

PREP GUIDE

MEAL #1

- Make marinade * *see Meal #1 for recipe*
- Prepare 9 cups cooked brown rice according to package directions (use 3 cups for Meal #1, reserve 3 cups for Meal #3 and 3 cups for Meal #5)
- Cut vegetables:
 - 1 pound green beans, 1 inch pieces

MEAL #2

- Prepare 4 cups quinoa according to package directions (use 2 cups for Meal #2 and 2 cups for Meal #4)
- Cut vegetables:
 - 1 pound asparagus, cut into strips with peeler

MEAL #3

- Cut vegetables & fruit:
 - ½ pineapple, medium cubes (2 cups)
 - 2 green bell peppers, large dice (2 cups)
 - 1 small yellow onion, large dice (1 cup)
 - 2 scallions, chopped
 - 1 lime, juiced (1½ Tablespoons)
 - 1 orange, segmented & chopped

MEAL #4

- Cut vegetables:
 - 2 shallots, sliced thin
 - 2 carrots, cut into matchsticks
 - 2 green bell peppers, sliced thin (2 cups)
 - 4 scallions, chopped

MEAL #5

- 2 inch piece ginger, grated to yield 1 Tablespoon
- Cut vegetables & fruit:
 - 3 shallots, sliced thin
 - 2 carrots, diced small (1 cup)
 - 1 green bell pepper, diced (1 cup)
 - ¼ pound green beans, cut in 1 inch pieces
 - ½ pineapple, diced (2 cups)

MENU

MONDAY ①

GRILLED SOY FLANK STEAK
Green Beans & Brown Rice

TUESDAY ②

CITRUS SALMON
Asparagus Quinoa

WEDNESDAY ③

HAM & PINEAPPLE SKEWERS
Brown Rice Citrus Salad

THURSDAY ④

BEEF QUINOA STIR FRY

FRIDAY ⑤

PINEAPPLE FRIED RICE



GLUTEN FREE April 17, 2015

Shopping List

(1) Soy Flank Steak (2) Citrus Salmon (3) Ham & Pineapple Skewers (4) Beef Quinoa Stirfry (5) Pineapple Fried Rice

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	flank steak	2 pounds		15
2	salmon, fillets	1-1/4 pounds		12
3	ham steak, low sodium	1 pound		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4,5	cilantro	1 bunch		1.5
1,4,5	shallots	6		2
1,5	green beans	1-1/4 pounds		3
2,3,4	limes	5		2.5
2,3,5	mint	1 bunch		1.5
2	asparagus	1-1/2 pounds		4
3,5	pineapple	1 medium		3
3,4,5	green bell pepper	5		5
3	yellow onion, small	1		1
4,5	carrots	4		2
3,4	scallions	6		1.5
5	ginger	2" piece		1
3,5	frozen edamame	2-1/2 cups		3
3	orange	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost
4,5	eggs	4		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3	wooden or metal skewer	6-8		2
4	tamarind paste	1-1/2 Tablespoons		3
4,5	peanuts	1/2 cup		2
2,4	quinoa, dry	2 cups		2

Fresh 20 Grocery Est \$78.00
 Cost Per Dinner \$15.60
 Cost Per Serving \$3.90

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	6 Tablespoons	dried oregano	
	grapeseed oil	3 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	2-1/2 Tablespoons
	gluten free low sodium chicken/veg broth		gluten free organic tomato paste	
	garlic	12 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	3/4 teaspoon	gluten free soy sauce or Braggs liquid aminos	1/3 cup
	black pepper	1-1/2 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	4-1/2 cups
	paprika	1/4 teaspoon	gluten free flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) GRILLED SOY FLANK STEAK

green beans & brown rice

MAKE AHEAD

- Make marinade & marinate steak * *see recipe below*
- 3 cups cooked brown rice
- Cut vegetables: green beans

DIRECTIONS

For grilled soy flank steak

1. Make marinade by combining first 7 ingredients. Add flank steak and marinate in the refrigerator for up to 2 hours.
2. Heat outdoor grill to medium high (see Kitchen Note).
3. Cook steak about 4-7 minutes per side depending on preferred doneness.
4. Rest 5 minutes and slice thinly across the grain, save half for Meal # 4.

For green beans

1. Heat a large non-stick skillet over medium-high heat and add oil, shallots, and garlic. Cook for 1 minute then add green beans. Cook additional 3-4 minutes.
2. Add salt and pepper; serve with steak and warmed brown rice.

Kitchen Note:

Cooking indoors? Heat a stovetop grill pan to high heat and add ½ Tablespoon grapeseed oil. Add steak and sear for 2-3 minutes per side. Transfer to a 400°F oven and cook an additional 4-7 minutes depending on thickness.

