

## MAKE AHEAD

### Meal #2, #3 and #5

- 7 cups corn kernels, from 7 ears of corn  
Cook corn, cool, and remove kernels. You will need:  
Meal #2: 4 cups kernels plus 4 cobs  
Meal #3: 1 cups kernels  
Meal #5: 2 cups kernels

#### *\* To boil corn*

Place shucked corn into a pot of boiling water and cook for 3-6 minutes or until kernels are tender. Cool, then with a knife cut downwards from top to bottom to remove kernels.

#### *\*To grill corn*

Shuck corn and lightly brush with grape seed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning. Cool, then with a knife cut downwards from top to bottom to remove kernels.

### Brown Rice for Meal#1

- 1 cup brown rice
- 2 cups water (or broth)
- ¼ teaspoon kosher salt (only if using water)

1. Pour all ingredients into a small 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. Yields 2 cups.

## MENU

### MONDAY ①

LEMON GRILLED CHICKEN KEBABS  
Brown rice spinach salad

### TUESDAY ②

CRAB & CORN CHOWDER  
Cheese quesadillas

### WEDNESDAY ③

GRILLED CITRUS CHICKEN  
Roasted corn and black bean salad

### THURSDAY ④

SOUTHWEST SLOPPY JOES  
Cucumber tomato salad

### FRIDAY ⑤

SMOKY CHILI LIME PASTA SALAD



# Shopping List

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	chicken breast	2 pounds	boneless, skinless, organic	18
2	lump crab	1 pound	look in fridge section for container	15
4	lean ground turkey	1 pound		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,3,4	red onion	3		2.25
1	lemon	5		1.5
1	spinach	2 cups		2
1,4	cucumber	3	English	3
4	carrot	1 medium		0.5
3,4	tomato	2 medium		2.25
2,3,4,5	cilantro	2 bunches		1.5
2,3,4, 5	lime	6		2
1,5	cherry tomatoes	12 ounces	2 cups	3
2,3,5	corn	7 ears		2.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1	feta	1/3 cup		2
2	white cheddar cheese	1 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3,5	organic black beans	2-15 ounce cans		3
4	gluten free hamburger buns	4	Rudi's or Udi's	4
2	corn tortillas	4	6"	2
2,5	chili powder	2 Tablespoons		3

Fresh 20 Grocery Est      74.5  
 Cost Per Dinner          14.9  
 Cost Per Serving          3.725

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 c. + 1 T	dried oregano	2 teaspoons
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar		ground cumin	3 teaspoons
	white wine vinegar		raw honey          or 100% maple syrup	2 Tablespoons
	gluten free chicken or veg broth	3-1/2 cups	organic tomato paste	1/2 cup
	garlic	9 cloves	whole grain pasta	8 oz penne
	kosher salt	4-1/2 teaspoons	long grain brown rice	1 cup (dry)
	black pepper	2-1/2 teaspoons		
	cayenne pepper	1/4 teaspoon		
	paprika	3 teaspoons		

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



# LEMON GRILLED CHICKEN KEBABS

brown rice spinach salad

## DIRECTIONS

### *For lemon grilled chicken kebabs*

1. Soak 8 wooden kebab skewers in cold water- set aside.
2. Cut 2 chicken breasts into 1-2 inch pieces for kebabs. Slice the remaining 2 chicken breasts in half lengthwise into 4 pieces for Meal #3. Place all the chicken into a Ziploc bag or a non reactive container with the lemon juice, olive oil, garlic, paprika, and salt & pepper. Seal the bag and marinate in the refrigerator for 20 minutes or up to 24 hours.
3. Heat outdoor grill.
4. Remove chicken from the marinade and discard liquid.
5. Skewer the 1-2 inch chicken pieces evenly onto 8 kebabs alternating with lemon wedges and onion chunks.
6. Place the skewers onto the preheated grill along with the 4 remaining chicken pieces, and cook for about 3-4 minutes per side, rotating often so they don't burn.

Cooking indoors? Preheat your oven to 450 degrees and place chicken onto a lined baking sheet, cook for 12-18 minutes, turning after 10. Chicken is done when it is cooked through and no longer pink.

7. Reserve remaining chicken breasts for Meal #3. Store cooled chicken in a Ziploc bag or in an airtight container in the refrigerator.

