

PREP GUIDE

MEAL #1

- Marinate steak for up to 24 hours * *see Meal #1 for recipe*
- Trim green beans

MEAL #2

- No prep tonight

MEAL #3

- Cut vegetables:
 - 1 medium yellow onion, cut into small dice
 - 3 medium carrots, peeled and cut into ¼ inch coins
 - 3 celery stalks, cut into ½ inch slices

MEAL #4

- No prep tonight

MEAL #5

- Cut vegetables:
 - 1 medium yellow onion, cut into small dice
 - 8 ounces of Italian brown mushrooms, wiped clean and thinly sliced

MENU

MONDAY ①

BROILER STEAK
Mushroom Green Beans

TUESDAY ②

FISH TACOS
Green Bean Salad

WEDNESDAY ③

CHICKEN TORTILLA SOUP

THURSDAY ④

STEAK SALAD
Crispy Oven Baked Garlic Fries

FRIDAY ⑤

CREAMY POLENTA
Italian Mushroom Ragu



CLASSIC November 8, 2013

Shopping List

(1) Broiler Steak (2) Fish Tacos (3) Chicken Tortilla Soup (4) Steak Salad (5) Creamy Polenta

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	beef steak, 1" thick	2 pounds		20
2	fish fillets	1 pound	your choice	20
3	chicken breast	2	about 1 pound	10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 2	string green beans	2 pounds		6
1,5	brown Italian mushrooms	16 ounces		6
2,4	lime	5		2.5
2,3,4	cilantro or parsley	1 bunch		1.5
3,5	yellow onion	2		2
3	carrots	3		1.5
3	celery	3 stalks		1.5
3	green italian zucchini	2		2
4	romaine lettuce	1 head		2
4	frozen organic corn	2 cups		2.5
4	roma tomatoes	2		1
2,4	jalepeno	1	* optional *	0.5
4	large russett potatoes	3		2

Recipe #	Dairy	Quantity	Notes	Est Cost
2	greek yogurt/light sour cream	1/2 cup		1.5
3	white cheddar cheese	1 cup	shredded	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,3,4	corn tortillas, 6"	10		2
5	fine corn meal	1 cup		0.5
5	canned diced tomatoes	2 cans	4.5 oz, no salt added, organ	4
5	cannellini beans	2 cans	4.5 oz, no salt added, organ	4

Fresh 20 Grocery Est 95

Cost Per Dinner 19

Cost Per Serving 4.75

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	dried oregano	1 Tblsp + 2 tsp
	grapeseed oil	2 Tablespoons	herbes de provence	1/2 Tablespoon
	balsamic vinegar	2 Tablespoons	ground cumin	2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	1 teaspoon
	chicken or veggie broth: low sodium	7-1/2 cups	organic tomato paste	4 Tablespoons
	garlic	11 cloves	Dijon mustard or brown mustard	1 Tablespoon
	kosher salt	5-1/4 teaspoons	soy sauce or Braggs liquid aminos	1/2 Tablespoon
	black pepper	2-3/4 teaspoons	whole grain pasta	
	cayenne pepper	1-1/2 teaspoons	long grain brown rice	
	paprika	4-3/4 teaspoons	whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) BROILER STEAK

mushroom green beans

MADE AHEAD

- Marinate steak for up to 24 hours * *see recipe below*
- Cut vegetables: trim ends off green beans

DIRECTIONS

For broiler steak

1. Trim steaks to remove any excess fat. Place steak into a large Ziploc bag or a non-reactive container with the balsamic vinegar, Dijon, soy sauce, garlic, Herbes, olive oil, and pepper. Seal the bag and marinate for 20 minutes or up to 24 hours.
2. Preheat broiler with the tray 4-5" away from flame or heat source.
3. Remove steak from marinade; discard any remaining marinade.
4. Arrange sirloin on foil lined broiler tray and place under broiler for 3-4 minutes per side, or until desired doneness is achieved. Timing is for 1" thick; adjust accordingly.
5. Remove from broiler and allow the steak to rest five minutes before slicing.
6. Reserve half of steak for Meal #4.
7. Slice remaining steak against the grain to maximize tenderness.

