

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1 yellow onion, cut into large chunks
 - 1 green bell pepper, cut into large chunks
 - 2 large heads cauliflower, cut into large florets

MEAL #2

- Cook whole wheat spaghetti * *see directions below*
- Grate ginger
- Cut vegetables:
 - 4 scallions, chopped
 - 2 carrots, sliced into matchsticks
 - 1 red bell pepper, sliced thin

MEAL #3

- 2 ½ cups cooked quinoa * *see recipe below*
- Cut vegetables:
 - 1 medium yellow onion, diced
 - 1 red bell pepper, diced
 - 8 ounces white mushrooms, sliced
 - ¼ bunch kale, chopped

MEAL #4

- Cut vegetables:
 - ½ medium yellow onion, diced
 - 8 ounces white mushrooms, sliced
 - 1 small head broccoli, cut into small florets

MEAL #5

- 2 cups edamame * *cooked according to package directions*
- 2 ½ cups cooked quinoa * *see recipe below*
- Cut vegetables:
 - ½ yellow onion, diced
 - ¾ bunch kale, chopped small

Quinoa (Meal #3 & #5)

2 cups quinoa
4 cups water or broth
Pinch of salt

Add ingredients to a large saucepan and bring to a boil. Cover, reduce heat to low, and simmer for 25 minutes until water has been absorbed. Remove from heat and let steam for 5 minutes covered; makes 5 cups.

Spaghetti (Meal #2 & #4)

12 ounces uncooked whole wheat spaghetti

Bring a large pot of salted water to a boil. Add spaghetti and cook according to package directions. Drain, separate into two portions and refrigerate until dinner night.

MENU

MONDAY ①

HONEY CHICKEN
Mashed Cauliflower

TUESDAY ②

KUNG PAO SHRIMP NOODLES

WEDNESDAY ③

PIZZA CASSEROLE

THURSDAY ④

CHICKEN BROCCOLI ALFREDO

FRIDAY ⑤

QUINOA KALE SAUTE WITH PARMESAN



CLASSIC March 28, 2014

Shopping List

(1) Honey Chicken (2) Kung Pao Shrimp Noodles (3) Pizza Casserole (4) Chicken Broccoli Alfredo (5) Quinoa Saute with Parmesan

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	whole chicken (4-1/2 pound)	1		12
2	medium shrimp	1 pound	peeled and deveined	12
3	mild Italian turkey sausage	12 ounces	bulk or links removed from casing	5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,4,5	yellow onion	3		2
1,5	yellow beets	4 medium		4
1	green bell pepper	1		1
1,3,4	white mushrooms	1-1/2 pounds		4
1,4	cauliflower	2 lg heads		6
2	fresh ginger	2" piece	need 1 T. minced	1.5
2	scallions	4		1
2	carrots	2		0.5
2,3	red bell pepper	2		2
3,5	kale	1 bunch		2
3,5	fresh basil	1 bunch		1.5
5	frozen edamame	2 cups		3.5
4	broccoli	1 sm head		1

Recipe #	Dairy	Quantity	Notes	Est Cost
1,4	butter	4 Tablespoons		1
3,4,	parmesan cheese	1-3/4 cups	shredded or grated	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3,5	quinoa (dry)	2 cups		4
2	sesame oil	1 Tablespoon		1
2	peanuts	1/2 cup	* optional *	1

Fresh 20 Grocery Est 70
 Cost Per Dinner 14
 Cost Per Serving 3.5

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1-1/2 Tablespoons	dried oregano	
	grapeseed oil		herbes de provence	1-1/2 teaspoons
	balsamic vinegar		ground cumin	
	white wine vinegar	3 Tablespoons	raw honey or 100% maple syrup	1/4 cup + 2 Tblsp
	chicken or veggie broth: low sodium	1-1/4 cups	organic tomato paste	1/3 cup
	garlic	22 cloves	Dijon mustard or brown mustard	
	kosher salt	1-3/4 teaspoons	soy sauce or Braggs liquid amino acid	1/4 cup
	black pepper	1 teaspoon	whole wheat spaghetti	12 ounces
	cayenne pepper	dash	long grain brown rice	
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

MADE AHEAD

- Cut vegetables: onion, bell pepper, cauliflower

DIRECTIONS

For honey chicken

1. Place onion, beets, bell pepper, mushrooms and garlic in a slow cooker.
2. Season chicken with salt, pepper, Herbes, and honey. Place in slow cooker on top of the vegetables.
3. Cook 4-5 hours on high or 7-10 hours on low (see below for oven directions).
4. When done, remove meat from bones and reserve half for Meal #4; save 2 whole beets for Meal #5. Serve remaining chicken and vegetables with mashed cauliflower.

