

PREP GUIDE

Meal #1

- Cut chicken
 - 2 pounds boneless, skinless chicken breast (for 2 meals), cut into thin, fajita-like slices
- Cut vegetables:
 - ½ medium yellow onion, thinly sliced
 - 3 medium carrots, peeled and thinly sliced

Meal #2

- 2 cups cooked brown rice * *see recipe below*
- 4" fresh ginger, peeled & grated to yield 5-1/2 teaspoons
- Cut vegetables:
 - ½ red bell pepper, thinly sliced
 - 1 medium carrot, shredded

Meal #3

- 1 cup cooked brown rice * *see recipe below*
- Cut vegetables:
 - ½ medium yellow onion, thinly sliced
 - 1 red bell pepper, thinly sliced

Meal #4

- Cut vegetables:
 - ½ medium yellow onion, cut into small dice
 - 1 red bell pepper, cut into small dice
 - ½ small bunch kale, washed and chopped into small bites, about 4 cups

Meal #5

- 1 " fresh ginger, peel & grated to yield 2 teaspoons
- Cut vegetables:
 - 2 medium carrots, grated or cut into matchsticks
 - 1 red bell pepper, julienned (thinly sliced)

Brown rice (Meal #2 & #3)

1 ½ cup brown rice (makes 3 cups)
 3 cups water or broth
 ¾ teaspoon kosher salt (only if using water)
 ½ red bell pepper, thinly sliced
 1 medium carrot, shredded

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. Makes 3 cups.

Kitchen Note: Ginger can be purchased in the produce section of your local grocery store. It is a root that can be bought in pieces by the pound. Peel the ginger with a vegetable peeler and then grate on either a micro plane or the fine blade of a cheese grater.

MENU

MONDAY ①

CHICKEN DIJON
 Peppered macaroni noodles

TUESDAY ②

GINGER SHRIMP LETTUCE WRAPS
 Spicy peanut sauce

WEDNESDAY ③

CHICKEN FAJITA TACOS

THURSDAY ④

TURKEY & BLACK BEAN CHILI
 Quesadillas

FRIDAY ⑤

EDAMAME RICE NOODLE SALAD
 Creamy peanut dressing



Gluten Free March 22nd

Shopping List

(1) Chicken Dijon (2) Shrimp Lettuce Wraps (3) Chicken Fajita Burritos (4) Turkey/Black Bean Chili (5) Edamame Rice Noodle Salad

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|----------|----------------------------------|-----------|------------------------------|----------|
| 1 | boneless skinless chicken breast | 2 pounds | | 18 |
| 2 | shrimp | 3/4 pound | | 12 |
| 4 | turkey sausage | 1 pound | raw in casing sweet or spicy | 5 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|----------|-------------------------|--------------|------------------|----------|
| 5 | frozen or fresh edamame | 2 cups | shelled | 3 |
| 1,3,4 | medium yellow onion | 2 | | 1.5 |
| 1,4 | kale | 1 lg bunch | need 7 cups | 2 |
| 2,5 | butter lettuce | 1 large head | or 2 small heads | 2 |
| 2,5 | ginger | 5" piece | | 2 |
| 2,5 | lime | 4 | | 2 |
| 2,3,4,5 | cilantro | 2 bunches | | 3 |
| 1,2,3,5 | carrot | 7 | | 2 |
| 2,3,4,5 | red bell pepper | 4 | | 3.5 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|-------------------------------|------------|-------|----------|
| 1,3 | light sour cream | 3/4 cup | | 2 |
| 3,4 | Mexican blend shredded cheese | 1-1/4 cups | 2% | 4 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|----------|----------------|----------------|--------------|----------|
| 3,4 | corn tortillas | 12 | 6" taco size | 4 |
| 1 | white wine | 1/4 cup | or sub broth | 1 |
| 2,5 | rice noodles | 10 ounces | 1-14 oz box | 3 |
| 2,5 | peanut butter | 10 Tablespoons | | 3 |
| 2 | peanuts | 1/4 cup | | 2 |
| 3,4 | black beans | 3 cans | 14.5 oz each | 5 |

