

PREP GUIDE

MEAL #1

- Make couscous * *see recipe below*
- Cut vegetables:
 - 4 carrots, diced
 - 1 yellow onion, diced (for lentil bowl)
 - ½ yellow onion, chopped fine (for chopped veggies)
 - 1 tomato, diced
 - 2 green bell pepper, chopped
 - 1 cucumber, chopped

MEAL #2

- 2 cups pineapple, peeled, cored & cubed (½ pineapple)
- 1 yellow onion, chopped

MEAL #3

- Make dressing * *see Meal #3 for recipe*
- Cut vegetables:
 - 2 tomatoes, chopped
 - 1 cucumber, chopped
 - 2 zucchini, chopped
 - 4 carrots, shredded

MEAL #4

- Cut vegetables:
 - ½ yellow onion, diced
 - 1 green bell pepper, sliced thin
 - ¼ pineapple, peeled, cored & diced

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced
 - 3 carrots, diced
 - 1 green bell pepper, diced
 - 2 zucchini diced

For Couscous (Meals #1 & #5)

1½ cups couscous

2 cups water or broth

½ teaspoon salt (only if using water)

Pour water into a medium stockpot. Bring to a boil, add couscous and remove from heat and let sit for 10 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes; makes 4 cups. Fluff with fork before serving.

MENU

MONDAY ①

SPICY LENTIL BOWL

TUESDAY ②

ROASTED SWEET POTATOES WITH
GARBANZO BEANS
Cubed Pineapple

WEDNESDAY ③

CHOPPED SPINACH SALAD

THURSDAY ④

LENTIL TACOS

FRIDAY ⑤

SMOKY MINESTRONE



Shopping List

(1) Spicy Lentil Bowl (2) Roasted Sweet Potato & Garbanzos (3) Chopped Spinach Salad (4) Lentil Tacos (5) Smoky Minestrone

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,5	carrots	11		3
1,2,4,5	yellow onion	4		3
1,2,4	lime	4	(need 1/2 cup lime juice)	2
1,3,4,5	tomato	7		7
1,4,5	green bell pepper	4		4
1,3	cucumber	2		2
1,2,4	cilantro	1 bunch		1
1,3	green leaf lettuce	1 head		1.5
2	sweet potatoes, medium	2		2
2,4	pineapple	1		4
3,5	zucchini	4		4
3,5	baby spinach leaves	7 ounces	need about 3 cups	5
3	oranges	2		1

Recipe #	Dairy	Quantity	Notes	Est Cost
	* no dairy *			

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,5	couscous, dry	1-1/3 cups		2
1,5	chipolte peppers in adobo	1 can	need 2 peppers	2
1	bay leaf	1	* optional *	0.5
1,4	brown lentils	2 cups dry		2
2,3,5	garbanzo beans, organic	6 cans	14.5 oz cans	12
2	mild chili powder	1 teaspoon		0.5
3	slivered almonds	1 cup	* optional *	4
3	red wine vinegar	2 Tablespoons		0.5
4	whole wheat tortillas	4		2

Fresh 20 Grocery Est 65
 Cost Per Dinner 13
 Cost Per Serving 3.25

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	5 Tablespoons	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	1-1/2 teaspoons
	balsamic vinegar		ground cumin	3 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	3 Tablespoons
	veggie broth: low sodium	7-8 cups	organic tomato paste	3 Tablespoons
	garlic	9 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	
	black pepper	1/4 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	
paprika		whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

MADE AHEAD

- 3 cups cooked couscous * *see prep guide*
- Cut vegetables: carrot, onion, tomato, bell peppers, cucumber

DIRECTIONS

For spicy lentil bowl

1. Heat a large skillet over medium heat and add oil.
2. Add carrots and onion and cook for 3-4 minutes. Add garlic and cook an additional 30 seconds.
3. Add chipotle, tomato paste and cumin and cook for another minute, stirring well to combine.
4. Add bay leaf, 3 cups of broth, and lentils and bring to a boil.
5. Reduce to simmer, cover, and allow to cook for 35 minutes until liquid is almost completely absorbed and lentils are tender. Check periodically and add more broth, $\frac{1}{4}$ cup at a time, if needed.
6. Remove from heat and stir in lime juice.
7. Reserve half of lentils for Meal #4.
8. Serve lentils over warmed couscous and chopped veggies.