Meanwhile

For mashed cauliflower

1. Heat a large pot of water to a boil. Add cauliflower florets and garlic.
2. Cook for about 8-12 minutes until very tender.
3. Drain and puree in food processor (or mash) with butter, salt, and pepper.
4. Save $\frac{1}{3}$ (about $1\frac{1}{2}$ cups) for Meal #4.

Oven Directions:

Prepare as above. Roast chicken at 375 degrees for about 75-90 minutes until juices run clear and internal temperature is at least 155. Let rest for 10 minutes before slicing.

INGREDIENTS

For honey chicken

- 1 yellow onion, cut into large chunks
- 4 medium yellow beets, peeled
- 1 green bell pepper, cut into large chunks
- 8 ounces whole white mushrooms
- 4 cloves garlic, peeled and left whole
- 1 whole ($4\frac{1}{2}$ pound) chicken with insides removed
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- $\frac{1}{4}$ cup honey

For mashed cauliflower

- 2 large heads cauliflower, cut into large florets
- 4 cloves garlic, peeled
- 3 Tablespoons butter
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper

MADE AHEAD

- 12 ounces cooked whole wheat spaghetti * see prep guide
- 2" piece fresh ginger, grated to yield 1 Tablespoon
- Cut vegetables: scallions, carrots, bell pepper

DIRECTIONS

For Kung Pao shrimp noodles

1. Combine the first 5 ingredients. Save half for cooking and toss the shrimp with the other half and marinate for up to 30 minutes.
2. Heat a large non-stick skillet over medium-high heat and add half the sesame oil. Add drained shrimp (discard marinade liquid) and cook for 2-3 minutes until almost cooked through. Remove shrimp from pan and set aside.
3. Put skillet back on heat. Add in the other half of sesame oil, garlic, ginger, scallions and carrots. Cook for 2 minutes.
4. Add the bell pepper and remaining marinade and cook an additional 3 minutes.
5. Add cooked shrimp and spaghetti to the pan and cook until warmed through (if using chicken be sure to cook until chicken pieces are cooked through and no longer pink in the middle).
6. Toss in peanuts and serve warm.

INGREDIENTS

For Kung Pao shrimp noodles

- ¼ cup low-sodium soy sauce
- 3 Tablespoons white wine vinegar
- 2 Tablespoons maple syrup
- ¼ cup low sodium organic chicken broth
- Dash of cayenne, optional

- 1 pound medium shrimp, peeled and deveined (*can sub 1 pound of chicken tenders, cut into 1" pieces*)
- 1 Tablespoon sesame oil
- 4 cloves garlic, minced
- 1 Tablespoon minced ginger
- 4 scallions, chopped
- 2 carrots, sliced into matchsticks
- 1 red bell pepper, sliced thin
- 12 ounces whole wheat spaghetti, cooked * *see prep guide*
- ½ cup peanuts (can be omitted for nut allergies)

MADE AHEAD

- 2 ½ cups cooked quinoa * *see prep guide*
- Cut vegetables: onion, bell pepper, mushroom, kale

DIRECTIONS

For pizza casserole

1. Heat oven to 375 degrees.
2. Heat a large skillet over medium heat and add oil.
3. When oil is hot add onion, garlic, and sausage. Cook for about 2 minutes breaking sausage into small crumbles.
4. Add bell pepper, mushrooms, and kale and cook an additional 3-4 minutes. Add tomato paste and broth and stir until well combined.
5. Turn off heat and stir in remaining ingredients.
6. Put in a lightly oiled 9x13 baking dish and cook for 20 minutes.

INGREDIENTS

For pizza casserole

½ Tablespoon olive oil
1 medium yellow onion, diced
3 cloves garlic, minced
12 ounces mild Italian turkey sausage
(bulk or links removed from casing)
1 red bell pepper, diced
8 ounces white mushrooms, sliced
¼ bunch kale, chopped
½ cup tomato paste
½ cup low sodium chicken broth
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon Herbes de Provence
½ bunch basil, chopped
½ cup parmesan cheese
2½ cups cooked quinoa **see prep guide*

MADE AHEAD

- Honey chicken meat, chopped * *see Meal #1 for recipe*
- 1½ cups cooked mashed cauliflower * *see Meal #1 for recipe*
- 12 ounces cooked whole wheat spaghetti * *see prep guide*
- Cut vegetables: onion, mushrooms, broccoli

DIRECTIONS

For chicken broccoli alfredo

1. Heat a large non-stick skillet over medium heat and add the butter, onions, garlic, mushrooms, and broccoli. Cook for about 4-6 minutes.
2. Add mashed cauliflower and stir to combine. Add broth until the mixture is the consistency of your liking.
3. Add chicken and spaghetti and stir (tongs work well) until warmed through.
4. Season with pepper, toss with parmesan, and serve.

