

**PREP GUIDE****MEAL #1**

- Par cook red potatoes *\*see below*

**MEAL #2**

- Cook pasta *\*see recipe below*
- Cut vegetables:
  - 2 ears corn, kernels removed
  - 1 green bell pepper, chopped
  - 2 scallions, chopped

**MEAL #3**

- Make balsamic honey dressing *\*see Meal # 3 for recipe*
- Prepare 2 cups cooked quinoa according to package instructions
- Cut vegetables & fruit:
  - ¼ cantaloupe, bite sized chunks
  - 1 green bell pepper, chopped
  - 2 scallions, chopped
  - ¼ pound snap peas, chopped

**MEAL #4**

- Thaw frozen edamame in the refrigerator
- 2-3" piece of fresh ginger, grated to yield 2 Tablespoons
- Make pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Cut vegetables:
  - 6 scallions, chopped
  - 1 green bell pepper, sliced thinly

**MEAL #5**

- Cut vegetables:
  - 2 ears of corn, kernels removed
  - 3 scallions, chopped

**Par cooked potatoes** (Meal #1)

Place 2 pounds of potatoes in a large pot of water and bring to a boil. Once boiling, cook 5-9 minutes depending on size; they should be almost cooked. Drain and cool.

**For pasta** (Meals #2 & #4)

Bring large pot of salted water to a boil. Cook 14 ounces of pasta according to package directions. Drain, divide for Meals #2 & #4, and refrigerate.

**MENU****MONDAY ①**

GRILLED BLUE CHEESE POTATOES  
Sautéed Spinach with White Beans

**TUESDAY ②**

CORN RELISH PASTA

**WEDNESDAY ③**

PISTACHIO CANTALOUPE SALAD

**THURSDAY ④**

COLD SESAME EDAMAME NOODLES

**FRIDAY ⑤**

BLUE CHEESE AND CORN  
POTATO SALAD  
Cantaloupe



# Shopping List

(1) Grilled Potatoes (2) Corn Relish Pasta (3) Pistachio Cantaloupe Salad (4) Cold Edamame Sesame Noodles (5) Blue Cheese Potato Salad

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,5	red potatoes	2 pounds		4
1,2,3,4	spinach	36 ounces		6
2,5	fresh corn	4 ears		2
2,3	avocado	2 small		2
2,3,4	green bell pepper	3		3
2,3,4,5	scallions	13	2 bunches	2.5
2,4,5	lime	5		2.5
2,3,5	basil	1 bunch		1.5
3,5	cantaloupe	1		3
3,4	snap peas	1/2 pound		2
4	fresh ginger	3" piece		1
4	frozen shelled edamame	1.5 cups		2.5
3,5	apples	4		4

Recipe #	Dairy	Quantity	Notes	Est Cost
1,5	blue cheese	9 ounces		7

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3,5	canned beans	5 cans	3 cans white beans, 2 cans black beans	10
2,5	sun dried tomatoes	1 cup		3
2,3,5	pistachios	1 cup		6
4	sesame oil	1-1/2 Tablespoons		2
3	quinoa	1 cup		2

Fresh 20 Grocery Est \$66.00  
 Cost Per Dinner \$13.20  
 Cost Per Serving \$3.30

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	
	grapeseed oil	1-1/2 Tablespoons	herbes de provence	
	balsamic vinegar	3 Tablespoons	ground cumin	
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	1 Tablespoon
	veggie broth: low sodium		organic tomato paste	
	garlic	8 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	1-1/2 teaspoons	whole grain pasta	14 ounces
	cayenne pepper	1/4 teaspoon	long grain brown rice	
	paprika		whole wheat flour	

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



# (1) GRILLED BLUE CHEESE POTATOES

sautéed spinach with white beans

## MADE AHEAD

- Par cook potatoes *\*see prep guide*

## DIRECTIONS

### *For grilled potatoes*

1. Heat outdoor grill to medium heat (see kitchen note).
2. Toss potatoes with oil, salt, and pepper.
3. Place potatoes on grill and cook for about 10-14 minutes, turning once.
4. Save half the potatoes for Meal #5.
5. Top remaining half with blue cheese before serving.

### Meanwhile

### *For sautéed spinach with white beans*

1. Heat a large skillet over medium heat and add oil and garlic, sauté for 30 seconds.
2. Add spinach, beans, salt and pepper. Cook until spinach has just wilted, about 3-5 minutes.

### Kitchen Note:

Potatoes can also be cooked in the oven. Heat oven to 400 degrees and place sliced potatoes on a lightly greased baking sheet. Cook for 10-15 minutes until tender and browned.