INGREDIENTS

For grilled soy flank steak

2 Tablespoons gluten free soy sauce
1 Tablespoon honey
1 Tablespoon white wine vinegar
1 Tablespoon grapeseed oil
2 cloves garlic, minced
¼ bunch cilantro, chopped (¼ cup)
½ teaspoon black pepper
2 pounds flank steak

For green beans

2 Tablespoon olive oil
1 shallot, sliced thin
3 cloves garlic, minced
1 pound green beans, cut into 1 inch pieces
¼ teaspoon kosher salt
¼ teaspoon black pepper

3 cups cooked brown rice, warmed



(2) CITRUS SALMON asparagus quinoa

MAKE AHEAD

- 2 cups cooked quinoa * *see prep guide*
- Cut vegetable: asparagus

DIRECTIONS

For citrus salmon and asparagus quinoa

1. Combine first six ingredients in a glass baking dish. Add salmon fillets and marinate up to 30 minutes in the refrigerator.
2. Heat a large non-stick skillet over medium-high heat. Remove salmon from marinade and discard any remaining liquid. Add salmon fillets to pan and cook for about 3-4 minutes per side.
3. Remove fillets from skillet and keep warm.
4. Return skillet to heat and add oil, asparagus, salt, and pepper. Cook for about 1-2 minutes then add quinoa to heat through. Serve topped with salmon fillet.

INGREDIENTS

For citrus salmon

1 Tablespoon olive oil
3 Tablespoons lime juice (2 limes)
1 clove garlic, minced
¼ teaspoon kosher salt
¼ teaspoon paprika
¼ bunch mint, chopped (¼ cup)
1¼ pound salmon fillets (can sub 1¼ pounds chicken breast or tenders)

For asparagus quinoa

2 Tablespoon olive oil
1½ pounds asparagus, cut into strips with peeler
¼ teaspoon kosher salt
Dash of black pepper
2 cups cooked quinoa



(3) HAM AND PINEAPPLE SKEWERS

brown rice citrus salad

MAKE AHEAD

- 3 cups cooked brown rice * *see prep guide*
- 1 lime juiced (1½ Tablespoons)
- Cut fruit: pineapple, orange
- Cut vegetables: bell pepper, onion, scallions

DIRECTIONS

For ham and pineapple skewers

1. Heat outdoor grill to medium heat (see Kitchen Note).
2. Alternate skewering ham, pineapple, bell peppers, and onion. Season with pepper.
3. Grill for about 4-7 minutes, turning to brown all sides.
4. Serve over brown rice salad.

For brown rice citrus salad

Combine all ingredients in a medium serving bowl; toss well to combine.

Kitchen Note: Cooking indoors? Heat oven to broil. Place skewers on a baking sheet and cook for 6-9 minutes, turning occasionally.

INGREDIENTS

For ham and pineapple skewers

6-8 wooden or metal skewers
1 pound lean low sodium ham steak,
cut into large cubes
½ pineapple, medium cubes (2 cups)
2 green bell peppers, large dice (2
cups)
1 small yellow onion, large dice (1
cup)
¼ teaspoon black pepper

For brown rice citrus salad

1 cup frozen edamame, thawed
3 cups cooked brown rice, warmed
2 scallions, chopped
1½ Tablespoon lime juice (1 lime)
1 orange, segmented and chopped
1 Tablespoon olive oil
2 Tablespoons chopped mint
¼ teaspoon freshly ground black
pepper

MAKE AHEAD

- 1 pound cooked flank steak * *from Meal #1*
- 2 cups cooked quinoa * *see prep guide*
- Cut vegetables: shallots, carrots, bell pepper, scallions

DIRECTIONS

For beef quinoa stirfry

1. Heat a large non-stick skillet over medium heat and add oil. When oil is hot, add shallots, garlic, carrots, and bell pepper. Cook for about 3 minutes.
2. Add in egg and stir to scramble.
3. Add in tamarind paste, soy sauce, and maple syrup.
4. Add steak and quinoa and cook until warmed through.
5. Turn off heat and add scallions and cilantro.
6. Garnish with peanuts and squeeze of lime juice.

