

PREP GUIDE

The items listed below can be prepared at the beginning of the week (unless otherwise noted) to save time on meal night. Be sure to seal in airtight containers and store in the coldest part of your refrigerator.

MAKE AHEAD

Meal #1

- Roast chickens **see Meal #1 for directions, total roasting time is a about one hour*
- Cut cauliflower and Swiss chard

Meal #2

- 2 cups cooked brown rice ** directions below*
- Peel and grate ginger (store in an airtight container in the refrigerator for Meals #2, #4 and #5)
- Cut vegetables: green onions, red peppers & carrot

Meal #3

- 2 cooked chicken breasts, cut into bite size pieces ** from Meal #1*
- Cut swiss chard

Meal #4

- Cut vegetables: carrots, onion, red bell pepper
- 1 cup cooked brown rice ** directions below*
- Chicken thighs & drumsticks, shredded **see Meal #1*

Meal #5

- Cut vegetables: green onions, serrano pepper, carrot, red bell peppers

For 3 cups cooked brown rice – Meals #2 and #4

1 ½ cups brown rice

3 cups water or broth

¾ teaspoon kosher salt (only if using water)

1. 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

LEMON HERB ROAST CHICKEN
Cauliflower and chard sauté
with black eyed peas

TUESDAY ②

THAI STYLE TILAPIA in
COCONUT BROTH
Brown rice

WEDNESDAY ③

CREAMY CHEDDAR &
CHICKEN MACARONI

THURSDAY ④

SAUSAGES & BLACK EYED PEAS
Carrot ginger soup

FRIDAY ⑤

COCONUT TOFU RICE NOODLES
with carrots, cilantro, and fresh lime



Gluten Free January 11th
Shopping List

(1) Roast Chicken (2) Thai Style Tilapia (3) Cheddar/Chicken Macaroni (4) Sausages/ Black Eyed Peas (5) Coconut Tofu Rice Noodles

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	organic whole chickens	2		24
2	tilapia	4 fillets	about 1-1/4 pounds	11
4	chicken or turkey sausage	4	hot link style, smoked, low sodium	5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,4	medium yellow onion	3		2.5
1	lemon	3		1.5
1	cauliflower	1 sm head		2
1,3	Swiss chard	3 cups	about 1 pound	2.5
2,5	green onions	1 bunch	6 onions	1.5
2,4,5	carrots	8		2
2,4,5	ginger	7" piece	3-1/2 Tablespoons minced	2
2,4,5	red bell peppers	3		3
2,5	cilantro	1 bunch		1.5
2,5	lime	3		1
5	Serrano pepper	1		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost
3	low fat organic milk	3 cups		2
3	colby jack cheese	2 cups	shredded	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,4	canned black eyed peas	2 cans	14.5 oz each, organic no salt added	3
2,5	coconut milk	3 cans	14 oz each, light coconut milk	5
5	rice noodles	7 ounces		3
5	tofu	1 - 14 oz pkg	extra firm, organic	3

CHECK PANTRY FOR PASTA!

Fresh 20 Grocery Est 80
Cost Per Dinner 16
Cost Per Serving 4

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	9 Tablespoons	dried oregano	2 teaspoons
	grapeseed oil	2 Tablespoons	herbes de provence	7 teaspoons
	balsamic vinegar		ground cumin	
	white wine vinegar	1 teaspoon	raw honey or 100% maple syrup	1 Tablespoon
	chicken or veggie broth:gluten free	7 cups	organic tomato paste	
	garlic	12 cloves	Dijon mustard or brown mustard	
	kosher salt	7 teaspoons	Tamari or gluten free soy sauce	1 Tablespoon
	black pepper	2-1/2 teaspoons	gluten free elbow macaroni	6 ounces
	cayenne pepper		long grain brown rice	1-1/2 cups
paprika	4 teaspoons	brown rice flour blend	3 Tablespoons	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) LEMON HERB ROAST CHICKEN

cauliflower & chard sauté with black eyed peas

If you have time, pull the chickens from the refrigerator about 20 minutes before cooking. A room temperature chicken will cook faster, rather than placing a cold bird in the oven. Roasting the chickens ahead of time will make for an easy week of cooking.