CHECK PANTRY FOR NOODLES

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

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|----------------|--------------------------------------|--------------------|--------------------------------|-----------------|
| | olive oil | 2 Tablespoons | dried oregano | 1-1/2 teaspoons |
| | grapeseed oil | 3/4 cup + 1 Tblspn | herbes de provence | 2 teaspoons |
| | balsamic vinegar | | ground cumin | 1-1/2 teaspoons |
| | white wine vinegar | 1 teaspoon | raw honey or 100% maple syrup | 2 Tablespoons |
| | chicken or veggie broth: gluten free | 3-1/2 cups | organic tomato paste | |
| | garlic | 10 cloves | gluten free Dijon mustard | 1 Tablespoon |
| | kosher salt | 2 teaspoons | Tamari / gluten free soy sauce | 4-1/2 teaspoons |
| | black pepper | 1-1/4 teaspoons | gluten free macaroni | 8 ounces |
| | cayenne pepper | pinch | long grain brown rice | 1-1/2 cups |
| | paprika | | brown rice flour | 3 Tablespoons |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) CHICKEN DIJON peppered macaroni

MAKE AHEAD

- Cut chicken into slices
- Cut vegetables: onions & carrots

DIRECTIONS

For chicken Dijon

1. Cut all the chicken into thin, fajita-like slices and then separate half of the meat into a Ziploc bag for Meal #3.
2. Season the remaining meat with salt & pepper and lightly toss with 1 Tablespoon of flour to coat – set aside.
3. Heat a large, nonstick sauté pan over medium/high heat. Once hot add in oil and then chicken. Sauté the chicken until lightly browned, about 1 minute, stirring once.
4. Add in the wine, onion, carrots, Dijon, garlic, and herbs, stir to combine and cook until the wine has evaporated, then sprinkle 2 Tablespoons of flour over the top – stir to combine and cook for 1 minute. Watch your heat so the flour doesn't begin to burn.
5. Add in hot broth and kale, stirring to combine. Reduce heat slightly and simmer for 3 minutes - liquid will begin to reduce and thicken.
6. Turn off the heat and stir in the sour cream.
7. Taste and adjust seasoning.

For peppered macaroni

1. Bring a large pot of water with a heavy pinch of salt to a boil.
2. Add in noodles and boil until al dente, about 8 -9 minutes. Drain and toss with olive oil and a generous amount of black pepper.

Serve warm pasta with chicken and sauce over the top.

INGREDIENTS

For chicken Dijon

2 pounds boneless, skinless chicken breast (for 2 meals), cut into thin, fajita-like slices
½ teaspoon kosher salt
¼ teaspoon black pepper
1 Tablespoon brown rice flour
1 Tablespoon grapeseed oil
¼ cup white wine * *can be replaced with ¼ cup chicken broth*
½ medium yellow onion, thinly sliced
3 medium carrots, peeled and thinly sliced
1 Tablespoon gluten free Dijon mustard
2 garlic cloves, minced or pressed
2 teaspoons Italian seasoning or Herbes de Provence
2 Tablespoons brown rice flour
1 ½ cups low sodium (gluten free) chicken broth, warmed
3 cups kale, rinsed and stems removed, cut into small, bite size pieces
½ cup light sour cream or Greek yogurt

For peppered macaroni

8 ounces gluten free macaroni
1 Tablespoon olive oil
Fresh black pepper



(2) GINGER SHRIMP LETTUCE WRAPS

With spicy peanut sauce

MADE AHEAD

- 2 cups cooked brown rice * see prep guide
- 1-1/2 Tablespoons + 1 teaspoon grated fresh ginger
- Cut vegetables: red pepper, carrot

DIRECTIONS

For ginger shrimp lettuce wraps

1. Prepare noodles according to the box directions – set aside.
2. Rinse and dry lettuce leaves – set aside.
3. In a small bowl, toss shrimp with salt & pepper – set aside.
4. Heat a large, nonstick sauté pan over medium/high heat; add in oil. Once oil is hot add in the ginger and garlic; stir and cook until fragrant, about 30 seconds. Add in red bell pepper and sauté for an additional 2 minutes.
5. Add in shrimp and cook until they begin to turn pink, about 1 - 2 minutes. Turn off the heat and set aside.