INGREDIENTS

For beef quinoa stirfry

1 Tablespoon grapeseed oil
2 shallots, sliced thin
3 cloves garlic, minced
2 carrots, cut into matchsticks
2 green bell peppers, sliced thin (2 cups)
1 egg, beaten
1½ Tablespoons tamarind paste
1½ Tablespoons gluten free low sodium soy sauce
1½ Tablespoons maple syrup
1 pound flank steak, thinly sliced
2 cups cooked quinoa
4 scallions, chopped
½ cup cilantro, chopped (½ bunch)
¼ cup chopped peanuts
2 limes, cut into wedges

MAKE AHEAD

- 3 cups cooked brown rice * *see prep guide*
- 2" piece fresh ginger grated to yield 1 Tablespoon
- Cut vegetables: shallots, carrots, bell peppers, green beans, pineapple

DIRECTIONS

For pineapple fried rice

1. Heat a very large non-stick skillet over medium high heat and add oil. When oil is hot, add shallots, garlic, ginger, carrots, bell pepper, and green beans. Cook for about 3-5 minutes then add pineapple and stir well.
2. Make a well in center of the mixture and add eggs; stir to scramble.
3. Add in soy sauce, rice, and edamame and stir until warm.
4. Turn off heat and add cilantro, mint, and peanuts.

INGREDIENTS

For pineapple fried rice

1 Tablespoon grapeseed oil
3 shallots, sliced thin
3 cloves garlic, minced
1 Tablespoon grated ginger
2 carrots, small dice (1 cup)
1 green bell pepper, diced (1 cup)
¼ pound green beans, trimmed and cut into 1 inch pieces
½ pineapple, diced (2 cups)
3 eggs, beaten
2 Tablespoons gluten free low sodium soy sauce
3 cups cooked brown rice
1½ cups cup frozen shelled edamame, thawed
¼ cup cilantro, chopped (¼ bunch)
½ cup mint, chopped (½ bunch)
¼ cup roasted unsalted peanuts, chopped



Gluten Free April 17th

Nutrition Information

Soy Flank Steak			Serves: 4		
Serving Size: 4 ounces					
Calories	190	kcal	Fat	8	g
Protein	25	g	Saturated	2.5	g
Carbohydrate	3	g	Sugar	2	g
Sodium	200	mg	Calcium	2	%DV
Fiber	0	g	Iron	10	%DV
Cholesterol	70	mg			

Green Beans			Serves: 4		
Serving Size: 4 ounces					
Calories	100	kcal	Fat	7	g
Protein	3	g	Saturated	1	g
Carbohydrate	8	g	Sugar	3	g
Sodium	120	mg	Calcium	6	%DV
Fiber	3	g	Iron	4	%DV
Cholesterol	0	mg			

Brown Rice			Serves: 4		
Serving Size: 3/4 cup					
Calories	160	kcal	Fat	1	g
Protein	3	g	Saturated	0	g
Carbohydrate	34	g	Sugar	0	g
Sodium	0	mg	Calcium	2	%DV
Fiber	3	g	Iron	4	%DV
Cholesterol	0	mg			

Citrus Salmon			Serves: 4		
Serving Size: 5 ounces					
Calories	240	kcal	Fat	12	g
Protein	31	g	Saturated	2.5	g
Carbohydrate	1	g	Sugar	0	g
Sodium	65	mg	Calcium	6	%DV
Fiber	0	g	Iron	4	%DV
Cholesterol	65	mg			

Asparagus Quinoa			Serves: 4		
Serving Size: 1 cup					
Calories	220	kcal	Fat	9	g
Protein	8	g	Saturated	1	g
Carbohydrate	27	g	Sugar	4	g
Sodium	125	mg	Calcium	6	%DV
Fiber	6	g	Iron	10	%DV
Cholesterol	0	mg			

Ham and Pineapple Skewers			Serves: 4		
Serving Size: 2 skewers (4 ounces ham)					
Calories	220	kcal	Fat	6	g
Protein	25	g	Saturated	2	g
Carbohydrate	14	g	Sugar	8	g
Sodium	960	mg	Calcium	2	%DV
Fiber	2	g	Iron	10	%DV
Cholesterol	60	mg			

Brown Rice Salad			Serves: 4		
Serving Size:					
Calories	260	kcal	Fat	7	g
Protein	8	g	Saturated	1	g
Carbohydrate	43	g	Sugar	4	g
Sodium	5	mg	Calcium	8	%DV
Fiber	5	g	Iron	10	%DV
Cholesterol	0	mg			

Beef Quinoa Stir Fry			Serves: 4		
Serving Size: 2 cups					
Calories	450	kcal	Fat	17	g
Protein	34	g	Saturated	4	g
Carbohydrate	39	g	Sugar	12	g
Sodium	320	mg	Calcium	10	%DV
Fiber	6	g	Iron	25	%DV
Cholesterol	115	mg			

Pineapple Fried Rice			Serves: 4		
Serving Size: 2 cups					
Calories	450	kcal	Fat	16	g
Protein	18	g	Saturated	2.5	g
Carbohydrate	62	g	Sugar	14	g
Sodium	350	mg	Calcium	15	%DV
Fiber	9	g	Iron	20	%DV
Cholesterol	140	mg			