup Greek yogurt, plain, nonfat
- 1-1/2 Tablespoons honey or maple syrup
- 3 Granny Smith apples, peeled, cored and cut into wedges



CHOPPED SALAD

orange wedges

DIRECTIONS

For chopped salad

1. Whisk oil, vinegar, raw honey, salt, black pepper, and Herbes de Provence together in a small bowl until well incorporated.
2. Toss lettuce, baby spinach, mushrooms, bell pepper, red onions, and garbanzo beans with dressing.
3. Top with avocado. Serve salads with oranges.

INGREDIENTS

For chopped salad

- 2 Tablespoons olive oil
- 1 $\frac{1}{4}$ teaspoons white wine vinegar
- 1 teaspoon raw honey
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon Herbes de Provence
- 1 head green leaf lettuce, chopped
- 1 bunch baby spinach, washed well
- $\frac{1}{2}$ pound button mushrooms, sliced
- 1 red bell pepper, chopped
- $\frac{1}{4}$ red onion, finely chopped
- 2 15-ounce cans garbanzo beans, drained
- 2 avocados, cored and sliced into large dice

- 2 navel oranges, cut into quarters