For spicy peanut sauce

1. Heat a small saucepot over low/medium heat; add in water, peanut butter, lime juice, garlic, ginger, soy sauce, honey, and salt & pepper – whisk to combine. Simmer over low heat 3-4 minutes.
2. Sauce can be added to the sauté pan to coat the shrimp or served on the side.

To assemble lettuce wraps

Put 2 lettuce leaves together to make a cup. Fill each cup with rice noodles, top with shrimp and peppers, and garnish with chopped cilantro, peanuts, and shredded carrots. Serve two wraps per person with ½ cup brown rice.

To reheat brown rice on dinner night

Warm the rice over low heat in a small saucepot with 1 – 2 tablespoons of water. Cook for about 3-5 minutes or until steamed through and warm.

INGREDIENTS

For ginger shrimp lettuce wraps

3 oz thin, stir fry rice noodles (we like Thai Kitchen, about 1/4 of a 14 ounce box)

16 butter lettuce leaves, rinsed and dried

¾ pound fresh, medium shrimp, peeled and deveined **Chicken tenderloins can be substituted, just cut them into smaller pieces*

Sprinkle of kosher salt & pepper

2 Tablespoons grapeseed oil

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

2 garlic cloves, minced or pressed

½ red bell pepper, thinly sliced

For spicy peanut sauce

1 cup water

½ cup smooth or chunky organic, natural peanut butter

1 lime, juiced to yield 2 Tablespoons of juice

1 garlic clove, minced or pressed

1 inch of fresh ginger, peeled and grated to yield 1 teaspoon

1 Tablespoon Tamari / gluten free soy sauce

1 Tablespoon honey

Pinch of salt & pepper

*Optional pinch of red pepper flake or cayenne pepper

Garnish

1/4 bunch cilantro, roughly chopped

¼ cup chopped peanuts

1 medium carrot, shredded

Brown rice

2 cups cooked brown rice * See prep guide

MADE AHEAD

- 1 pound sliced chicken breast * *see Meal #1*
- 1 cup cooked brown rice * *See prep guide*
- Cut vegetables: yellow onion, red bell pepper

DIRECTIONS

For chicken fajitas tacos

1. In a medium bowl, combine salt & pepper, garlic, oil, cumin, and oregano. Add in chicken and toss to coat.
2. Heat a large, nonstick sauté pan over medium/high heat. Once hot add the chicken and cook until lightly browned, about 2 minutes.
3. Add in the onion, red pepper, beans, and rice - season with salt & pepper. Stir to combine and cook for 3-5 minutes or until the vegetables have softened and the chicken is cooked through.
4. Warm tortillas on the stovetop over a low open flame or wrap in a damp towel and microwave for 15-20 seconds.
5. Pile veggies and chicken mixture into the center of each tortilla and sprinkle with cilantro and cheese. Spread a dollop of sour cream over the top and fold up into tacos.

INGREDIENTS

For chicken fajita tacos

- ½ teaspoon kosher salt
 - ¼ teaspoon black pepper
 - 1 garlic clove, minced or pressed
 - 1 Tablespoon grapeseed oil
 - 1 teaspoon ground cumin
 - 1 teaspoon dried oregano
 - 1 pound sliced chicken breast **see Meal #1*
 - ½ medium yellow onion, thinly sliced
 - 1 red bell pepper, thinly sliced
 - 1 – 14.5 ounce can organic, no salt added black beans, drained and rinsed
 - 1 cup cooked brown rice * *see prep guide*
 - ¼ teaspoon kosher salt
 - ¼ teaspoon black pepper
 - 8 – 6" corn tortillas
- #### *Garnish*
- ¼ bunch cilantro, roughly chopped
 - ¼ cup 2% Mexican blend shredded cheese
 - ¼ cup Greek yogurt or light sour cream



(4) TURKEY & BLACK BEAN CHILI

quesadillas

MADE AHEAD

- Cut vegetables: onion, red bell pepper, kale

DIRECTIONS

For turkey & black bean chili

1. Heat a soup pot over medium heat and add oil. Once the oil is hot add in the sausage and cook until browned, about 4 – 5 minutes. *Use a spatula or wooden spoon to break up the sausage while cooking.*
2. Add in the onions, peppers, kale, and garlic - sprinkle with kosher salt and stir to combine. Sweat for 2-3 minutes or until the onions become soft and translucent.
3. Add in the beans with liquid, broth, water, cilantro, vinegar, and remaining seasonings. Stir to combine and simmer for 12-15 minutes.

