

MAKE AHEAD

Meal #1 & Meal #4

- Poached chicken

For poached chicken

4 whole boneless skinless chicken breasts

1. Heat a medium pot with water and a heavy pinch of salt, bring to a boil. Once boiling, add in 4 whole chicken breasts.
2. Reduce heat to a low/medium and gently simmer the breasts for 20-25 minutes (simmer is to have very small bubbles coming up to the top of the water).
3. Remove chicken from water and allow to cool slightly. Shred or cut into bite size pieces.

Meal # 2

- Brown rice pilaf

For brown rice pilaf

1 Tablespoons olive oil

¼ medium yellow onion, cut into small dice

1 garlic clove

1 cup brown rice

2 cups low sodium chicken broth

1. Heat a medium saucepot with a lid over medium heat; add in oil and once hot add in onion. Sweat onion until soft and translucent, about 3 minutes.
2. Stir in garlic and rice and then add in the broth.
3. Bring to boil, cover, and reduce heat to simmer for 25 - 30 minutes until liquid has been absorbed. Uncover and steam for an additional 5 minutes. Remove garlic clove and store pilaf in the refrigerator until dinner night.

Meal # 1 & # 4

- Cut vegetables

MENU

MONDAY ①

THANKSGIVING CHICKEN BAKE

TUESDAY ②

PAN SEARED SALMON

Honey roasted carrots & brown rice pilaf

WEDNESDAY ③

MEXI MAC 'n CHEESE

THURSDAY ④

HOMESTYLE CHICKEN NOODLE SOUP

FRIDAY ⑤

“Breakfast for Dinner”

CINNAMON PANCAKES

Maple apples & cranberries



Gluten Free October 26th

Shopping List

(1) Thanksgiving Chicken Bake (2) Pan Seared Salmon (3) Mexi Mac 'n Cheese (4) Chicken Noodle Soup (5) Cinnamon Pancakes

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
2	salmon	1 1/4 pound	about 4 small fillets	16
1,4	chicken breasts	4 breasts	boneless, skinless	14
3	ground turkey	1/2 pound	could also use ground beef	3.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,4	carrot	11	about 2 pounds medium	3
1,4	celery	5 stalks		2
1,4	swiss chard	1 large bunch		2.5
1,2,3,4	onion (yellow)	2		2
2	lemon	1		1
5	apples	2	sweet/tart variety	2.5
3	broccoli	4 cups	florets	3

Recipe #	Dairy	Quantity	Notes	Est Cost
1,3,5	eggs	6	organic	3
3,4,5	half and half	1 1/2 cups	organic	3
3,4	white cheddar cheese	1-1/2 cups	shredded	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,4	poultry seasoning	2 Tablespoons		2
1	gluten free bread	4 slices		3
1,5	dried cranberries	1/2 cup		2
3	chili powder	1 Tablespoon		1
5	cinnamon	1 teaspoon		0.5
5	baking powder	2 teaspoons		1
5	xanthum gum	3/4 teaspoon		2

Fresh 20 Grocery Est 71
 Cost Per Dinner 14.2
 Cost Per Serving 3.55

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	1/2 teaspoon
	grapeseed oil	1 Tablespoon	herbes de provence	2 teaspoons
	balsamic vinegar		ground cumin	1 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1/2 cup
	chicken or veggie broth: gluten free	10 cups		
	garlic	2 cloves		
	kosher salt	3 teaspoons		
	black pepper	1 teaspoon	gluten free macaroni	9 ounces *
	cayenne pepper		long grain brown rice	1 cup
paprika		gluten free flour	2 cups	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

MADE AHEAD

- Poached chicken * *see prep guide*
- Cut vegetables

DIRECTIONS

For Thanksgiving chicken bake

1. Preheat oven to 425 degrees and prepare a 9"x13" baking dish by lightly brushing with olive oil.
2. Heat a large, nonstick sauté pan over medium heat; add in oil, and once hot add in the onions, carrots, celery and Swiss chard. Stir to combine and sweat for 2-3 minutes or until the vegetables begin to soften and the onions are translucent.
3. Add in the bread, stir to combine, and season with poultry seasoning and salt & pepper.
4. Pour in the broth and add in the chicken and cranberries – turn off the heat and stir in the egg completely.
5. Spread into prepared casserole dish and bake uncovered for 10-15 minutes or until the top of the bread is lightly golden brown.
6. Serve warm.

Serves 4 with a least 2 extra servings for leftovers.

Kitchen Note: Leftover bread can be used for sandwiches or frozen for breadcrumbs.