MADE AHEAD

- Roast chickens * see directions below, total roasting time is about one hour
- Cut cauliflower and Swiss chard

DIRECTIONS

For lemon herb roast chicken

1. Preheat oven to 500°F and place the rack in the middle of the oven.
2. Remove any neck or liver pieces from chicken cavity.
3. Rinse chickens in cold water, pat dry, and place on aluminum foil lined baking sheet or set side by side in a large roasting pan.
4. In a small bowl, combine the olive oil, Herbes de Provence, salt & pepper, paprika, and garlic.
5. Use hands or pastry brush to evenly coat both chickens with olive oil mixture and stuff the cavity with onion and lemon.
6. Roast 15 minutes in the preheated oven, then reduce heat to 450°F and continue roasting 15 minutes.
7. Baste chicken with pan drippings, reduce heat to 425°F, and continue roasting 25 - 30 minutes. Chicken is done when internal juices are clear and the temperature between the thigh and cavity is at least 155°. Remove from oven and let stand 10 minutes.
8. Slice breasts, thighs and wings off one chicken for Meal #1. Slice the breasts off the second chicken and store in a Ziploc bag for Meal #3. Shred the thighs and drumsticks from the second chicken for Meal #4 and store in a Ziploc bag. Before storing, squeeze the cooled lemons over the top of the chicken.

For cauliflower & chard sauté with black eyed peas

1. Heat a large sauté pan over medium heat and add in the oil, garlic and onion. Saute for 1 minute and then add in the cauliflower, black eyed peas, chard, lemon zest, Herbes, paprika, and salt & pepper. Stir to combine and cook for 10 minutes or until the cauliflower is tender. Squeeze lemon juice over the top and serve warm with chicken.

INGREDIENTS

For lemon herb roast chicken

- 2 (organic) whole chickens
- 3 Tablespoons olive oil
- 2 Tablespoons of Herbes De Provence
- 1 Tablespoon of kosher salt
- 2 teaspoons black pepper
- 1 Tablespoon paprika
- 4 garlic cloves, minced or pressed
- 1/2 medium yellow onion
- 2 lemons, cut into 4 pieces

For cauliflower & chard sauté with black eyed peas

- 3 Tablespoons olive oil
- 1 garlic clove, minced or pressed
- ¼ medium yellow onion, cut into thin slices
- 1 small head of cauliflower, about 6 cups – cut into very small florets
- 1 - 14.5 ounce can organic, no salt added black eyed peas, drained and rinsed
- 1 packed cup of Swiss chard, washed and chopped into small pieces or shreds
- 1 lemon zested and juiced *keep zest and juice separate
- 1 teaspoon Herbes de Provence
- 1 teaspoon paprika
- 1 teaspoon kosher salt
- Pinch of black pepper



(2) THAI STYLE TILAPIA IN COCONUT BROTH

over brown rice

MADE AHEAD

- 2 cups cooked brown rice ** see prep guide*
- Peel and grate ginger ** see prep guide*
- Cut vegetables: green onions, red peppers & carrot

DIRECTIONS

For Thai style tilapia

1. Season the tilapia fillets with salt & pepper on both sides.
2. Heat a large, nonstick sauté pan over medium/high heat; add in oil, and once hot add the fillets.
3. Cook about 2 minutes on the first side until lightly golden and then with a spatula, carefully remove from the pan with a spatula and set aside on plate. Don't worry if the fish sticks a little and leaves some pieces behind.
4. Add the onion, red peppers, carrots, 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 3 minutes or until the fish flakes with a fork (** for chicken, cook 3 - 4 minutes per side, remove from the pan and continue with the sauce - chicken is done when it is no longer pink in the middle*)
6. Carefully remove the fish from the pan and serve over brown rice. Spoon extra sauce over the top and garnish with chopped cilantro and fresh limes.

** To reheat brown rice on dinner night add 2 Tablespoons water to prepared rice and heat on stovetop, stirring with a fork to fluff.*

INGREDIENTS

For Thai style tilapia

- 4 tilapia fillets, about 1 ¼ pounds
(**1 pound of chicken breast can be substituted - 2 breasts sliced in half lengthwise*)
- 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
- 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, plus additional for garnish
- 1 – 14 ounce can light coconut milk
- ¼ teaspoon kosher salt
- 2 cups cooked brown rice, reheated **see prep guide*
- 1 lime, cut into wedges

Adding chard, kale, or spinach to macaroni and cheese is the easiest way to get your family to eat their greens. The smaller you cut the greens the better. Colby jack is a nice blend of cheddar and jack cheese, but you can use whatever blend of cheese your family enjoys.

MADE AHEAD

- 2 cooked chicken breasts, cut into bite-sized pieces
* see Meal #1
- Cut swiss chard

DIRECTIONS

For creamy cheddar & chicken macaroni

1. Preheat oven to 425 degrees and lightly oil an 8x8 inch brownie pan or any small casserole dish.
2. Bring a large pot of water to a boil with a heavy pinch of salt. Boil elbow macaroni for 6 minutes, drain and return to pot, set aside.