### *For brown rice spinach salad*

1. In a large bowl, combine the spinach, cucumber, onion, tomato, feta cheese, lemon juice, lemon zest, salt & pepper, and olive oil, stir to combine – set aside.
2. In a small sauce pot with a lid, bring the broth to a boil with the clove of garlic and olive oil.
3. Once boiling, turn off the heat, stir in the brown rice, and cover with the lid. Allow the rice to absorb the liquid, about 7 minutes.
4. Remove the garlic clove and lightly fluff the rice with a fork, cool slightly.
5. Once the rice is cooled add it to the vegetables and stir to combine.

Serve warm chicken kebabs over rice salad. Grilled lemons can be squeezed over the chicken for added flavor.

## INGREDIENTS

### *For lemon grilled chicken kebabs*

8 wooden skewers  
2 pounds of organic chicken breast,  
about 4 boneless skinless breasts (For two meals)  
2 lemons, juiced  
¼ cup olive oil  
4 garlic cloves, minced  
2 teaspoons paprika  
1 teaspoon kosher salt  
1 teaspoon black pepper  
1 medium red onion cut into large  
chunks for kebabs  
2 lemons washed and cut into  
fourths for kebabs

### *For brown rice spinach salad*

2 cups baby spinach, about 2  
handfuls  
1 English cucumber, cut into small  
dice  
¼ red onion, cut into small dice  
6 oz cherry tomatoes, halved, about  
1 full cup  
1/3 cup feta cheese, about 2 oz,  
crumbled  
1 lemon, zested and juiced  
½ teaspoon kosher salt  
¼ black teaspoon black pepper  
2 Tablespoons olive oil

½ cup of low sodium, gluten free  
chicken or vegetable broth  
1 garlic clove, whole  
1 Tablespoon of olive oil  
2 cups prepared brown rice (see prep)



## CORN & CRAB SUMMER CHOWDER

### cheese quesadillas

#### DIRECTIONS

##### *For corn & crab summer chowder*

1. Heat a large soup pot over medium heat; add in oil, and once hot, add in onion, garlic, and corn. Stir to combine and cook for 2-3 minutes or until onions become soft and translucent.
2. Add in chili powder, cayenne, cumin, and paprika - stir to combine. Turn the heat up to medium/high and add in chicken broth and water, stir to combine.
3. Add in the reserved corn cobs and simmer for 12-15 minutes.
4. Remove the corn cobs and carefully ladle 2 cups of the chowder with vegetables into a blender and blend until smooth. Be careful to hold the lid of the blender down tightly with a towel, hot liquids will create pressure in the blender. Add the pureed chowder back into the pot, and stir to combine.
5. Reduce the heat to low and add in cilantro, crab meat, lime juice, and salt, stir gently and cook for an additional 5 minutes.
6. Taste and adjust seasoning and thickness by adding more water if needed.

##### *For cheese quesadillas*

1. Heat a small sauté pan over medium high heat. Lightly brush the pan with 1 teaspoon grapeseed oil.
2. Add a tortilla to pan and warm on both sides. Spread ¼ cup of cheese over half of the tortilla, fold over and warm through until cheese is melted. Repeat with remaining tortillas.
3. Cut in half and serve warm.

#### INGREDIENTS

##### *For corn & crab summer chowder*

- 1 Tablespoon olive oil
- ½ medium red onion, cut into small dice
- 2 garlic cloves, minced
- 4 ears of corn, kernels removed, cobs reserved, about 4 cups of kernels  
*\* see prep guide*
- 1 Tablespoon chili powder
- 1/8 teaspoon cayenne pepper
- \*Optional*
- 1 teaspoon cumin
- 1 teaspoon paprika
- 3 cups low sodium, gluten free chicken broth
- 1 cup water
- ½ bunch fresh cilantro, roughly chopped
- 1 pound lump crabmeat, picked over to remove any cartilage pieces
- 1 lime juiced to yield 1 Tablespoon of juice
- ¾ teaspoon salt

##### *For cheese quesadillas*

- Grapeseed oil for pan
- 4 - 6" organic corn tortillas (gf)
- 1 cup white cheddar cheese, grated



# CITRUS CHICKEN

## roasted corn and black bean salad

### MADE AHEAD

- 2 marinated grilled chicken breasts \* *See Meal #1 for recipe*
- 1 cup corn kernels \**see prep guide*

### DIRECTIONS

#### *For chicken*

1. Warm chicken breasts in a small sauté pan over low heat, about 2 minutes per side.

#### *For roasted corn and black bean salad*

1. In a medium salad bowl, combine grilled corn, black beans, tomato, red onion, cilantro, lime juice, olive oil, cayenne, and salt & pepper. Stir to combine.