INGREDIENTS

For Thanksgiving chicken bake

- 2 Tablespoons olive oil
- ½ medium yellow onion, cut into small dice
- 2 medium carrots, cut into small dice
- 2 stalks of celery, cut into small dice
- 2 cups Swiss chard, thick stems removed, roughly chopped
- 4 slices gluten-free bread cut into 1 inch cubes, about 4 cups
- * *see kitchen note*
- 1 Tablespoon poultry seasoning
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 ½ cups gluten-free chicken broth
- 2 poached chicken breasts, shredded or cut into small bite size pieces
- * *made ahead, see prep guide*
- ¼ cup dried cranberries, no sugar added
- 1 large organic egg



(2) PAN SEARED SALMON

Honey roasted carrots & brown rice pilaf

MADE AHEAD

- Brown rice pilaf * *see prep guide*

DIRECTIONS

For salmon

1. Lay salmon out onto a flat surface and season each side generously with salt & pepper.
2. Heat a large, nonstick sauté pan over medium/high heat; add in grapeseed oil, and once hot (almost smoking) add in salmon. Cook on the first side 3-4 minutes or until a nice golden brown crust forms. Flip to other side, reduce heat to low/medium, and continue to cook for 3-4 minutes longer.
3. Squeeze fresh lemon juice over the top.

** For chicken - cook for an additional 10 minutes or until chicken is cooked through and no longer pink in the middle.*

For brown rice pilaf

On dinner night, reheat rice in a small pot over low heat with 1 Tablespoon of water. Steam the rice with the lid on for about 4 minutes then fluff with a fork.

For honey roasted carrots

1. Preheat oven to 450 degrees and place rack into the center of the oven.
2. Line a baking sheet with parchment or rub lightly with oil. Toss cut carrots with olive oil, honey, herbs, and salt & pepper.
3. Spread carrots evenly on baking sheet and roast in the oven for 12-15 minutes or until they are tender.

INGREDIENT

For pan seared salmon

1 1/4 pound of salmon fillets (or any white fish of your choice), about 4 small fillets (**1 pound of boneless, skinless chicken breast may be substituted, sliced lengthwise into 4 pieces*)

Kosher salt & black pepper

1 Tablespoon grapeseed oil

1 lemon, cut in half

For brown rice pilaf

2 cups brown rice pilaf, made ahead
**see prep guide*

For honey roasted carrots

6 medium carrots, peeled and cut into ¼ inch slices

1 Tablespoon olive oil

2 Tablespoons honey

2 teaspoons Herbes de Provence

½ teaspoon kosher salt

Pinch of black pepper

DIRECTIONS

For stovetop mexi mac 'n cheese

1. Bring a large pot of water to a boil with a heavy pinch of kosher salt.
2. In a medium bowl, combine eggs, half and half, cumin, oregano and salt & pepper - set aside.
3. Add macaroni to boiling water and cook until just under aldente - about 7 minutes. Drain and place macaroni back into hot pot over very low heat.

Meanwhile

4. Heat a large sauté pan over medium heat; add in oil and once hot add the onions and ground beef or turkey. Season the meat with chili powder, cumin, and salt & pepper – stir to combine and brown meat until cooked through, 5-6 minutes. Turn off heat and set aside.
5. Into the pot of warm, drained macaroni add in half of the egg mixture and half of the cheese. Stir slowly and constantly until cheese begins to melt, about 1 minute.
6. Add in the rest of the egg mixture and the remaining cheese. Gently stir over low heat for about 5 minutes until velvety and creamy.
7. Turn off the heat and stir in the cooked meat and broccoli. Allow the macaroni to sit for approximately 3-4 minutes; this will help the sauce to thicken slightly.

INGREDIENTS

For stovetop mexi mac 'n cheese

- 3 large organic eggs
- ½ cup half and half
- ½ teaspoon dried cumin
- ½ teaspoon dried oregano
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 6 ounces gluten free quinoa or rice flour elbow macaroni
- 1 Tablespoon olive oil
- ½ medium yellow onion, cut into small dice
- ½ pound lean ground beef or lean ground turkey
- 1 Tablespoon mild chili powder
- ½ teaspoon dried cumin
- ¼ teaspoon kosher salt
- Pinch of black pepper

- 1 ½ cups of white cheddar cheese, grated
- 4 cups broccoli florets, steamed and cut into very small bite size pieces

MADE AHEAD

- 2 poached chicken breasts, shredded * *See prep guide*
- Cut vegetables

DIRECTIONS

For chicken noodle soup

1. Heat a soup pot over medium heat. Once hot, add in oil, onion, carrots, celery and Swiss chard. Sprinkle with kosher salt and sweat the vegetables until the onions become soft and translucent, about 2-3 minutes.
2. Stir in garlic and poultry seasoning and cook until fragrant, about 30 seconds.
3. Pour in broth/water, add in chicken, pasta, and season with salt and pepper. Stir to combine and reduce heat to a low simmer. Simmer for 10-15 minutes or until noodles are soft and tender.

