

PREP GUIDE**MEAL #1**

- 2" piece of fresh ginger, grated to yield 1 Tablespoon
- 4 clementines, peeled, small dice
- Make orange ginger glaze up to 2 days ahead *see Meal #1 for recipe

MEAL #2

- Make orange salsa, up to 2 days ahead * see Meal #2 for recipe
- 1 lemon, juiced (3 Tablespoons)
- 8 clementines, peeled and sectioned
- Prepare 5 cups cooked quinoa according to package directions (use 2 cups for Meal #2, reserve 3 cups for Meal #5) *
- Cut vegetables:
 - 2 green bell peppers, small dice (2 cups)

MEAL #3

- Marinate chicken up to 12 hours * see Meal #3 for recipe
- 1 lemon zested and juiced (3 Tablespoons juice, 1 Tablespoon zest)
- 2" piece ginger grated to yield 1 Tablespoon
- Cut vegetables:
 - 1 small yellow onion, small dice (1 cup)
 - 1 red bell pepper, small dice (1 cup)

MEAL #4

- Cut vegetables:
 - 1 small yellow onion, minced (1 cup)
 - 3 stalks celery, diced
 - ¼ pound snap peas, chopped (1 cup)

MEAL #5

- 1 lemon zested and juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables:
 - 2 green bell peppers, sliced (2 cups)

* To warm cooked grains on dinner night, add to a medium saucepot with ½ Tablespoon water per 1 cup of grains. Heat over low heat for 5 minutes until warm, fluff with a fork before serving.

MENU**MONDAY ①**

PORK TENDERLOIN WITH ORANGE
GINGER GLAZE
Snap Peas & Roasted Potatoes

TUESDAY ②

SEARED TILAPIA WITH
ORANGE SALSA
Quinoa

WEDNESDAY ③

ROASTED DRUMSTICKS
Red Lentils & Spinach

THURSDAY ④

PORK POTATO SALAD
Sliced Avocado

FRIDAY ⑤

QUINOA LENTIL PATTIES
Peppers & Peas



CLASSIC April 24, 2015

Shopping List

(1) Spiced Pork Tenderloin (2) Tilapia with Orange Salsa (3) Chicken Drumsticks (4) Pork Potato Salad (5) Quinoa Lentil Patties

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	pork tenderloin	2 (1 pound) loins		16
2	tilapia fillets	1-1/4 pounds		12
3	chicken drumsticks	8		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	new potatoes	2-1/4 pounds		4
1,2	clementines	16		5
1,3	fresh ginger	4" piece		1.5
1,4,5	snap peas	1-3/4 pounds		6
2,5	green bell peppers	4		4
3	red bell pepper	1		1
2,4	avocado	3		1
2,4	cilantro	1 bunch		1.5
2,3,5	lemon	3		1.5
3,4	small yellow onion	2		2
3,5	fresh basil	1 bunch		1.5
3,4,5	spinach	12 ounces		3
4	celery	3 stalks		1

Recipe #	Dairy	Quantity	Notes	Est Cost
4,5	low fat Greek yogurt	1 cup		1.5
5	egg	1		0.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,5	quinoa	2-1/2 cups		4.5
3,5	red lentils	2 cups		3

Fresh 20 Grocery Est \$78.50
 Cost Per Dinner \$15.70
 Cost Per Serving \$3.93

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) PORK TENDERLOIN with ORANGE GINGER GLAZE snap peas & roasted potatoes

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- 2" piece fresh ginger, grated to yield 1 Tablespoon
- 4 clementines, peeled, small dice
- Make orange ginger glaze up to 2 days ahead * see recipe below

DIRECTIONS

For roasted potatoes

1. Heat oven to 400°F.
2. Toss all ingredients together and place in a single layer on a baking sheet.
3. Cook about 20-30 minutes until fork tender.
4. Save one pound for Meal #4.

For orange ginger glaze

1. Heat a medium pot over medium heat. Add clementines, garlic, and water; cook until reduced by almost half.
2. Add ginger, syrup, and cayenne and cook for 2 more minutes. Save 1/3 for Meal #4.