## INGREDIENTS

### *For grilled potatoes*

- 2 pounds par cooked red potatoes, sliced ½" thick *\*see prep guide for directions*
- 1½ Tablespoons grapeseed oil
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 4 ounces blue cheese

### *For sautéed spinach with white beans*

- 1 Tablespoon olive oil
- 3 cloves garlic, minced
- 10 ounces spinach leaves
- 2 (15 ounces) cans white beans, drained and rinsed
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

### MADE AHEAD

- 4 cups cooked pasta \* see prep guide
- Cut vegetables: corn, bell pepper, scallions

### DIRECTIONS

#### *For corn relish pasta*

1. In a medium serving bowl, toss together all ingredients except pistachios and spinach.
2. Serve chilled pasta atop spinach and sprinkle with chopped pistachios.

### INGREDIENTS

#### *For corn relish pasta*

2 ears of corn, kernels removed  
4 cups cooked pasta  
1 small avocado, diced  
1 green bell pepper, chopped  
 $\frac{3}{4}$  cup sun dried tomatoes, chopped  
2 scallions, chopped  
 $\frac{1}{4}$  teaspoon kosher salt  
 $\frac{1}{8}$  teaspoon black pepper  
1-2 Tablespoons lime juice (1 lime)  
 $\frac{1}{4}$  cup chopped basil ( $\frac{1}{4}$  bunch)

10 ounces spinach  
 $\frac{1}{4}$  cup finely chopped pistachios



## (3) PISTACHIO CANTALOUPE SALAD

balsamic honey dressing

### MADE AHEAD

- Make balsamic honey dressing \* *see recipe below*
- Prepare 2 cups of cooked quinoa according to package directions
- Cut fruit & vegetables: cantaloupe, bell pepper, scallions, peas

### DIRECTIONS

*For balsamic honey dressing*

Whisk or shake all ingredients together.

*For pistachio cantaloupe salad*

Combine all salad ingredients and quinoa. Toss gently with dressing and serve with a side of sliced apples.

### INGREDIENTS

*For balsamic honey dressing*

3 Tablespoons balsamic vinegar  
1 teaspoon Dijon mustard  
1 Tablespoon honey  
1 Tablespoon olive oil  
¼ teaspoon kosher salt  
¼ teaspoon black pepper

*For pistachio cantaloupe salad*

¼ cup shelled pistachios  
¾ cantaloupe, cut into bite sized chunks  
1 small avocado, diced  
1 green bell pepper, diced  
2 scallions, chopped  
1 (15 ounce) can cannellini beans, drained and rinsed  
¼ pound snap peas, chopped  
¼ cup chopped basil (¼ bunch)  
6 ounces spinach leaves  
2 cups cooked quinoa

2 apples, sliced thinly

### MADE AHEAD

- 3 cups cooked pasta *\*see prep guide*
- Thaw frozen edamame in the refrigerator
- 2-3" piece of fresh ginger, grated to yield 2 Tablespoons
- Make pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Cut vegetables: scallions, bell pepper

### DIRECTIONS

#### *For cold sesame edamame noodles*

1. Heat a medium skillet over medium heat and add 1 Tablespoon of sesame oil. When oil is hot, add scallions, ginger, garlic, bell pepper, snap peas and edamame.
2. Cook for 2-3 minutes, stirring frequently, vegetables should still be crisp. Turn off heat and let cool.
3. In a small bowl, combine cayenne, black pepper, soy sauce, lime juice, and ½ Tablespoon sesame oil.
4. When vegetables have cooled, combine them with pasta and soy dressing.

#### *For simple salad*

Combine spinach and any family favorite salad ingredients (beans, nuts, apples, pears, cheese, leftover veggies) and toss with dressing.

### INGREDIENTS

#### *For cold sesame edamame noodles*

1½ Tablespoons sesame oil, divided  
6 scallions, chopped  
2 Tablespoons grated ginger  
4 cloves garlic, chopped  
1 green bell pepper, sliced thinly  
¼ pound snap peas  
1½ cups frozen shelled edamame, thawed  
dash of cayenne  
¼ teaspoon black pepper  
2 Tablespoon low sodium soy sauce  
3-4 Tablespoons lime juice (3 limes)  
3 cups cooked pasta

#### *For simple salad*

4 cups spinach  
¼ cup pantry dressing of choice



## (5) BLUE CHEESE AND CORN POTATO SALAD

### MADE AHEAD

- 1 pound grilled potatoes *\*see Meal #1 for recipe*
- Cut vegetables: corn, scallions

### DIRECTIONS

#### *For blue cheese and corn potato salad*

1. In a large serving bowl, gently toss all potato salad ingredients together.
2. Serve with sliced melon and black beans.

