

PREP GUIDE

MEAL #1

- 2" piece ginger grated to yield 1½ Tablespoons
- Prepare 5 cups of brown rice according to package directions (use 3 cups for Meal #1 and reserve 2 cups for Meal #4)
- Cut fruit & vegetables:
 - 1 bunch scallions, chopped
 - 6 apricots, diced very small

MEAL #2

- Marinate shrimp for up to 30 minutes * *see Meal #2 for recipe*
- 2 limes, juiced (3 Tablespoons)
- 6 tortillas, toasted
- Cut vegetables:
 - 1 small yellow onion, thinly sliced
 - 2 green bell peppers, thinly sliced
 - 1 cucumber, diced (2 cups)

MEAL #3

- Marinate lamb for 30 minutes * *see Meal #3 for recipe*
- ½ lime, juiced (1 Tablespoon)
- Cut vegetables:
 - 1 small yellow onion, diced (1 cup)
 - 2 green bell peppers, diced (2 cups)
 - 4 ears corn, kernels removed

MEAL #4

- 2" piece fresh ginger grated to yield 1 Tablespoon
- 2 limes, juiced (3 Tablespoons)
- Cut vegetables:
 - 1 small yellow onion, diced small (1 cup)
 - 1 green bell pepper, sliced thin
 - 2 cucumbers, diced (4 cups)
 - ¼ pound snap peas, chopped (1 cup)

MEAL #5

- Make apricot corn relish 30 minutes before dinner * *see Meal #5 for recipe*
- 1 lime, juiced (1½ Tablespoons)
- Cut vegetables:
 - 1 small yellow onion, sliced thinly
 - 2 green bell peppers, sliced thinly

MENU

MONDAY ①

HONEY APRICOT MEATBALLS
Snap Pea & Rice Stir-Fry

TUESDAY ②

CILANTRO LIME SHRIMP
FAJITA SALAD

WEDNESDAY ③

LAMB KEBABS
Corn Succotash

THURSDAY ④

LETTUCE WRAPS
Cucumber Salad

FRIDAY ⑤

QUESADILLAS
Apricot Corn Relish



GLUTEN FREE May 8, 2015

Shopping List

(1) Honey Apricot Meatballs (2) Cilantro Lime Shrimp Salad (3) Lamb Kebabs (4) Lettuce Wraps (5) Quesadilla & Corn Relish

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	ground turkey	2 pounds		10
2	shrimp	1-1/4 pounds	medium, peeled, deveined	10
3	lamb leg	1-1/4 pounds	can sub pork	10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	scallions	1 bunch		1.5
1,4	fresh ginger	4"		1.5
1,2,3,5	cilantro	1 bunch		1.5
1,5	apricots	8		5
1,4	snap peas	1-1/4 pounds		4
2,3,4,5	lime	6		3.5
2,3,4,5	yellow onion	4 small		4
2,3,4,5	green bell pepper	7		7
2,4	leaf lettuce	2 sm heads		3
2,4	cucumber	3		3
2,4,5	avocado	3		3
3,5	fresh corn	6 ears		5
3,5	tomatoes	5		5
2	plums	4		

Recipe #	Dairy	Quantity	Notes	Est Cost
2,5	Colby jack cheese - shredded	2 cups		3
2,3,5	Greek yogurt	1-1/4 cups		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,5	corn tortillas	14		4
3	metal or wood skewers	6-8		

Fresh 20 Grocery Est \$85.00
 Cost Per Dinner \$17.00
 Cost Per Serving \$4.25

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) HONEY APRICOT MEATBALLS

snap pea & rice stir fry

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- 3 cups cooked brown rice
- 2" piece fresh ginger grated to yield 1½ Tablespoons
- Cut fruit & vegetables: scallions, apricots

DIRECTIONS

For honey apricot meatballs

1. Heat oven to 400°F.
2. Combine all ingredients except honey and form into golf ball sized meatballs.
3. Bake for about 14-17 minutes.
4. Save half the meatballs for Meal #4. Drizzle honey over the remaining meatballs and serve over stir fry.

For snap pea and rice stir fry

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot, add peas and cook for about 2-3 minutes.
3. Add pepper, soy sauce, and rice; cook until warmed through.

INGREDIENTS

For honey apricot meatballs

2 pounds ground turkey
1 bunch scallions, chopped
1½ Tablespoons grated ginger
½ teaspoon cumin
½ teaspoon paprika
1 Tablespoon gluten free low-sodium soy sauce
½ teaspoon kosher salt
¼ teaspoon black pepper
Dash of cayenne, optional
¼ bunch cilantro, chopped (¼ cup)
6 apricots, diced very small
¼ cup honey

For snap pea and rice stir fry

1½ Tablespoon grapeseed oil
1 pound snap peas (4 cups)
Dash of black pepper
2 Tablespoons gluten free low sodium soy sauce
3 cups cooked brown rice



(2) CILANTRO LIME SHRIMP FAJITA SALAD

MAKE AHEAD

- Marinate shrimp for 30 minutes * *see recipe below*
- 2 limes, juiced (3 Tablespoons)
- 6 tortillas, toasted
- Cut vegetables: onion, bell pepper, cucumbers