Meanwhile

1. Combine onion, tomato, bell peppers, cucumber, cilantro and lettuce; mix well and toss with lime juice.

To re-heat couscous

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

INGREDIENTS

For spicy lentil bowl

2 Tablespoons grapeseed oil
4 carrots, diced
1 medium yellow onion, diced
4 garlic cloves, minced
1 chipotle pepper in adobo, minced
2 Tablespoons tomato paste
1 teaspoon cumin
1 bay leaf (optional)
3-4 cups low sodium vegetable broth
2 cups brown lentils (dry)
1 lime juiced (2 Tablespoons)

$\frac{1}{2}$ yellow onion, chopped fine
1 tomato, diced
2 green bell peppers, chopped
1 cucumber, chopped
 $\frac{1}{2}$ bunch cilantro, chopped
 $\frac{1}{2}$ head green leaf lettuce, shredded
1 lime juiced (2 Tablespoons)

3 cups cooked couscous * *see prep guide*



(2) ROASTED SWEET POTATOES WITH GARBANZOS cubed pineapple

MADE AHEAD

- ½ pineapple, peeled, cored and cubed (2 cups)
- Cut vegetables: onion

DIRECTIONS

For roasted sweet potatoes with garbanzos

1. Preheat oven to 425°.
2. In a large bowl, combine sweet potatoes, beans, onion, oil, maple syrup, spices and salt. Toss to coat.
3. Spread onto a large rimmed baking sheet.
4. Bake for 25-30 minutes, tossing once or twice during cooking.
5. Remove from oven and toss with lime juice and cilantro. Serve immediately with a side of pineapple.

INGREDIENTS

For roasted sweet potatoes with garbanzos

- 2 medium sweet potatoes, peeled and chopped
 - 2 (14.5 ounce) cans organic garbanzo beans, drained and rinsed
 - 1 medium yellow onion, chopped
 - 3 Tablespoons olive oil
 - 2 Tablespoons maple syrup
 - 2 teaspoons cumin
 - 1 teaspoon chili powder
 - 1 teaspoon salt
 - 1 lime juiced (about 2 Tablespoons)
 - ¼ bunch cilantro, chopped
- 2 cups cubed pineapple

MADE AHEAD

- Make dressing * *see recipe below*
- Cut vegetables: tomatoes, cucumber, zucchini, carrots

DIRECTIONS

For chopped spinach salad

Combine all ingredients then toss with dressing.

For dressing

Whisk all ingredients together.

INGREDIENTS

For chopped spinach salad

- 2 (14.5 ounce) cans no-salt added garbanzo beans, rinsed and drained
- 2 tomatoes, chopped
- 1 cucumber, chopped
- 2 zucchini, chopped
- 4 carrots, shredded
- 4 ounces baby spinach leaves (about 1½ cups)
- ½ head green leaf lettuce, chopped
- 2 navel oranges, peeled and cut into segments
- 1 cup slivered almonds (optional, omit for nut allergy)

For dressing

- 1 Tablespoon olive oil
- 1 teaspoon Dijon mustard
- 2 Tablespoons red wine vinegar
- 1 Tablespoon maple syrup
- 1 clove garlic, minced
- ⅛ teaspoon black pepper

MADE AHEAD

- Spicy Lentils * *see Meal #1 for recipe*
- Cut vegetables/fruit: onion, bell pepper, pineapple

DIRECTIONS

For lentil tacos

1. Warm tortillas for 10 seconds per side in small skillet and set aside.
2. Combine tomato, onion, green pepper and cilantro in small bowl. Toss with lime juice.
3. Layer vegetable mixture, pineapple and lentils into tortillas.