Meanwhile

3. Heat a medium pot over low/medium heat and add olive oil and flour. Stir together and cook for 1 – 2 minutes then slowly whisk in warm milk until completely combined. Add in onion and salt & pepper. Simmer for 10 minutes, then remove onion piece.
4. Add in 1 ½ cups of the shredded cheese, a little at a time, whisking to combine. Once all the cheese is added continue to cook for an additional 5 minutes.
5. To the pot of macaroni, add the swiss chard, chicken, and cheese sauce, stir to combine and then spoon into the prepared 8x8 pan. Top with remaining ½ cup of cheese and place into preheated oven for 20 minutes. Serve warm.

INGREDIENTS

For creamy cheddar & chicken macaroni

- 6 ounces gluten free elbow macaroni
- 2 Tablespoons olive oil
- 3 Tablespoons brown rice flour**
- 3 cups of warmed, low fat organic milk
- ¼ medium yellow onion, whole
- ½ teaspoon kosher salt
- Pinch of black pepper
- 2 cups, about 6 ounces, Colby jack cheese, shredded and divided
- 2 packed cups Swiss chard, stems removed, cut into shreds or small pieces
- 2 chicken breasts cut into bite size pieces * see Meal #1 for recipe

**We use Bob's Red Mill brown rice flour blend for cooking not baking

This dairy-free version of carrot soup doesn't lack in flavor or texture. It's smooth and velvety without the added calories of cream or any dairy. The added ginger isn't overpowering, but is nicely balanced with the sweetness of the carrots and it adds an extra punch of antioxidants.

MADE AHEAD

- Cut vegetables: carrots, onion, red bell pepper
- Peel and grate ginger **see prep guide*
- 1 cup cooked brown rice ** see prep guide*
- 2 cups shredded chicken thigh & leg meat ** see Meal #1*

DIRECTIONS

For carrot ginger soup

1. Heat a large soup pot over medium heat and add in carrots, onion, ginger, garlic, broth, water and salt & pepper.
2. Bring to a low boil and cook for 12-15 minutes or until the vegetables are very tender. Remove from heat and carefully blend with an immersion blender or in batches in a blender. *If using a blender be very careful to hold the lid down with a towel and allow steam to escape through the top. Pressure can build with hot liquids in a blender and can be dangerous.* Return to the pot and add the vinegar and honey and simmer for an additional 5 minutes. Adjust consistency to taste with a little water if too thick.

Meanwhile

For sausages and black eyed peas

1. Preheat the oven to 425 degrees and lightly oil a 9x13 inch baking dish.
2. In a large bowl, combine olive oil, peppers, onions, oregano, garlic, rice, black eyed peas, chicken, sausages, broth, and salt & pepper. Stir to combine and place into prepared dish. Cover with foil and bake for 20 minutes.
3. Serve warm with carrot soup.

INGREDIENTS

For carrot ginger soup

6 large carrots, peeled and roughly chopped – about 1 ½ pounds
 ½ medium yellow onion, peeled and roughly chopped
 2 inches of fresh ginger root peeled and grated to yield 1 Tablespoon of ginger
 1 large clove of garlic, minced or pressed
 4 cups low sodium, gluten free chicken or vegetable broth
 2 cups water
 1 teaspoon kosher salt
 Pinch of black pepper
 1 teaspoon white wine vinegar
 1 Tablespoon honey

For sausages and black eyed peas

1 Tablespoon olive oil
 1 red bell pepper, cut into thin slices
 1 medium yellow onion, cut into thin slices
 2 teaspoons dried oregano
 2 garlic cloves, minced or pressed
 1 cup cooked brown rice **see prep guide*
 1 – 14.5 ounce can organic, no salt added black eyed peas
 2 cups shredded chicken thigh and leg meat ** see Meal #1*
 4-low sodium, organic chicken or turkey smoked sausages in casing, cut into 1 inch slices
 ½ cup low sodium, gluten free chicken broth or water
 ¼ teaspoon kosher salt
 ¼ teaspoon black pepper



(5) COCONUT TOFU RICE NOODLES with carrots, cilantro, and fresh lime

This meal is all about the aromatic garlic & ginger broth. Be careful not to boil the coconut milk or it will separate. If you have any peanuts or cashews they would be perfect sprinkled on top along with the cilantro and fresh lime juice. If you happen to have fish sauce, add a splash to the broth while it's simmering for added flavor.

