

## PREP GUIDE

### Meal #1

- Make marinade and marinate chicken for up to 24 hours \* *see recipe below*
- Cut vegetables:
  - ¼ medium red onion, thinly sliced

### Meal #2

- Cut vegetables:
  - 1 Tablespoon red onion, finely chopped
- Peel and grate 1 inch of fresh ginger to yield 1 teaspoon
- 2 cups cooked brown rice \* *see recipe below*

### Meal #3

- Cut vegetables:
  - ¼ red onion, cut into small dice

### Meal #4

- Cut pork tenderloin into bite-size pieces
- Peel and grate 2 inches of fresh ginger to yield 1 Tablespoon
- Cut vegetables:
  - 1 red bell pepper, cut into thin strips
- 2 cups cooked brown rice \* *see recipe below*

### Meal #5

- Enchilada Sauce \* *see Meal #5 for recipe*

### For Citrus Marinated Chicken (Meal #1 & #3)

¼ bunch of cilantro, washed and roughly torn into pieces  
 2 limes, zested and juiced  
 1 orange, zested and juiced  
 ¼ cup olive oil  
 4 garlic cloves, minced  
 1 Tablespoon mild chili powder  
 2 teaspoons paprika  
 1 teaspoon cumin  
 1 teaspoon kosher salt  
 1 teaspoon black pepper

4 boneless, skinless chicken breasts (about 2 pounds)

Combine marinade ingredients, add chicken, and seal tightly; store in refrigerator for 20 minutes or up to 24 hours.

### For Brown Rice (Meal #2 & #4)

2 cups brown rice  
 4 ¼ cups water or gluten free broth  
 ½ teaspoon kosher salt (only if using water)

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 4 cups.

## MENU

### MONDAY ①

CITRUS GRILLED CHICKEN  
 Jicama corn salad

### TUESDAY ②

STICKY GINGER ORANGE SHRIMP  
 With broccoli & brown rice

### WEDNESDAY ③

GRILLED CHICKEN TACOS  
 Pineapple salsa

### THURSDAY ④

PINEAPPLE PORK  
 Ginger tamari soy sauce,  
 broccoli & brown rice

### FRIDAY ⑤

CHEESY CHILEQUILES  
 Fried eggs



Gluten Free June 7th

# Shopping List

(1) Citrus Grilled Chicken (2) Ginger Orange Shrimp (3) Chicken Tacos (4) Pineapple Pork (5) Cheesy Chilequiles

Recipe	Meat / Seafood	Quantity	Notes	Est Cost
1,3	chicken breast (organic)	2 pounds	4 breasts, boneless, skinless	20
4	pork tenderloin	1 pound		10
2	shrimp, medium, deveined	1 pound	can sub chicken tenders	10

Recipe #				Est Cost
3	tomato on the vine	1 medium		1
1,2,3	orange	3		1.5
1,3,5	cilantro	1 bunch		1.5
1,2,3	red onion	1		1
1,3	lime	5		2.5
1,5	corn	3 cups	frozen organic unless fresh is available	3
3,4	pineapple	3 cups	fresh, frozen , canned natural in juice	3
1	jicama	1 medium		2
2,4	broccoli florets	8 cups		3
2,4	fresh ginger	3" piece		1
4	red bell pepper	1		1

Recipe #		Quantity	Notes	Est Cost
5	mexican(cheddar/jack) cheese, shredded	2 cups	plus add'l for optional garnish in #3	5
3	low fat sour cream/greek yogurt	1/4 cup	* optional * garnish for Meal #3	1
5	large organic eggs	4		2

Recipe #		Quantity	Notes	Est Cost
1,3,5	mild chili powder	3 Tblsp + 1 tsp		2
3,5	organic corn tortillas, 6"	20		3
5	organic black beans	1 can	14.5 oz, organic, no-salt-added	2

\*\*Check pantry for flour and rice

Fresh 20 Grocery Est 75.5  
 Cost Per Dinner 15.1  
 Cost Per Serving 3.775

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	12 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil	2 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	2-1/4 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	3 Tablespoons
	chicken or veggie broth: gluten free	3 cups	organic tomato paste	1/4 cup
	garlic	10 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	3-1/4 teaspoons	tamari / gluten free soy sauce	1/3 cup
	black pepper	2-1/4 teaspoons		
	cayenne pepper	pinch	long grain brown rice	2 cups
	paprika	2 teaspoons	brown rice flour	1/4 cup