For quesadillas

1. Heat a small sauté pan over medium high heat. Lightly brush the pan with about 1 teaspoon grapeseed oil.
2. Add a tortilla to pan and warm on both sides. Spread ½ cup of cheese over the tortilla, sprinkle with chili powder and/or cilantro. Cover with second tortilla and flip over and warm through until cheese is melted, repeat with remaining tortillas.
3. Cut each in half and serve warm.

Makes 6 generous servings of chili. Serve ½ quesadilla per person.

INGREDIENTS

For turkey & black bean chili

1 Tablespoon olive oil
1 pound sweet or spicy Italian turkey sausage, raw and removed from the casing
½ medium yellow onion, cut into small dice
1 red bell pepper, cut into small dice
½ small bunch kale, washed and chopped into small bites, about 4 cups
3 garlic cloves, minced or pressed
Kosher salt
2 – 14.5 ounce cans organic, no salt added black beans with liquid
2 cups low sodium, gluten free chicken broth
1 cup water
½ small bunch of cilantro, stems removed, roughly chopped, (¼ cup)
1 teaspoon white wine vinegar
½ teaspoon ground cumin
½ teaspoon oregano
Pinch of cayenne or 1 teaspoon of mild chili powder from the pantry – to taste
¾ teaspoon kosher salt
¼ teaspoon black pepper

For quesadillas

Grapeseed oil for pan
4 - 6" corn tortillas
1 cup low fat 2% Mexican blend cheese, shredded
Optional: chopped cilantro, sprinkle of mild chili powder



(5) EDAMAME RICE NOODLE SALAD

creamy peanut dressing

MAKE AHEAD

- Cut vegetables: carrot, red bell pepper
- 2 teaspoons freshly grated ginger

DIRECTIONS

For edamame rice noodle salad

1. Cook noodles according to package directions, set aside (if noodles become too sticky to toss, rinse again under cold water).
2. In a large salad bowl, combine the rice noodles, butter lettuce, cilantro, edamame, carrots, and red bell pepper. Toss with desired amount of creamy peanut dressing.

For creamy peanut dressing

1. In a small bowl, whisk together the lime juice, soy sauce, pepper, peanut butter, honey, ginger, and garlic.
2. Whisk in grapeseed oil in a thin stream until combined.

Or

Combine all ingredients into a jar with a lid (Mason jar) and shake.

INGREDIENTS

For edamame rice noodle salad

7 oz thin, stir fry rice noodles (we like Thai Kitchen, ½ of a 14 oz box)

Half head of butter lettuce, about 4 cups, roughly chopped

½ bunch cilantro, washed and chopped

2 cups shelled edamame

2 medium carrots, grated or cut into matchsticks

1 red bell pepper, julienned (thinly sliced)

Creamy peanut dressing

3 limes, juiced to yield about ¼ cup juice

1 ½ teaspoons Tamari or gluten free soy sauce

¼ teaspoon black pepper

2 Tablespoons organic natural peanut butter, chunky or smooth

2 teaspoons honey

1 inch of ginger, peeled and grated to yield 2 teaspoons

1 garlic clove, minced

1/3 cup grapeseed oil



Nutrition Information

| Chicken dijon | | | | Serves: 4 | |
|---|------|------|-----------|-----------|-----|
| Serving Size: 1 cup (~about 4 ounces chicken) | | | | | |
| Calories | 289 | kcal | Fat | 9.5 | g |
| Protein | 28.9 | g | Saturated | 2.7 | g |
| Carbohydrate | 18.7 | g | Sugar | 4.8 | g |
| Sodium | 568 | mg | Calcium | 14 | %DV |
| Fiber | 3.5 | g | Iron | 10 | %DV |
| Cholesterol | 81 | mg | | | |