INGREDIENTS

For lentil tacos

- 4 whole wheat tortillas
- 1 tomato, diced
- ½ yellow onion, diced
- 1 green bell pepper, diced
- ¼ bunch cilantro, chopped
- Juice of 1 lime (about 2 Tablespoons)
- ¼ pineapple, peeled, cored and diced
- 2 cups spicy lentils * *see Meal #1 for recipe*

MADE AHEAD

- 1 cup cooked couscous * *see prep guide*
- Cut vegetables: onion, carrots, bell pepper, zucchini

DIRECTIONS

For smoky minestrone

1. Heat a large pot over medium heat and add in oil.
2. When oil is hot, add the onions, garlic, and carrots and cook for 2 minutes.
3. Add bell pepper, zucchini, tomato paste, chipotle, and Herbes; cook for 5 minutes.
4. Add beans, tomatoes, and broth; simmer for 5 minutes.
5. Add spinach and couscous and simmer for 5- 10 more minutes.

INGREDIENTS

For smoky minestrone

- 1 Tablespoon olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 3 carrots, diced
- 1 green bell pepper, diced
- 2 zucchini, diced
- 1 Tablespoon tomato paste
- 1 chipotle pepper in adobo, minced
- 1½ teaspoons Herbes de Provence
- 2 (14.5 ounce) cans organic no salt added garbanzo beans, drained and rinsed
- 3 tomatoes, diced
- 4 cups organic low-sodium vegetable broth
- 3 ounces spinach leaves, chopped (about 1¼ cups)
- 1 cup cooked couscous * *see prep guide*



Nutrition Information

Spicy Lentil Bowl				Serves: 4	
Serving Size: 1/2 cup cooked lentils, 3/4 cup prepared couscous					
Calories	400	kcal	Fat	4.3	g
Protein	19.4	g	Saturated	0.4	g
Carbohydrate	72.1	g	Sugar	8.3	g
Sodium	115	mg	Calcium	9.6	%DV
Fiber	20.6	g	Iron	29	%DV
Cholesterol	0	mg			

Roasted Sweet Potato and Garbanzo				Serves: 4	
Serving Size: 1 1/4 cup prepared dish and 1/2 cup pineapple					
Calories	462	kcal	Fat	13	g
Protein	14.4	g	Saturated	1.5	g
Carbohydrate	75.5	g	Sugar	21	g
Sodium	661	mg	Calcium	7.2	%DV
Fiber	12.5	g	Iron	24	%DV
Cholesterol	0	mg			

Vegetarian Chopped Salad				Serves: 4	
Serving Size: 1 cup salad with 2TB dressing					
Calories	419	kcal	Fat	18	g
Protein	15.8	g	Saturated	1.5	g
Carbohydrate	52.5	g	Sugar	19	g
Sodium	137	mg	Calcium	19	%DV
Fiber	14	g	Iron	67	%DV
Cholesterol	0	mg			

Lentil Tacos				Serves: 4	
Serving Size: 1 whole taco with 1/2 cup cooked lentils					
Calories	397	kcal	Fat	8	g
Protein	18	g	Saturated	2.4	g
Carbohydrate	65	g	Sugar	11	g
Sodium	307	mg	Calcium	17	%DV
Fiber	21.9	g	Iron	30	%DV
Cholesterol	0	mg			

Smokey Minestrone				Serves: 4	
Serving Size: 1 1/4 cup					
Calories	405	kcal	Fat	6.5	g
Protein	18.5	g	Saturated	0.6	g
Carbohydrate	66.8	g	Sugar	12	g
Sodium	285	mg	Calcium	7.8	%DV
Fiber	14.6	g	Iron	24	%DV
Cholesterol	0	mg			