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



# (1) CITRUS GRILLED CHICKEN

## jicama corn salad

### MADE AHEAD

- 4 marinated chicken breasts \* *see prep guide for recipe*
- Cut vegetables: onion

### DIRECTIONS

#### *For citrus grilled chicken*

1. Heat outdoor grill.
2. Remove chicken from the marinade and discard liquid.
3. Place the chicken onto the grill and cook for about 5-6 minutes per side. Reserve 2 cooked *chicken breasts* for Meal #3; store cooled chicken in an airtight container. Serve chicken breasts warm with jicama corn salad.

*Cooking indoors? Heat a large, nonstick sauté pan over medium/high heat and add in 1 Tablespoon of grapeseed oil. Once oil is hot add chicken and cook for 5-6 minutes per side. Chicken is done when it is cooked through and no longer pink.*

#### *For the jicama corn salad*

In a medium bowl, toss the jicama with corn, cilantro, red onion, lime zest & juice, olive oil, cayenne, and salt & pepper. Serve cold or at room temperature.

### INGREDIENTS

#### *For citrus grilled chicken*

4 marinated chicken breasts (*for two meals*) \* *see prep guide for recipe*  
1 Tablespoon grapeseed oil (if cooking indoors)

#### *For jicama corn salad*

1 medium jicama, peeled and cut into thin julienne slices (think French fries), about 2 cups  
2 cups frozen organic corn, defrosted and drained  
¼ cup or ¼ of a small bunch of cilantro, roughly chopped  
¼ medium red onion, thinly sliced  
1 lime zested and juiced to yield 1 - 2 Tablespoons of juice  
2 Tablespoons olive oil  
Pinch of cayenne pepper to taste  
½ teaspoon kosher salt  
¼ teaspoon black pepper



## (2) STICKY GINGER ORANGE SHRIMP with broccoli and brown rice

### MADE AHEAD

- Cut vegetables: onion
- Peel and grate ginger
- 2 cups cooked brown rice \* see prep guide

### DIRECTIONS

#### *For sticky ginger orange shrimp*

1. Season shrimp with salt & pepper and set aside.
2. Steam the broccoli in a covered saucepan with a small amount of water (or in the microwave, covered) until bright green and just barely tender (about 2 minutes) – drain and set aside.
3. Heat a large, nonstick skillet over medium heat and add in oil. Once oil is hot add shrimp, onions, ginger, orange juice & zest, honey, garlic and salt & pepper. Stir to combine and cook until the sauce is slightly thickened and reduced by half - about 3-5 minutes. *If using chicken, increase cooking time by 4 minutes.*
4. Add the cooked broccoli and stir to combine. Cook until the broccoli is very tender, about 2 additional minutes.

#### Meanwhile

#### *For brown rice*

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat on stovetop, stirring with a fork to fluff.

### INGREDIENTS

#### *For sticky ginger orange shrimp*

1 pound medium count peeled and deveined shrimp, with or without tails (*can substitute 1 pound chicken tenders*)  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
4 cups broccoli florets  
1 Tablespoon olive oil  
1 Tablespoon red onion, finely chopped  
1 inch of ginger, peeled and grated to yield 1 teaspoon of ginger  
Zest of 1 orange  
1 cup fresh squeezed orange juice (from 2 large oranges)  
1 Tablespoon raw honey or 100% maple syrup  
1 clove garlic, minced or pressed  
¼ teaspoon kosher salt  
Pinch of black pepper

#### *For brown rice*

2 cups cooked brown rice \* See prep guide



## (3) GRILLED CHICKEN TACOS

### pineapple salsa

#### MADE AHEAD

- 2 grilled chicken breasts, cut into bite size pieces \* *See Meal #1 for recipe*
- Cut vegetables: onion

#### DIRECTIONS

##### *For grilled chicken tacos*

1. Heat a large sauté pan over medium heat and add in oil. Once oil is hot add in chicken, lime juice, chili powder, and cumin; stir to warm through, about 3-4 minutes.
2. Warm tortillas on the stovetop over a low open flame, or wrapped in a damp towel and microwaved for 15-20 seconds.
3. Assemble tacos by filling each tortilla with a scoop of the chicken filling. Serve 2 tacos per person with pineapple salsa. Garnish with cheese and sour cream if desired.