For mushroom green beans

1. In medium stockpot, bring 3 quarts water to boil with a pinch of salt.
2. Add green beans and cook 3-4 minutes until bright green and a little tender, but still crisp.
3. Drain and divide in half; reserve half to add to mushrooms for tonight's dinner.
4. Rinse the other half of the green beans with cold water. Dry (with paper towels) and store in airtight container or Ziploc for Meal #2.
5. Heat oil in a sauté pan. Add mushrooms and cook for 4 minutes until soft.
6. Season with salt, paprika and black pepper; toss with green beans.

INGREDIENTS

For broiler steak

2 pounds beef steak of choice, one inch thick (for two meals)
2 Tablespoons balsamic vinegar
1 Tablespoon Dijon mustard
½ Tablespoon low sodium soy sauce
2 garlic cloves, minced
½ Tablespoon Herbes de Provence
1 Tablespoon olive oil
¼ teaspoon black pepper

For mushroom green beans

2 pounds string green beans, ends trimmed (for two meals)
1 Tablespoon olive oil
8 ounces brown Italian mushrooms, sliced
¼ teaspoon kosher salt
¼ teaspoon paprika
¼ teaspoon black pepper



(2) FISH TACOS green bean salad

MADE AHEAD

- 1 pound green beans * see Meal #1

DIRECTIONS

For fish tacos

1. On a large plate, combine cumin, paprika, black pepper, salt and cayenne pepper to make fish seasoning.
2. Season the fish fillets with seasoning mix on both sides.
3. Heat a large, nonstick sauté pan over medium-high heat and add in grapeseed oil. Once hot (almost smoking) add in fillets.
4. Cook for 2-3 minutes on the first side, or until a dark golden crust forms. Flip to the other side, reduce heat to low-medium, and continue to cook for an additional 5 minutes.
5. Remove from heat and squeeze fresh lime juice over the top. Flake the fish apart with a fork into smaller, bite sized chunks.
6. Warm tortillas on the stovetop over a low open flame or wrap in a damp towel and microwave for 15-20 seconds.
7. Fill each tortilla with fish and a dollop of Greek yogurt mixture (see below). Top with jalapeno if desired. Serve 2 tacos per person.

For garnish

In a small bowl, mix together Greek yogurt or light sour cream with lime juice and a pinch of cayenne. Stir to combine and serve a dollop on top of the tacos.

For green bean salad

Combine lime zest & juice, and olive oil and toss with prepared green beans. Add salt and pepper to taste, top with parsley and chill if desired.

INGREDIENTS

For fish tacos

1 teaspoon ground cumin
1 teaspoon paprika
½ teaspoon black pepper
½ teaspoon kosher salt
¼ teaspoon cayenne pepper
1 pound fresh fish fillets (*can substitute 1 pound organic ground turkey*)
2 Tablespoons grapeseed oil
1 lime, cut in half
8 (6 inch) organic corn tortillas

For garnish

½ cup Greek yogurt or light sour cream
½ lime, juiced
Pinch of cayenne pepper or mild chili powder
½ jalapeno, seeded and finely chopped (optional)

For green bean salad

1 lime, zested and juiced to yield 1 Tablespoon of juice
2 Tablespoons olive oil
1 pound prepared green beans * see Meal #1
½ teaspoon kosher salt
¼ teaspoon black pepper
2 Tablespoons parsley or cilantro, roughly chopped

MAKE AHEAD

- Cut vegetables: onion, carrots, celery

DIRECTIONS

For chicken tortilla soup

1. Heat a large soup pot over medium heat and add oil. Once the oil is hot add in the onions, carrots, celery, garlic, paprika, cayenne pepper (to taste), oregano, and cumin. Sprinkle with kosher salt and sweat the vegetables for 3 minutes or until the onions are softened and translucent.
2. Stir in tomato paste and then add the broth.
3. Add the chicken, cilantro, and salt & pepper. Simmer over medium heat for 20 minutes.
4. Heat 2 Tablespoons olive oil in small pan. Add in tortilla strips and cook until they turn golden - about 1 minute. Transfer to napkin lined plate to cool. Reserve about ½ cup for Meal #4.
5. Five minutes before the soup is done, add in the zucchini and tortilla strips.
6. Top with cheese.