INGREDIENTS

For chicken noodle soup

1 Tablespoon olive oil
 $\frac{3}{4}$ medium yellow onion, cut into small dice
3 carrots, peeled and cut into $\frac{1}{4}$ inch coins
3 celery stalks, cut into $\frac{1}{4}$ inch slices
 $\frac{1}{2}$ bunch Swiss chard, stems removed, roughly chopped
1 garlic clove, minced or pressed
1 Tablespoon poultry seasoning
4 cups gluten free chicken broth
2 cups warm water
2 – 3 cups shredded poached chicken
** made ahead, see prep guide*
3 ounces gluten free macaroni
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon black pepper



(5) GLUTEN FREE CINNAMON PANCAKES

Maple apples & cranberries

DIRECTIONS

For cinnamon pancakes

1. In a medium bowl, whisk together flour, baking powder, xanthum gum, salt, and cinnamon.
2. In a separate bowl, whisk together eggs, syrup, water, and half and half.
3. Slowly whisk the egg mixture into the dry ingredients until fully combined. Allow the batter to sit for 5 minutes to thicken. If the batter becomes too thick, add 1 -2 Tablespoons of additional water.
4. Heat a nonstick sauté pan or a pancake griddle over medium heat. Pour ¼ cup portions of batter onto hot pan. Carefully flip the pancakes when bubbles appear on top. Cook for an additional 1 minute.

For maple apples & cranberries

1. Heat a medium sauté pan over medium heat and add in apples, water, syrup, cranberries and a pinch of cinnamon. Stir to combine and cook for 3-4 minutes or until apples soften. Remove from heat and serve over pancakes with maple syrup.

INGREDIENTS

For cinnamon pancakes

- 2 cups Gluten Free Multi Purpose Flour (King Arthur or Bob's Red Mill)
- 2 teaspoons baking powder
- ¾ teaspoon xanthum gum
- ¾ teaspoon kosher salt
- 1 teaspoon ground cinnamon
- 2 large organic eggs
- 2 Tablespoons of maple syrup
- ½ cup of water
- 1 cup half and half or milk

For maple apples & cranberries

- 2 sweet/tart apples such as Honey Crisp, Granny Smith, Jonagold or Braeburn, peeled, cored & cut into medium dice
- 2 Tablespoons water
- ¼ cup maple syrup
- ¼ cup dried, unsweetened cranberries
- Pinch of cinnamon

- Maple syrup



Nutrition Information

Thanksgiving chicken bake				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	330	kcal	Fat	11.2	g
Protein	21.5	g	Saturated	1.7	g
Carbohydrate	37.9	g	Sugar	5.3	g
Sodium	770	mg	Calcium	5.8	%DV
Fiber	5.3	g	Iron	8.1	%DV
Cholesterol	83	mg			

Pan seared salmon				Serves: 4	
Serving Size: Approximately 4 ounces/1 fillet					
Calories	197	kcal	Fat	10.7	g
Protein	22.8	g	Saturated	1.5	g
Carbohydrate	2.9	g	Sugar	0.7	g
Sodium	51	mg	Calcium	3	%DV
Fiber	1.3	g	Iron	6.1	%DV
Cholesterol	62	mg			

Brown rice pilaf				Serves: 4	
Serving Size: 1/2 cup					
Calories	215	kcal	Fat	4.8	g
Protein	4.9	g	Saturated	0.8	g
Carbohydrate	37.8	g	Sugar	1.3	g
Sodium	34	mg	Calcium	2.2	%DV
Fiber	2	g	Iron	4.7	%DV
Cholesterol	0	mg			

Honey roasted carrots				Serves: 4	
Serving Size: 1/2 cup					
Calories	104	kcal	Fat	3.6	g
Protein	1	g	Saturated	0.5	g
Carbohydrate	18.6	g	Sugar	13.5	g
Sodium	318	mg	Calcium	3.5	%DV
Fiber	2.9	g	Iron	2.1	%DV
Cholesterol	0	mg			

Mexi melt stovetop mac 'n' cheese				Serves: 4	
Serving Size: 1 cup					
Calories	595	kcal	Fat	31.5	g
Protein	43.1	g	Saturated	15.3	g
Carbohydrate	42.6	g	Sugar	4.3	g
Sodium	899	mg	Calcium	53.5	%DV
Fiber	7.1	g	Iron	26.2	%DV
Cholesterol	246	mg			

Homestyle chicken noodle soup			Serves: 4	
Serving Size: 1 cup				
Calories	231	kcal	Fat	6.1 g
Protein	19.3	g	Saturated	1.1 g
Carbohydrate	24	g	Sugar	4.3 g
Sodium	485	mg	Calcium	7.5 %DV
Fiber	3.2	g	Iron	12.1 %DV
Cholesterol	54	mg		

Pancakes w/apples & cranberries			Serves: 4	
Serving Size: 2 pancakes + 3 tablespoons maple apples & cranberries				
Calories	552	kcal	Fat	10.9 g
Protein	12.2	g	Saturated	5.4 g
Carbohydrate	108	g	Sugar	57.8 g
Sodium	444	mg	Calcium	29.7 %DV
Fiber	8.5	g	Iron	15.7 %DV
Cholesterol	115	mg		