| Peppered macaroni | | | | Serves: 4 | |
|---------------------------------------|------|------|-----------|-----------|-----|
| Serving Size: 1 cup (2 ounces cooked) | | | | | |
| Calories | 227 | kcal | Fat | 4.2 | g |
| Protein | 8.3 | g | Saturated | 0.6 | g |
| Carbohydrate | 42.5 | g | Sugar | 2.1 | g |
| Sodium | 4.6 | mg | Calcium | 2.3 | %DV |
| Fiber | 4.7 | g | Iron | 12 | %DV |
| Cholesterol | 0 | mg | | | |

| Ginger shrimp lettuce wraps | | | | Serves: 4 | |
|---|------|------|-----------|-----------|-----|
| Serving Size: 2 wraps with spicy peanut sauce | | | | | |
| Calories | 488 | kcal | Fat | 29 | g |
| Protein | 24.1 | g | Saturated | 3.9 | g |
| Carbohydrate | 38.8 | g | Sugar | 10 | g |
| Sodium | 847 | mg | Calcium | 11 | %DV |
| Fiber | 5.9 | g | Iron | 14 | %DV |
| Cholesterol | 107 | mg | | | |

| Brown rice | | | | Serves: 4 | |
|------------------------------------|------|------|-----------|-----------|-----|
| Serving Size: 1/2 cup with veggies | | | | | |
| Calories | 117 | kcal | Fat | 0.9 | g |
| Protein | 2.7 | g | Saturated | 0 | g |
| Carbohydrate | 24.2 | g | Sugar | 1.4 | g |
| Sodium | 15 | mg | Calcium | 1.5 | %DV |
| Fiber | 2.3 | g | Iron | 2.7 | %DV |
| Cholesterol | 0 | mg | | | |

| Chicken fajita tacos | | | | Serves: 4 | |
|------------------------------------|------|------|-----------|-----------|-----|
| Serving Size: 2 tacos with garnish | | | | | |
| Calories | 496 | kcal | Fat | 13 | g |
| Protein | 38.9 | g | Saturated | 3.5 | g |
| Carbohydrate | 53.9 | g | Sugar | 4.3 | g |
| Sodium | 952 | mg | Calcium | 27 | %DV |
| Fiber | 10.3 | g | Iron | 19 | %DV |
| Cholesterol | 86 | mg | | | |

| Turkey & black bean chili | | | | Serves: 6 | |
|---------------------------|------|------|-----------|-----------|-----|
| Serving Size: 1 1/2 cup | | | | | |
| Calories | 298 | kcal | Fat | 9.9 | g |
| Protein | 23.3 | g | Saturated | 1.9 | g |
| Carbohydrate | 26.6 | g | Sugar | 3.8 | g |
| Sodium | 996 | mg | Calcium | 13 | %DV |
| Fiber | 8.2 | g | Iron | 21 | %DV |
| Cholesterol | 57 | mg | | | |

| Quesadillas | | | | Serves: 4 | |
|------------------------------|-----|------|-----------|-----------|-----|
| Serving Size: 1/2 quesadilla | | | | | |
| Calories | 135 | kcal | Fat | 6 | g |
| Protein | 9 | g | Saturated | 3.3 | g |
| Carbohydrate | 12 | g | Sugar | 0 | g |
| Sodium | 285 | mg | Calcium | 35 | %DV |
| Fiber | 1.5 | g | Iron | 3.2 | %DV |
| Cholesterol | 18 | mg | | | |

| Edamame rice noodle salad | | | | Serves: 4 | |
|--|------|------|-----------|-----------|-----|
| Serving Size: 1 3/4 cup tossed with creamy peanut dressing | | | | | |
| Calories | 540 | kcal | Fat | 26 | g |
| Protein | 13.2 | g | Saturated | 3.2 | g |
| Carbohydrate | 65.8 | g | Sugar | 9.9 | g |
| Sodium | 243 | mg | Calcium | 14 | %DV |
| Fiber | 7.7 | g | Iron | 18 | %DV |
| Cholesterol | 0 | mg | | | |