### INGREDIENTS

*4 grilled chicken breast pieces, (see Meal#1)*

*For roasted corn and black bean salad*

- 1 cup corn kernels, from 1 ear of corn \**see prep guide*
- 1 – 15 oz can of organic black beans, drained and rinsed
- 1 medium tomato, cut into small dice
- ¼ medium red onion, cut into small dice
- ¼ bunch of fresh cilantro, roughly chopped
- 2 limes, juiced
- 1 Tablespoon olive oil
- Pinch of cayenne pepper to taste
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper



## SOUTHWEST SLOPPY JOES

### cucumber tomato salad

#### DIRECTIONS

##### *For southwest sloppy Joes*

1. Heat an extra large, non-stick sauté pan over medium/high heat; add in oil and once hot add onion and shredded carrots. Stir vegetables with a sprinkle of salt and sweat until soft and translucent, 2-3 minutes.
2. Add in turkey meat, garlic, oregano, cumin, and salt & pepper. Sauté over medium heat until meat is browned and cooked through, 7-10 minutes.
3. In a small bowl, combine tomato paste and water, stir with a fork. Reduce heat to low/medium and add tomato paste/water to pan - stir to combine. Simmer for an additional 5 minutes.
4. Stir cilantro and maple syrup into the meat and toast buns in the toaster. Fill each sandwich bun with prepared turkey meat.

##### *For cucumber tomato salad*

1. In a small bowl, toss together the cucumbers, tomatoes, and lime juice, sprinkle with kosher salt & pepper and a pinch of cayenne pepper. Serve cold

#### INGREDIENTS

##### *For southwest sloppy Joes*

- 1 Tablespoons grapeseed oil
- ½ medium red onion, chopped
- 1 medium carrot, peeled and shredded, about ½ cup
- 1 pound lean ground turkey
- 2 garlic cloves, minced or pressed
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ cup organic tomato paste
- ½ cup water
- ¼ bunch cilantro, roughly chopped
- 1 Tablespoon pure maple syrup or honey
- 4 gluten free hamburger buns (Look for Udi's or Rudi's)

##### *For cucumber tomato salad*

- 2 English cucumbers, end trimmed and cut into ¼" inch slices
- 1 medium tomato cut into wedges or medium dice
- 1 lime, juiced
- Kosher salt & black pepper to taste
- Pinch of cayenne pepper *\*Optional*



## SMOKEY CHILI LIME PASTA SALAD

*When dressing pasta with any kind of sauce or vinaigrette, it's important to toss the pasta when it's warm, not hot. If the pasta is hot it will absorb all the sauce at once, but if you wait until it cools slightly you can use less sauce and it will have better flavor. You will find that if you hold it for too long before it's dinner time, the pasta will drink up all the sauce.*

### MADE AHEAD

- 2 cups corn kernels \* see prep guide

### DIRECTIONS

1. Heat a large pot of water with 2 pinches of salt and bring to a boil. Add in pasta and cook until al dente, 8-9 minutes.

While pasta is cooking:

In a small bowl, whisk to combine lime juice, honey, chili powder, cumin, cayenne pepper, salt & pepper, and olive oil – set aside.

2. Drain pasta and cool slightly.
3. In a large bowl, combine pasta, cilantro, corn, black beans, and tomatoes. Toss with dressing to taste.
4. Serve warm or at room temperature.