INGREDIENTS

For chicken broccoli alfredo

- 1 Tablespoon butter
- ½ medium yellow onion, diced
- 4 cloves garlic, minced
- 8 ounces white mushrooms, sliced
- 1 small head broccoli, cut into small florets
- 1½ cups mashed cauliflower * *see Meal #1 for recipe*
- 1/3 - 2/3 cup low-sodium chicken broth (depending on consistency you like)
- ½ recipe honey chicken meat, chopped * *see Meal #1 for recipe*
- 12 ounces whole wheat spaghetti, cooked * *see prep guide for recipe*
- ¼ teaspoon black pepper
- ¾ cup grated parmesan

MADE AHEAD

- 2 cooked yellow beets, diced * *see Meal #1 for recipe*
- 2 ½ cups cooked quinoa * *see prep guide for recipe*
- Cut vegetables: onion, kale
- 2 cups edamame * *cooked according to package directions*

DIRECTIONS

For quinoa kale sauté with parmesan

1. Heat a large non-stick skillet over medium heat and add oil.
2. Once oil is hot add onion, garlic, and kale and cook for about 4-5 minutes.
3. Add beets, edamame, and cooked quinoa and stir until heated through.
4. Season with salt and pepper and garnish with parmesan and basil.

INGREDIENTS

For quinoa kale sauté with parmesan

- 1 Tablespoon olive oil
- ½ yellow onion, diced
- 3 cloves garlic, minced
- ¾ bunch kale, chopped small
- 2 cooked yellow beets, diced * *see Meal #1 for recipe*
- 2 ½ cups cooked quinoa * *see prep guide for recipe*
- 2 cups edamame * *cooked according to package directions*
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ cup shaved parmesan cheese
- ½ bunch basil, chopped



Classic March 28th

Nutrition Information

Honey chicken				Serves: 4	
Serving Size: 1 1/4 cup					
Calories	363	kcal	Fat	6.4	g
Protein	48.5	g	Saturated	1.6	g
Carbohydrate	27.5	g	Sugar	23.7	g
Sodium	473	mg	Calcium	4.2	%DV
Fiber	2.9	g	Iron	17.9	%DV
Cholesterol	147	mg			

Mashed cauliflower				Serves: 4	
Serving Size: 1/2 cup					
Calories	159	kcal	Fat	8.2	g
Protein	7.3	g	Saturated	4.8	g
Carbohydrate	19	g	Sugar	7.1	g
Sodium	358	mg	Calcium	8.7	%DV
Fiber	7.4	g	Iron	8.8	%DV
Cholesterol	19	mg			

Kung pao shrimp noodles				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	388	kcal	Fat	14.3	g
Protein	26.3	g	Saturated	2	g
Carbohydrate	41.8	g	Sugar	11.3	g
Sodium	833	mg	Calcium	13.4	%DV
Fiber	7.8	g	Iron	15.1	%DV
Cholesterol	143	mg			

Pizza casserole				Serves: 4	
Serving Size: 2 cups					
Calories	417	kcal	Fat	15	g
Protein	30.6	g	Saturated	4.4	g
Carbohydrate	40	g	Sugar	7.7	g
Sodium	675	mg	Calcium	25.5	%DV
Fiber	7.1	g	Iron	25.2	%DV
Cholesterol	74	mg			

Chicken broccoli alfredo				Serves: 4	
Serving Size: 1 3/4 cups					
Calories	585	kcal	Fat	17.6	g
Protein	67.2	g	Saturated	8.1	g
Carbohydrate	43.5	g	Sugar	7.4	g
Sodium	399	mg	Calcium	40.3	%DV
Fiber	10.9	g	Iron	29.8	%DV
Cholesterol	174	mg			

Quinoa kale saute with parmesan			Serves: 4		
Serving Size: 1 ½ cup					
Calories	387	kcal	Fat	13.9	g
Protein	22	g	Saturated	3.4	g
Carbohydrate	47.1	g	Sugar	8.4	g
Sodium	220	mg	Calcium	33.9	%DV
Fiber	10.7	g	Iron	29.4	%DV
Cholesterol	10	mg			