MADE AHEAD

- Cut vegetables: green onions, serrano pepper, carrot, red bell peppers
- Peel and grate ginger * see prep guide

DIRECTIONS

For coconut tofu rice noodles

1. Place rice noodles into a shallow baking dish and cover with boiling water for 10 minutes. Drain, rinse with cold water, and set aside.
2. Heat a large soup pot over medium heat and add in oil. Once the oil is hot add in the onions, Serrano pepper, ginger and garlic. Stir to combine and once fragrant (about 30 seconds), add in the coconut milk and broth. Bring to a simmer and add tofu, lime juice, tamari/soy sauce, ½ cup of cilantro and salt. Gently simmer for 15 minutes.
3. To serve, fill four bowls with rice noodles and cover with broth and tofu, garnish with fresh carrots, red peppers, lime wedge, and remaining cilantro.

INGREDIENTS

For coconut tofu rice noodles

7 ounces thin rice noodles

1 Tablespoon grapeseed oil

4 green onions, green & white parts cut into thin slices

½ small Serrano pepper, minced – about 1 teaspoon (more if you like it spicy)

3 inches of ginger, peeled and grated to yield 1 ½ Tablespoons ginger

2 cloves of garlic, minced or pressed

2 – 14 oz cans light coconut milk

2 cups gluten free vegetable broth

1 – 14 oz package of extra firm organic tofu, drained and cut into small dice

1 lime, juiced

1 Tablespoon Tamari or gluten free soy sauce

¾ cup or ¾ of a small bunch of cilantro, roughly chopped and divided (*save some for garnish*)

½ teaspoon kosher salt

For garnish

1 medium carrot, shredded

1 red bell pepper, cut into thin strips

1 lime, cut into wedges



Nutrition Information

Lemon herb roast chicken				Serves: 4	
Serving Size: About 5.5 ounces chicken/each person					
Calories	336	kcal	Fat	16	g
Protein	43.5	g	Saturated	3.7	g
Carbohydrate	2.9	g	Sugar	0.9	g
Sodium	285	mg	Calcium	3.1	%DV
Fiber	0.4	g	Iron	9.5	%DV
Cholesterol	134	mg			

Cauliflower & chard saute with black eyed peas				Serves: 4	
Serving Size: 1/2 cup					
Calories	238	kcal	Fat	11	g
Protein	6.6	g	Saturated	1.6	g
Carbohydrate	30.8	g	Sugar	7.1	g
Sodium	561	mg	Calcium	18	%DV
Fiber	8.6	g	Iron	11	%DV
Cholesterol	0	mg			

Thai style tilapia in coconut broth				Serves: 4	
Serving Size: 1 fillet + approximately 2 tablespoons sauce					
Calories	254	kcal	Fat	12	g
Protein	30.5	g	Saturated	6.1	g
Carbohydrate	8	g	Sugar	4	g
Sodium	477	mg	Calcium	3.1	%DV
Fiber	1.6	g	Iron	9	%DV
Cholesterol	71	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			

Creamy cheddar & chicken macaroni				Serves: 5	
Serving Size: 1-1/2 cup					
Calories	510	kcal	Fat	23	g
Protein	37.4	g	Saturated	10	g
Carbohydrate	38.8	g	Sugar	9.6	g
Sodium	564	mg	Calcium	46	%DV
Fiber	3.68	g	Iron	12	%DV
Cholesterol	96	mg			

Carrot ginger soup		Serves: 4	
Serving Size: 1 1/4 cup			
Calories	81 kcal	Fat	0 g
Protein	3.3 g	Saturated	0 g
Carbohydrate	17.1 g	Sugar	10 g
Sodium	631 mg	Calcium	5.6 %DV
Fiber	3.4 g	Iron	3.3 %DV
Cholesterol	0 mg		

Sausage & black eyed peas		Serves: 4	
Serving Size: 1 cup			
Calories	403 kcal	Fat	13 g
Protein	23.5 g	Saturated	2.8 g
Carbohydrate	48.5 g	Sugar	11 g
Sodium	mg	Calcium	16 %DV
Fiber	7.4 g	Iron	15 %DV
Cholesterol	78 mg		

Coconut tofu rice noodles		Serves: 4	
Serving Size: 1 cup			
Calories	461 kcal	Fat	21 g
Protein	16.2 g	Saturated	11 g
Carbohydrate	54.8 g	Sugar	6 g
Sodium	578 mg	Calcium	21 %DV
Fiber	3.1 g	Iron	21 %DV
Cholesterol	0 mg		