INGREDIENTS

For chicken tortilla soup

- 2 Tablespoons olive oil
- 1 medium yellow onion, cut into small dice
- 3 medium carrots, peeled and cut into ¼ inch coins
- 3 celery stalks, cut into ½ inch slices
- 2 garlic cloves, minced or pressed
- 1 Tablespoon of sweet or smoky paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon ground oregano
- 1 teaspoon ground cumin
- Kosher salt
- 2 Tablespoons tomato paste
- 5 cups low sodium chicken broth
- 2 chicken breasts, about 1 pound, cut into bite size pieces
- ¼ bunch of cilantro, whole to be removed later, or roughly chopped
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 2 Tablespoons olive oil
- 2 (6 inch) organic corn tortillas, cut in half and then into thin 2" strips
- 2 green Italian zucchini, cut into ½" coins (if zucchini are large, cut in half lengthwise and then into ½ inch half moons)
- 1 cup white cheddar cheese, shredded



(4) STEAK SALAD

crispy oven baked garlic fries

MAKE AHEAD

- 1 pound cooked steak * see Meal #1
- ½ cup crispy tortilla strips * see Meal #3

DIRECTIONS

* prepare fries first, the vinaigrette

For salad

1. In a serving bowl, combine lettuce, corn and parsley (or cilantro); dress with vinaigrette (recipe below) to taste.
2. Arrange tomatoes and steak strips on top.
3. Garnish with tortilla strips.

For spicy honey lime vinaigrette

1. In a small bowl, whisk together the lime juice, jalapeno, garlic, honey, salt & pepper.
2. Whisk in olive oil in a thin stream until combined.

Or

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

For crispy oven-baked garlic fries

1. Preheat oven to 425 degrees (adjust the oven rack to the upper third) and line a baking sheet with foil.
2. Wash and scrub potatoes clean and then dry thoroughly. Cut each potato in half lengthwise and then each half into fourths lengthwise. Each potato should yield 16 wedges.
3. In a medium bowl, mix together olive oil, salt & pepper, paprika and garlic. Toss the cut potatoes in the olive oil mixture until well combined and coated.
4. Spread potatoes evenly onto prepared baking sheet and place into the preheated oven for 30-35 minutes, turning after 20. Potatoes are done when golden brown on the outside and soft on the inside.
5. Taste and adjust salt.
6. Use extra honey lime dressing for dipping sauce.

INGREDIENTS

For steak salad

- 1 head romaine lettuce, chopped (about 4 cups)
- 2 cups frozen corn (organic), placed in warm water for five minutes
- ½ bunch parsley or cilantro, washed
- 2 roma tomatoes (hothouse), cut into wedges
- 1 pound cooked steak (see Meal #1), cut into thin slices (*steak is meant to be cold, but may be reheated if you prefer*)
- ½ cup crispy tortilla strips (see Meal #3)

For spicy honey lime vinaigrette

- 2 limes, juiced to yield ¼ cup juice
- ⅓ of a small jalapeno pepper, finely chopped, about 1 teaspoon (adjust the amount to your taste for heat)
- 1 garlic clove, minced
- 1 teaspoon honey
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ⅓ cup olive oil

For crispy oven-baked garlic fries

- 3 Large Russet potatoes –skin on
- 4 Tablespoons olive oil
- 1½ teaspoons kosher salt
- ½ teaspoon black pepper
- ½ teaspoon paprika
- 2 large garlic clove, minced



(5) CREAMY POLENTA

Italian mushroom ragu

MADE AHEAD

- Cut vegetables: onion, mushroom

DIRECTIONS

For creamy polenta

1. In a medium saucepot, bring the water, broth, oregano, and salt to a boil. Slowly whisk in the cornmeal until it is well combined.
2. Reduce the heat to low and continue to stir occasionally. *Be careful and make sure to reduce your heat because the polenta will bubble like hot lava.* Cook for 15 -20 minutes.
3. Polenta should be the consistency of creamy mashed potatoes, stir in a bit of water if it becomes too thick.

Meanwhile

For Italian mushroom ragu

1. Heat oil in a large sauté pan over medium heat; once hot add in the onions and mushrooms. Stir to combine and cook for an additional 1 – 2 minutes.
2. Add in the garlic, tomatoes, broth, tomato paste, oregano, salt & black pepper, and beans. Stir to combine and simmer over low heat for 10 minutes.
3. Serve a scoop of polenta in a shallow bowl topped with 1 cup of mushroom ragu. Garnish with a drizzle of olive oil.