##### *For pineapple salsa*

In a small bowl, combine onion, tomatoes, cilantro, pineapple, olive oil, lime juice and salt & pepper – stir to combine.

#### INGREDIENTS

##### *For grilled chicken tacos*

1 Tablespoon olive oil  
2 grilled chicken breasts cut into bite size pieces \* *see Meal #1 for recipe*  
1 lime, juiced  
1 teaspoon chili powder  
¼ teaspoon cumin  
8 – 6" organic corn tortillas

##### *For pineapple salsa*

¼ red onion, cut into small dice  
1 medium tomato, diced, about 1 cup  
¼ bunch cilantro, roughly chopped  
1 cup of pineapple, fresh, canned (in 100% juice), or frozen (thawed), diced  
1 Tablespoon olive oil  
Juice of 1 lime  
Pinch of kosher salt and black pepper  
\* *Optional pinch of cayenne pepper*

##### *Garnish*

\* *Optional shredded cheese and a dollop of low fat sour cream or Greek yogurt*



## (4) PINEAPPLE PORK with GINGER TAMARI SOY SAUCE with broccoli & brown rice

### MADE AHEAD

- Cut pork tenderloin into bite size pieces
- Peel and grate ginger
- Cut vegetables: red bell pepper
- 2 cups cooked brown rice \* see prep guide

### DIRECTIONS

*For pineapple pork with ginger soy sauce*

1. Trim the pork tenderloin removing all the silver skin. Cut the pork into thin, bite size pieces and season with pepper.
2. In a small bowl, combine the tamari/soy sauce, honey, ginger, and garlic – set aside.
3. Place broccoli in a microwave-safe bowl and cover, microwave on high for about 2 minutes just to begin the cooking – remove and set aside.
4. Heat a large, nonstick sauté pan over medium/high heat and add in the oil. Once the oil is hot add in the pork and sauté until golden – stirring often for about 2 minutes.
5. To the pan add the soy sauce mixture, red bell pepper, pineapple, and broccoli. Stir to combine and reduce heat to low, cook for about 3 – 4 minutes. The pork is very lean and will cook quickly, be careful not to overcook and wilt your broccoli.

Meanwhile

*For brown rice*

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat on stovetop, stirring with a fork to fluff.

### INGREDIENTS

*For pineapple pork with ginger soy sauce*

1 pound pork tenderloin  
¼ teaspoon black pepper  
1/3 cup tamari (gluten free soy sauce)  
2 Tablespoons honey  
2 inches of fresh ginger, peeled and grated to yield 1 Tablespoon of ginger  
4 cloves of garlic, minced or pressed  
4 cups broccoli florets  
1 Tablespoon grapeseed oil  
1 red bell pepper, cut into thin strips  
2 cups diced pineapple; fresh, canned (in 100% juice), or frozen (thawed)

*For brown rice*

2 cups cooked brown rice \*see prep guide

### MADE AHEAD

- Enchilada Sauce \* *steps 2-5 below*

### DIRECTIONS

#### *For cheesy chilequiles*

1. Preheat oven to 400 degrees.
2. In a small bowl, mix tomato paste, cumin, oregano, garlic and salt & pepper – stir to combine and set aside.
3. Heat a large, oven-proof, nonstick sauté pan with tall sides over medium heat; add in oil, flour, and chili powder, (cayenne to taste) stir to combine until it becomes a thick paste. Add in tomato paste mixture and stir to combine.
4. Slowly add in hot broth while whisking to dissolve the flour mixture. Continue whisking while adding in all the broth.
5. Reduce heat to a simmer and cook for 10 minutes.
6. Reduce the heat to low and then add in the tortilla triangles.
7. Evenly distribute the tortillas and allow them to cook in the liquid for about 2 minutes. Add in the corn, beans, and 1 ½ cups of cheese. Stir carefully to distribute. Top with the remaining ½ cup of cheese, then cover with foil and place into the preheated oven for 10 minutes. Remove the foil and bake uncovered for 5 additional minutes to melt the cheese.