DIRECTIONS

For cilantro lime shrimp fajita salad

1. Combine lime juice, cilantro, salt, pepper, cumin, and paprika; add shrimp and marinate in the refrigerator for 30 minutes.
2. Heat a large non-stick skillet over medium-high heat and add grapeseed oil. When oil is hot, add onion and bell pepper and cook for 2 minutes.
3. Remove shrimp from marinade and discard any remaining liquid. Add shrimp to skillet and cook until just barely pink. Set aside to cool slightly while preparing salad.
4. In a large bowl, toss together lettuce, cucumber, avocado, and cheese. Put on dinner plates and top with shrimp mixture. Garnish with toasted tortillas and Greek yogurt. Serve plums on the side or as dessert.

INGREDIENTS

For cilantro lime shrimp fajita salad

3 Tablespoons lime juice
¼ bunch cilantro, chopped (¼ cup)
Dash of kosher salt
Dash of black pepper
½ teaspoon cumin
¼ teaspoon paprika
1¼ pound peeled and deveined medium shrimp (can sub 1 pound chicken tenders, cut into small pieces)
1 Tablespoon grapeseed oil
1 small yellow onion, thinly sliced
2 green bell peppers, thinly sliced
1 small head leaf lettuce, chopped
1 cucumber, diced (2 cups)
1 avocado, sliced
½ cup shredded Colby jack cheese
6 corn tortillas, toasted
½ cup Greek yogurt

For sliced plums

4 plums, washed and sliced



(3) LAMB KEBABS corn succotash

MAKE AHEAD

- Marinate lamb 30 minutes * *see recipe below*
- ½ lime juiced (1 Tablespoon)
- Cut vegetables: onion, bell pepper, corn

DIRECTIONS

For lamb kebabs

1. In a glass bowl, combine oil, garlic, Herbes, oregano, cumin, salt, and pepper; add lamb cubes. Marinate for 30 minutes in the refrigerator.
2. If using wooden skewers, soak in water.
3. Heat outdoor grill to medium-high or oven to broil.
4. Remove lamb from marinade and discard any remaining liquid. Evenly space lamb cubes on skewers.
5. Cook skewers on grill or under broiler for about 5-7 minutes on each side.
6. Whisk together yogurt, cilantro, lime juice, and honey for sauce; serve with lamb kebabs.

Meanwhile

For corn succotash

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot, add onion, bell pepper, and corn. Cook for about 2-4 minutes, letting the corn brown slightly.
3. Add in tomatoes, salt, and pepper; cook until heated through.
4. Serve lamb skewers over succotash with yogurt sauce.

Kitchen Note:

To remove kernels from cob, hold cob perpendicular to cutting board and cut from top to bottom with a very sharp knife. One medium cob will yield ½ - ¾ cup kernels.

INGREDIENTS

For lamb kebabs

6-8 wood or metal skewers

1 Tablespoon grapeseed oil
2 cloves garlic, minced
1 teaspoon Herbes de Provence
½ teaspoon oregano
½ teaspoon cumin
½ teaspoon kosher salt
½ teaspoon black pepper
1¼ pound lamb leg, cubed
½ cup Greek yogurt
¼ bunch cilantro (¼ cup)
1 Tablespoon lime juice
1 teaspoon honey

For corn succotash

1 Tablespoon olive oil
1 small yellow onion, diced (1 cup)
2 green bell peppers, diced (2 cups)
4 ears corn, kernels removed
4 tomatoes, diced
¼ teaspoon kosher salt
dash of black pepper



(4) LETTUCE WRAPS

cucumber salad

MAKE AHEAD

- 1 pound cooked honey apricot meatballs **from Meal #1*
- 2 cups cooked brown rice
- 2" piece fresh ginger grated to yield 1 Tablespoon
- 2 limes juiced (3 Tablespoons)
- Cut vegetables: onion, bell pepper, cucumbers, snap peas

DIRECTIONS

For lettuce wraps

1. Heat a large non-stick skillet over medium heat and add grapeseed oil. When oil is hot, add onion and garlic and cook for about 3-4 minutes.
2. Add in ginger, crumbled meatballs, and bell pepper; sauté for about 2 minutes.
3. Turn off heat and add in soy sauce and lime juice.
4. Serve in lettuce leaves alongside cucumber salad.

Meanwhile

For cucumber salad

Toss all ingredients together; serve chilled.