INGREDIENTS

For creamy polenta

- 3 cups water
- 2 cups low sodium vegetable broth
- 1 teaspoon dried oregano
- $\frac{3}{4}$ teaspoon kosher salt
- 1 cup fine ground yellow cornmeal (polenta)

For Italian mushroom ragu

- 1 Tablespoon olive oil
- 1 medium yellow onion, cut into small dice
- 8 ounces of Italian brown mushrooms, wiped clean and thinly sliced
- 4 garlic cloves, minced or pressed
- 2 (14.5 ounce) cans organic, no salt added diced tomatoes, with liquid
- $\frac{1}{2}$ cup low sodium vegetable broth or water
- 2 Tablespoons tomato paste
- 1 Tablespoon dried oregano
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 (14.5 ounce) cans cannellini beans, drained and rinsed

Garnish

- Drizzle of olive oil



Nutrition Information

Broiler steak				Serves: 4	
Serving Size: 4 ounces prepared					
Calories	195	kcal	Fat	8.7	g
Protein	24.5	g	Saturated	2.5	g
Carbohydrate	2	g	Sugar	1.2	g
Sodium	238	mg	Calcium	1.1	%DV
Fiber	0	g	Iron	14	%DV
Cholesterol	69	mg			

Mushroom green beans				Serves: 4	
Serving Size: 3/4 cup					
Calories	78	kcal	Fat	3.7	g
Protein	3.5	g	Saturated	0.5	g
Carbohydrate	10.3	g	Sugar	4.7	g
Sodium	133	mg	Calcium	5.2	%DV
Fiber	3.4	g	Iron	7.8	%DV
Cholesterol	0	mg			

Fish tacos				Serves: 4	
Serving Size: 2 garnished tacos					
Calories	247	kcal	Fat	8.3	g
Protein	22.4	g	Saturated	0.7	g
Carbohydrate	19.6	g	Sugar	1.5	g
Sodium	607	mg	Calcium	6.1	%DV
Fiber	1.8	g	Iron	4.2	%DV
Cholesterol	53	mg			

Green bean salad				Serves: 4	
Serving Size: 3/4 cup					
Calories	101	kcal	Fat	7.1	g
Protein	2.3	g	Saturated	1	g
Carbohydrate	9.8	g	Sugar	4	g
Sodium	131	mg	Calcium	5	%DV
Fiber	3.6	g	Iron	7.9	%DV
Cholesterol	0	mg			

Chicken tortilla soup				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	432	kcal	Fat	22	g
Protein	38.6	g	Saturated	5.7	g
Carbohydrate	21.5	g	Sugar	9.8	g
Sodium	951	mg	Calcium	29	%DV
Fiber	5	g	Iron	11	%DV
Cholesterol	88	mg			

Steak salad				Serves: 4	
Serving Size: 1 1/4 cup					
Calories	287	kcal	Fat	9.6	g
Protein	28.2	g	Saturated	2.6	g
Carbohydrate	23.2	g	Sugar	5.5	g
Sodium	249	mg	Calcium	4.1	%DV
Fiber	3.6	g	Iron	21	%DV
Cholesterol	69	mg			

Crispy oven-baked garlic fries				Serves: 5	
Serving Size: 3/4 cup fries + 2 Tablespoons spicy honey lime vinaigrette					
Calories	405	kcal	Fat	22	g
Protein	5	g	Saturated	4.6	g
Carbohydrate	44.5	g	Sugar	3	g
Sodium	446	mg	Calcium	4.2	%DV
Fiber	3.68	g	Iron	13	%DV
Cholesterol	0	mg			

Creamy polenta				Serves: 4	
Serving Size: 3/4 cup					
Calories	115	kcal	Fat	1.1	g
Protein	3.5	g	Saturated	0	g
Carbohydrate	23.5	g	Sugar	0	g
Sodium	415	mg	Calcium	1.2	%DV
Fiber	2.2	g	Iron	6.3	%DV
Cholesterol	0	mg			

Italian mushroom ragu				Serves: 4	
Serving Size: 1 cup					
Calories	282	kcal	Fat	4.7	g
Protein	15.5	g	Saturated	0.6	g
Carbohydrate	45.1	g	Sugar	9.1	g
Sodium	748	mg	Calcium	18	%DV
Fiber	13.4	g	Iron	19	%DV
Cholesterol	0	mg			