### INGREDIENTS

#### *For pasta salad*

- 8 ounces gluten free quinoa penne
- 2 limes, juiced to yield  $\frac{1}{4}$  cup juice
- 2 teaspoons honey
- 1 Tablespoon mild chili powder
- 1 teaspoon cumin
- $\frac{1}{8}$  –  $\frac{1}{4}$  teaspoon cayenne pepper, you can adjust to how hot you would like it
- 1 teaspoon kosher salt
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{2}$  bunch of fresh cilantro leaves, roughly chopped, about  $\frac{1}{2}$  loosely packed
- 2 cups corn kernels, from 2 ears of corn \* See prep guide
- 1 – 15 ounce can organic black beans, drained and rinsed
- 6 ounces of cherry tomatoes, about 1 cup, rinsed and cut in half if they are large



# Nutrition Information

<b>Lemon grilled chicken kebabs</b>				<b>Serves: 4</b>	
Serving Size: 1 chicken breast (2 kebabs each)					
Calories	208	kcal	Fat	9.8	g
Protein	24.8	g	Saturated	1.6	g
Carbohydrate	6	g	Sugar	1.6	g
Sodium	380	mg	Calcium	3.3	%DV
Fiber	1.7	g	Iron	4.4	%DV
Cholesterol	73	mg			

<b>Brown rice spinach salad</b>				<b>Serves: 4</b>	
Serving Size: 3/4 cup					
Calories	402	kcal	Fat	13.6	g
Protein	12.7	g	Saturated	3.6	g
Carbohydrate	46	g	Sugar	3.1	g
Sodium	457	mg	Calcium	14	%DV
Fiber	11	g	Iron	11.3	%DV
Cholesterol	12.6	mg			

<b>Corn &amp; Crab Summer Chowder</b>				<b>Serves: 4</b>	
Serving Size: 1 cup					
Calories	223	kcal	Fat	6.2	g
Protein	21.4	g	Saturated	1.1	g
Carbohydrate	24	g	Sugar	8.3	g
Sodium	719	mg	Calcium	12.2	%DV
Fiber	4.2	g	Iron	11.8	%DV
Cholesterol	66	mg			

<b>Cheese Quesadillas</b>				<b>Serves: 4</b>	
Serving Size: 1 -6" tortilla					
Calories	282	kcal	Fat	19.8	g
Protein	15.4	g	Saturated	10.2	g
Carbohydrate	12	g	Sugar	0.2	g
Sodium	391	mg	Calcium	42	%DV
Fiber	1.5	g	Iron	1.6	%DV
Cholesterol	60	mg			

<b>Citrus Chicken</b>				<b>Serves: 4</b>	
Serving Size: 4 oz meat/ea					
Calories	200	kcal	Fat	9.8	g
Protein	24.6	g	Saturated	1.6	g
Carbohydrate	4	g	Sugar	0.8	g
Sodium	379	mg	Calcium	2.8	%DV
Fiber	1.4	g	Iron	4.2	%DV
Cholesterol	73	mg			



<b>Roasted Corn and Black Bean Salad</b>				<b>Serves: 4</b>	
Serving Size: 3/4 cup					
Calories	229	kcal	Fat	4.7	g
Protein	11.6	g	Saturated	0.8	g
Carbohydrate	39	g	Sugar	5.8	g
Sodium	257	mg	Calcium	4.7	%DV
Fiber	11.7	g	Iron	15.8	%DV
Cholesterol	0	mg			

<b>Southwest Sloppy Joes</b>				<b>Serves: 4</b>	
Serving Size: 4 ounces turkey + 1 gluten free hamburger bun					
Calories	265	kcal	Fat	14.7	g
Protein	30	g	Saturated	2.9	g
Carbohydrate	41.6	g	Sugar	10.6	g
Sodium	775	mg	Calcium	8.4	%DV
Fiber	7.6	g	Iron	23	%DV
Cholesterol	84	mg			

<b>Cucumber tomato salad</b>				<b>Serves: 4</b>	
Serving Size: 1/2 cup					
Calories	17.2	kcal	Fat	0	g
Protein	0.8	g	Saturated	0	g
Carbohydrate	4	g	Sugar	2.1	g
Sodium	3	mg	Calcium	1.6	%DV
Fiber	0.8	g	Iron	1.7	%DV
Cholesterol	0	mg			

<b>Smoky chili lime pasta salad</b>				<b>Serves: 4</b>	
Serving Size: 1 cup					
Calories	544	kcal	Fat	16.2	g
Protein	20.5	g	Saturated	2.3	g
Carbohydrate	88	g	Sugar	10.3	g
Sodium	535	mg	Calcium	8.1	%DV
Fiber	17.6	g	Iron	29.4	%DV
Cholesterol	0	mg			