INGREDIENTS

For lettuce wraps

- 1 Tablespoon grapeseed oil
- 1 small yellow onion, diced small (1 cup)
- 2 cloves garlic, minced
- 1 Tablespoon grated ginger
- 1 pound cooked honey apricot meatballs, crumbled
- 1 green bell pepper, sliced thin
- 1 Tablespoon gluten free low sodium soy sauce
- 3 Tablespoons lime juice
- 1 head leaf lettuce, separate leaves

For cucumber salad

- 2 cups cooked brown rice
- 2 cucumbers, diced (4 cups)
- 1 avocado, diced
- ¼ pound snap peas, chopped (1 cup)
- 1 Tablespoon white wine vinegar
- Dash of kosher salt
- Dash of black pepper



(5) QUESADILLAS apricot corn relish

MAKE AHEAD

- Make apricot corn relish 30 minutes before dinner * *see recipe below*
- 1 lime, juiced (1½ Tablespoons)
- Cut vegetables: onion, bell pepper

DIRECTIONS

For quesadillas

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot, add onion and bell peppers. Cook for about 3-4 minutes until softened; set aside to cool.
3. Wipe out skillet and put back on medium heat.
4. In skillet, layer one tortilla, cooked vegetables, and cheese. Top with a second tortilla.
5. Cook on each side for about 2 minutes until lightly browned and cheese is melted. Continue making four quesadillas total. Serve with apricot relish and a dollop of Greek yogurt.

Meanwhile

For apricot corn relish

Toss all ingredients together, let sit for 30 minutes for flavors to combine.

INGREDIENTS

For quesadillas

½ Tablespoon grapeseed oil
1 small yellow onion, sliced thin
2 green bell peppers, sliced thin
1½ cups shredded Colby jack cheese
8 corn tortillas
¼ cup low-fat Greek yogurt

For apricot corn relish

2 apricots, small dice
2 ears of corn, kernels removed
1 tomato, diced
½ avocado, diced
1½ Tablespoons lime juice
2 Tablespoons chopped cilantro
½ teaspoon kosher salt
pinch of cumin
pinch of black pepper



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Nutrition Information

Honey Apricot Meatballs		Serves: 4	
Serving Size: about 4-5 meatballs			
Calories	220 kcal	Fat	10 g
Protein	21 g	Saturated	2.5 g
Carbohydrate	12 g	Sugar	8 g
Sodium	270 mg	Calcium	4 %DV
Fiber	0 g	Iron	8 %DV
Cholesterol	85 mg		

Snap Pea and Rice Stir Fry		Serves: 4	
Serving Size: 1 1/4 cups			
Calories	260 kcal	Fat	6 g
Protein	6 g	Saturated	0.5 g
Carbohydrate	43 g	Sugar	4 g
Sodium	270 mg	Calcium	6 %DV
Fiber	5 g	Iron	20 %DV
Cholesterol	0 mg		

Cilantro Lime Shrimp Salad		Serves: 4	
Serving Size: 5 ounces shrimp, 1 1/2 cups salad			
Calories	430 kcal	Fat	18 g
Protein	32 g	Saturated	4.5 g
Carbohydrate	38 g	Sugar	5 g
Sodium	980 mg	Calcium	30 %DV
Fiber	9 g	Iron	15 %DV
Cholesterol	195 mg		

Sliced Plums		Serves: 4	
Serving Size: 1 plum			
Calories	35 kcal	Fat	0 g
Protein	1 g	Saturated	0 g
Carbohydrate	10 g	Sugar	8 g
Sodium	0 mg	Calcium	0 %DV
Fiber	1 g	Iron	2 %DV
Cholesterol	0 mg		

Lamb Kebabs		Serves: 4	
Serving Size: 5 ounces			
Calories	290 kcal	Fat	11 g
Protein	42 g	Saturated	3.5 g
Carbohydrate	3 g	Sugar	3 g
Sodium	390 mg	Calcium	4 %DV
Fiber	0 g	Iron	15 %DV
Cholesterol	130 mg		

Corn Succotash		Serves: 4	
Serving Size: 1 1/2 cup			
Calories	250 kcal	Fat	5 g
Protein	7 g	Saturated	0.5 g
Carbohydrate	51 g	Sugar	13 g
Sodium	135 mg	Calcium	4 %DV
Fiber	7 g	Iron	10 %DV
Cholesterol	0 mg		

Lettuce Wraps		Serves: 4	
Serving Size: 3-4 filled leaves			
Calories	280 kcal	Fat	13 g
Protein	23 g	Saturated	3 g
Carbohydrate	18 g	Sugar	10 g
Sodium	400 mg	Calcium	6 %DV
Fiber	2 g	Iron	10 %DV
Cholesterol	85 mg		

Cucumber Salad		Serves: 4	
Serving Size: 1 1/4 cups			
Calories	220 kcal	Fat	8 g
Protein	5 g	Saturated	1 g
Carbohydrate	32 g	Sugar	3 g
Sodium	65 mg	Calcium	6 %DV
Fiber	7 g	Iron	10 %DV
Cholesterol	0 mg		

Quesadillas		Serves: 4	
Serving Size: 2 prepared quesadillas			
Calories	370 kcal	Fat	18 g
Protein	15 g	Saturated	9 g
Carbohydrate	39 g	Sugar	7 g
Sodium	310 mg	Calcium	30 %DV
Fiber	5 g	Iron	2 %DV
Cholesterol	40 mg		

Apricot Corn Relish		Serves: 4	
Serving Size: 1/3 cup			
Calories	120 kcal	Fat	4.5 g
Protein	3 g	Saturated	0.5 g
Carbohydrate	21 g	Sugar	4 g
Sodium	65 mg	Calcium	2 %DV
Fiber	4 g	Iron	4 %DV
Cholesterol	0 mg		