### INGREDIENTS

#### *For blue cheese and corn potato salad*

1 pound grilled potatoes, large dice  
*\*see Meal #1 for recipe*  
2 ears corn, kernels removed  
2 apples, diced  
3 scallions, chopped  
¼ cup sun-dried tomatoes, chopped  
½ cup chopped basil (½ bunch)  
¼ cup chopped pistachios  
dash of kosher salt and black pepper  
2 Tablespoons white wine vinegar  
5 ounces crumbled blue cheese

#### *For black beans*

2 teaspoons olive oil  
2 (15 ounce) cans black beans, rinsed and drained  
1 clove garlic, minced  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
1 Tablespoons lime juice (1 lime)  
cayenne to taste (optional)

¼ cantaloupe, sliced



# Nutrition Information

Grilled blue cheese potatoes		Serves: 4	
Serving Size: 3/4 cup			
Calories	224 kcal	Fat	10.9 g
Protein	8.7 g	Saturated	5.6 g
Carbohydrate	22.9 g	Sugar	1.8 g
Sodium	585 mg	Calcium	16 %DV
Fiber	2 g	Iron	4.9 %DV
Cholesterol	21 mg		

Sautéed spinach		Serves: 4	
Serving Size: 3/4 cup			
Calories	247 kcal	Fat	4.2 g
Protein	13.5 g	Saturated	0.5 g
Carbohydrate	40.1 g	Sugar	1.7 g
Sodium	290 mg	Calcium	15.5 %DV
Fiber	13.4 g	Iron	26.2 %DV
Cholesterol	0 mg		

Corn relish pasta		Serves: 4	
Serving Size: 1 1/2 cup			
Calories	453 kcal	Fat	14.8 g
Protein	17 g	Saturated	1.8 g
Carbohydrate	72.6 g	Sugar	13 g
Sodium	310 mg	Calcium	12 %DV
Fiber	15 g	Iron	31.7 %DV
Cholesterol	0 mg		

Pistachio cantaloupe salad		Serves: 4	
Serving Size: 2 cup (with dressing + quinoa)			
Calories	439 kcal	Fat	14.6 g
Protein	15.9 g	Saturated	1.9 g
Carbohydrate	64.3 g	Sugar	22 g
Sodium	394 mg	Calcium	17.9 %DV
Fiber	14.5 g	Iron	30.7 %DV
Cholesterol	0 mg		

Apple slices		Serves: 4	
Serving Size: 1/2 apple			
Calories	58 kcal	Fat	0 g
Protein	0.5 g	Saturated	0 g
Carbohydrate	15.5 g	Sugar	11.5 g
Sodium	1 mg	Calcium	0.5 %DV
Fiber	2.5 g	Iron	0.5 %DV
Cholesterol	0 mg		



Cold sesame edamame noodles		Serves: 4	
Serving Size: 1 cup			
Calories	507 kcal	Fat	10.5 g
Protein	22.2 g	Saturated	1.3 g
Carbohydrate	87.7 g	Sugar	7.9 g
Sodium	522 mg	Calcium	9.7 %DV
Fiber	14.8 g	Iron	30.9 %DV
Cholesterol	0 mg		

Simple salad		Serves: 4	
Serving Size: 1 cup (with Balsamic Vinaigrette)			
Calories	101 kcal	Fat	10.2 g
Protein	0.9 g	Saturated	1.4 g
Carbohydrate	1.8 g	Sugar	0.7 g
Sodium	163 mg	Calcium	3.1 %DV
Fiber	0.7 g	Iron	5 %DV
Cholesterol	0 mg		

Blue cheese and corn potato salad		Serves: 4	
Serving Size: 1 cup			
Calories	423 kcal	Fat	17.6 g
Protein	15 g	Saturated	7.6 g
Carbohydrate	56.1 g	Sugar	19.7 g
Sodium	749 mg	Calcium	22.4 %DV
Fiber	7.4 g	Iron	12.1 %DV
Cholesterol	27 mg		

Black beans		Serves: 4	
Serving Size: 3/4 cup			
Calories	210 kcal	Fat	4 g
Protein	10.2 g	Saturated	0.3 g
Carbohydrate	30.5 g	Sugar	2 g
Sodium	290 mg	Calcium	7.4 %DV
Fiber	10.5 g	Iron	17.4 %DV
Cholesterol	0 mg		

Cantaloupe		Serves: 4	
Serving Size: 1 small wedge			
Calories	19 kcal	Fat	0 g
Protein	0 g	Saturated	0 g
Carbohydrate	5 g	Sugar	4 g
Sodium	9 mg	Calcium	0 %DV
Fiber	0 g	Iron	1 %DV
Cholesterol	0 mg		