#### Meanwhile

#### *For eggs*

1. Heat a nonstick sauté pan over medium/high heat and add oil. Once oil is hot carefully crack eggs into pan. Fry eggs until cooked through and serve 1 egg warm over the top of each serving of chilequiles.
2. Garnish with fresh cilantro.

### INGREDIENTS

#### *For cheesy chilequiles*

¼ cup organic, no salt added tomato paste  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
1 garlic clove, minced or pressed  
1 teaspoon kosher salt  
¼ teaspoon black pepper  
3 Tablespoons olive oil  
¼ cup brown rice flour  
2 Tablespoons mild chili powder (or ground New Mexico chili powder of your choice)  
Pinch of cayenne pepper to taste  
3 cups gluten free vegetable broth, warmed  
12 - 6" organic corn tortillas, cut into triangle pieces (cut each tortilla into 6 pieces)  
1 cup defrosted frozen organic corn  
1 – 14.5 ounce can organic black beans, drained  
2 cups loosely packed, low fat (2%) Mexican blend (cheddar/jack) shredded cheese, divided

#### *For eggs*

1 Tablespoon grapeseed oil  
4 large organic eggs

#### *Garnish*

¼ cup roughly chopped fresh cilantro



# Nutrition Information

Grilled citrus chicken				Serves: 4	
Serving Size: 1/2 grilled chicken breast					
Calories	204	kcal	Fat	9.8	g
Protein	24.4	g	Saturated	1.6	g
Carbohydrate	4.2	g	Sugar	1.8	g
Sodium	378	mg	Calcium	2.1	%DV
Fiber	0.9	g	Iron	3.3	%DV
Cholesterol	73	mg			

Jicama corn salad				Serves: 4	
Serving Size: 3/4 cup					
Calories	254	kcal	Fat	7.7	g
Protein	4.8	g	Saturated	1	g
Carbohydrate	46	g	Sugar	8.1	g
Sodium	262	mg	Calcium	4.7	%DV
Fiber	17	g	Iron	13	%DV
Cholesterol	0	mg			

Sticky ginger orange shrimp				Serves: 4	
Serving Size: 3/4 cup					
Calories	188	kcal	Fat	5	g
Protein	18.5	g	Saturated	0.7	g
Carbohydrate	18.6	g	Sugar	11	g
Sodium	919	mg	Calcium	11	%DV
Fiber	2.6	g	Iron	6.1	%DV
Cholesterol	143	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			

Grilled chicken tacos				Serves: 4	
Serving Size: 2 tacos					
Calories	344	kcal	Fat	15	g
Protein	27.3	g	Saturated	2.3	g
Carbohydrate	27.4	g	Sugar	2.5	g
Sodium	400	mg	Calcium	6.5	%DV
Fiber	4.4	g	Iron	7.3	%DV
Cholesterol	73	mg			



Pineapple salsa		Serves: 4	
Serving Size: 2 tablespoons			
Calories	81 kcal	Fat	3.5 g
Protein	0.7 g	Saturated	0.5 g
Carbohydrate	13.5 g	Sugar	10 g
Sodium	3.2 mg	Calcium	2 %DV
Fiber	1.5 g	Iron	2.3 %DV
Cholesterol	0 mg		

Pineapple pork with ginger soy sauce		Serves: 4	
Serving Size: 1 cup			
Calories	329 kcal	Fat	6.5 g
Protein	29.4 g	Saturated	1.2 g
Carbohydrate	41 g	Sugar	31 g
Sodium	1,294 mg	Calcium	8.1 %DV
Fiber	4.6 g	Iron	17 %DV
Cholesterol	74 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		

Cheesy chilquiles with fried eggs		Serves: 5	
Serving Size: 1/5 slice + 1 egg			
Calories	482 kcal	Fat	21 g
Protein	21.2 g	Saturated	5 g
Carbohydrate	51.5 g	Sugar	4 g
Sodium	851 mg	Calcium	37 %DV
Fiber	9.68 g	Iron	20 %DV
Cholesterol	163 mg		