For pork tenderloin

1. Heat a large skillet over medium-high heat and add oil.
2. Season tenderloins with salt, pepper, and paprika and add to hot pan. Sear for 1-2 minutes per side.
3. Transfer pork to a baking sheet and cook in 400°F oven for about 10 minutes. Brush with orange ginger glaze and continue cooking for 5-8 minutes until internal temperature reaches 145°F.
4. Let rest for five minutes and slice. Save half for Meal #4.

For snap peas

1. Heat a medium non-stick skillet over medium-high heat and add oil.
2. When oil is hot, add peas, salt, and pepper.
3. Toss for about 2-3 minutes until warm and serve with pork, potatoes, and clementines.

INGREDIENTS

For roasted potatoes

2 1/4 pounds new potatoes
2 Tablespoons olive oil
1 teaspoon kosher salt
1/4 teaspoon black pepper
1 teaspoon Herbes de Provence

For orange ginger glaze

4 clementines, peeled, small dice
2 cloves garlic, minced
1 cup water
1 Tablespoon grated ginger
2 Tablespoons maple syrup
Dash of cayenne, optional

For pork tenderloin

1 Tablespoon grapeseed oil
2 (1 pound) pork tenderloins
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
1/2 teaspoon paprika

For snap peas

1 1/2 Tablespoons olive oil
1 pound snap peas (4 cups)
1/4 teaspoon kosher salt
Dash of black pepper

For clementines

4 clementines, segments



(2) SEARED TILAPIA with ORANGE SALSA quinoa

MAKE AHEAD

- Make orange salsa, up to 2 days ahead * *see recipe below*
- 8 clementines, peeled and sectioned
- 1 lemon, juiced (3 Tablespoons)
- 2 cups cooked quinoa * *see prep guide*
- Cut vegetables: green pepper

DIRECTIONS

For seared tilapia

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. Season tilapia with salt, pepper, and cumin. Add to pan and cook for 2-3 minutes per side.
3. Serve with salsa and warmed quinoa.

For orange salsa

Toss all ingredients together; store in an airtight container in the refrigerator.

INGREDIENTS

For seared tilapia

1 Tablespoon grapeseed oil
1¼ pounds tilapia fillets (sub 1¼
pounds chicken breast)
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon cumin

For orange salsa

8 clementines, peeled and sectioned
2 green bell peppers, small dice (2
cups)
1 avocado, small dice
½ cup chopped cilantro (½ bunch)
1 Tablespoon olive oil
3 Tablespoons lemon juice
Dash of kosher salt
Dash of black pepper

2 cups cooked quinoa, warmed



(3) ROASTED DRUMSTICKS red lentils & spinach

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Marinate chicken up to 12 hours * *see recipe below*
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- 2" piece fresh ginger grated to yield 1 Tablespoon
- Cut vegetables: onion, bell pepper

DIRECTIONS

For roasted drumsticks

1. Combine first seven ingredients in a glass bowl or baking dish. Add chicken and coat well, marinate for up to 12 hours in the refrigerator.
2. Heat oven to 400°F.
3. Place drumsticks on a rimmed baking sheet and cook for about 35 minutes, until juices run clear.

Meanwhile

For red lentils and spinach

1. Heat a medium large pot over medium heat and add oil, onion, bell pepper, garlic, and ginger. Cook for 2-3 minutes.
2. Add in cumin, paprika, cayenne, tomato paste, salt, pepper and lentils; stir well to combine.
3. Add broth and water. Bring to simmer and cook for about 25 minutes adding more water if necessary. Lentils should be creamy, but not too mushy. Set aside 3 cups for Meal #5.
4. Add in basil and spinach and cook until wilted, serve with roasted drumsticks.

INGREDIENTS

For roasted drumsticks

1 Tablespoon olive oil
3 Tablespoons lemon juice
1 Tablespoon lemon zest
3 cloves garlic, minced
1 teaspoon Herbes de Provence
½ teaspoon kosher salt
½ teaspoon black pepper
8 chicken drumsticks

For red lentils and spinach

1 Tablespoon olive oil
1 small yellow onion, small dice (1 cup)
1 red bell pepper, small dice (1 cup)
4 cloves garlic, minced
1 Tablespoon minced ginger
1 teaspoon cumin
¼ teaspoon paprika
Dash of cayenne, optional
1 Tablespoon tomato paste
½ teaspoon kosher salt
¼ teaspoon black pepper
2 cup red lentils
2 cups low-sodium chicken broth
3 cups water
¼ cup chopped basil (½ bunch)
6 ounces spinach leaves (4 cups)



(4) PORK POTATO SALAD

sliced avocado

MAKE AHEAD

- Orange ginger glaze * *from Meal #1*
- 1 pound pork tenderloin **from Meal #1*
- 1 pound roasted potatoes * *from Meal #1*
- Cut vegetables: onion, celery, snap peas

DIRECTIONS

For pork potato salad

Toss all ingredients, except spinach and avocado, together and let rest 10 minutes before serving to blend flavors. Serve over spinach with a side of sliced avocado.

INGREDIENTS

For pork potato salad

- 1 small yellow onion, minced (1 cup)
- 3 stalks celery, diced
- ¼ pound snap peas, chopped (1 cup)
- Orange ginger glaze
- 1 pound pork tenderloin, diced
- 1 pound roasted potatoes, diced
- ½ cup cilantro, chopped (½ bunch)
- ½ cup low fat Greek yogurt
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

- 3 ounces spinach leaves (2 cups)
- 2 avocados, sliced



(5) QUINOA LENTIL PATTIES peppers & peas

MAKE AHEAD

- 3 cups cooked quinoa **see prep guide*
- 3 cups cooked red lentils ** from Meal #3*
- 1 lemon, zested and juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: bell peppers

DIRECTIONS

For quinoa lentil patties

1. Combine quinoa, lentils, flour, egg, and cumin together and form 8 patties.
2. Heat a large non-stick skillet over medium-high heat and add $\frac{1}{2}$ Tablespoons oil. When oil is hot, add four patties and cook for 3-4 minutes per side. Repeat with remaining oil and patties.
3. Whisk together basil, yogurt, and lemon juice and zest. Serve patties over spinach topped with yogurt sauce.

For peppers & peas

1. Heat a medium non-stick skillet over medium-high heat and add olive oil.
2. When oil is hot, add peas, peppers, salt, and pepper. Toss until slightly browned, about 3-4 minutes.

INGREDIENTS

For quinoa lentil patties

3 cups cooked quinoa
3 cups cooked lentils
2 Tablespoons whole wheat flour
1 egg
 $\frac{1}{2}$ teaspoon cumin
1 Tablespoon olive oil, divided
 $\frac{1}{2}$ bunch basil, chopped ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ cup low-fat Greek yogurt
3 Tablespoons lemon juice
1 Tablespoon lemon zest
3 ounces spinach leaves (2 cups)

For peppers & peas

1 Tablespoon olive oil
 $\frac{1}{2}$ pound snap peas (2 cups)
2 green bell peppers, sliced (2 cups)
 $\frac{1}{4}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon black pepper



Nutrition Information

Roasted Potatoes		Serves: 4	
Serving Size: 5 ounces			
Calories	140 kcal	Fat	4.5 g
Protein	3 g	Saturated	0.5 g
Carbohydrate	23 g	Sugar	2 g
Sodium	270 mg	Calcium	2 %DV
Fiber	2 g	Iron	6 %DV
Cholesterol	0 mg		

Glaze		Serves: 4	
Serving Size: 4 ounces pork			
Calories	200 kcal	Fat	6 g
Protein	24 g	Saturated	1 g
Carbohydrate	11 g	Sugar	9 g
Sodium	300 mg	Calcium	2 %DV
Fiber	1 g	Iron	6 %DV
Cholesterol	75 mg		

Snap Peas		Serves: 4	
Serving Size: 4 ounces			
Calories	90 kcal	Fat	5 g
Protein	3 g	Saturated	0.5 g
Carbohydrate	8 g	Sugar	4 g
Sodium	120 mg	Calcium	6 %DV
Fiber	3 g	Iron	15 %DV
Cholesterol	0 mg		

Clementines		Serves: 4	
Serving Size: 1 clementine			
Calories	35 kcal	Fat	0 g
Protein	1 g	Saturated	0 g
Carbohydrate	9 g	Sugar	7 g
Sodium	0 mg	Calcium	2 %DV
Fiber	1 g	Iron	0 %DV
Cholesterol	0 mg		

Seared Tilapia		Serves: 4	
Serving Size: 4 ounces			
Calories	170 kcal	Fat	6 g
Protein	28 g	Saturated	1 g
Carbohydrate	0 g	Sugar	0 g
Sodium	190 mg	Calcium	2 %DV
Fiber	0 g	Iron	4 %DV
Cholesterol	70 mg		

Orange Salsa		Serves: 4	
Serving Size: 1 cup			
Calories	190 kcal	Fat	11 g
Protein	3 g	Saturated	1.5 g
Carbohydrate	26 g	Sugar	16 g
Sodium	70 mg	Calcium	6 %DV
Fiber	7 g	Iron	4 %DV
Cholesterol	0 mg		

Quinoa		Serves: 4	
Serving Size: 1/2 cup			
Calories	110 kcal	Fat	2 g
Protein	4 g	Saturated	0 g
Carbohydrate	20 g	Sugar	1 g
Sodium	5 mg	Calcium	2 %DV
Fiber	3 g	Iron	8 %DV
Cholesterol	0 mg		

Roasted Drumsticks		Serves: 4	
Serving Size: 2 drumsticks			
Calories	320 kcal	Fat	13 g
Protein	46 g	Saturated	3 g
Carbohydrate	2 g	Sugar	0 g
Sodium	510 mg	Calcium	2 %DV
Fiber	0 g	Iron	10 %DV
Cholesterol	220 mg		

Red Lentils and Spinach		Serves: 4	
Serving Size: 1 1/4 cup			
Calories	220 kcal	Fat	3 g
Protein	15 g	Saturated	0 g
Carbohydrate	36 g	Sugar	2 g
Sodium	210 mg	Calcium	6 %DV
Fiber	10 g	Iron	25 %DV
Cholesterol	0 mg		

Pork Potato Salad		Serves: 4	
Serving Size: 1 1/2 cups			
Calories	290 kcal	Fat	6 g
Protein	30 g	Saturated	1.5 g
Carbohydrate	30 g	Sugar	9 g
Sodium	410 mg	Calcium	8 %DV
Fiber	4 g	Iron	15 %DV
Cholesterol	75 mg		

Sliced Avocado		Serves: 4	
Serving Size: 1/2 avocado			
Calories	160 kcal	Fat	15 g
Protein	2 g	Saturated	2 g
Carbohydrate	9 g	Sugar	1 g
Sodium	5 mg	Calcium	2 %DV
Fiber	7 g	Iron	4 %DV
Cholesterol	0 mg		

Quinoa Lentil Patties		Serves: 4	
Serving Size: 2 patties			
Calories	450 kcal	Fat	10 g
Protein	25 g	Saturated	1.5 g
Carbohydrate	67 g	Sugar	5 g
Sodium	200 mg	Calcium	10 %DV
Fiber	13 g	Iron	35 %DV
Cholesterol	45 mg		

Peppers and Peas		Serves: 4	
Serving Size: 1 cup			
Calories	70 kcal	Fat	3.5 g
Protein	2 g	Saturated	0.5 g
Carbohydrate	7 g	Sugar	4 g
Sodium	120 mg	Calcium	4 %DV
Fiber	3 g	Iron	8 %DV
Cholesterol	0 mg		