

PREP GUIDE**MEAL #1**

- Prepare 6 cups of brown lentils according to package directions (use 3 cups for Meal #1 and reserve 3 cups for Meal #5)
- 3 limes, juiced (5 Tablespoons) for the week
- 2 bunches broccolini, blanched **see below*

MEAL #2

- Prepare Cilantro Rice ** see recipe below*
- Cut fruits & vegetables:
 - 2 heads radicchio, sliced thin (5 cups)
 - 2 mangos, diced

MEAL #3

- 8 ounces whole wheat spaghetti or linguine prepared according to package directions (4 cups cooked)
- Cut vegetables:
 - 2 shallots, minced
 - 1 green bell pepper, small dice (1 cup)
 - 2 portobello mushroom caps, chopped
 - 2 mangoes, sliced

MEAL #4

- 2-3" fresh ginger, grated (1 Tablespoon)
- 2 ears corn, kernels removed (1½ cups)
- Cut vegetables:
 - 2 green bell peppers, chopped (2 cups)

MEAL #5

- Cut vegetables:
 - 1 shallot, minced

Cilantro Rice (Meal #2 & #4)

Prepare 4 cups cooked brown rice according to package directions. When cooked, add 1 bunch chopped cilantro and mix well. Cool and refrigerate until needed.

Blanched Broccolini (Meal #1 & #5)

2 bunches broccolini

Bring a large pot of water to a boil. Trim any tough ends from broccolini and put in boiling water. Cook 2-3 minutes until just barely tender. Drain and place in a bowl of ice water; drain again and refrigerate until needed.

MENU**MONDAY ①**

LENTILS & BROCCOLINI
Herbed Scrambled Eggs

TUESDAY ②

SAUTÉED RADICCHIO
WHITE BEANS & MANGO
Cilantro Rice

WEDNESDAY ③

PASTA PRIMAVERA CACIO E PEPE

THURSDAY ④

GINGER EDAMAME BOWL

FRIDAY ⑤

LENTIL BRUSCHETTA
OVER PORTOBELLO
Broccolini



VEGETARIAN June 19, 2015

Shopping List

(1) Lentils & Broccoli (2) Sautéed Radicchio White Beans & Mango (3) Pasta Primavera Cacio E Pepe (4) Ginger Edamame Bowl (5) Lentil Bruschetta

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,4	fresh cilantro	2 bunches		3
1,5	broccoli	2 bunches		5
1,2,3,5	fresh basil	3 bunches		3
2,3,5	shallots	5		3
2	radicchio	2 heads		3
2,4	limes	3 limes		1.5
2,3	mangoes	4		4
3,4	green bell pepper	3		3
3,5	portobello mushroom caps	10 caps		8
4	fresh ginger	2-3" piece		1
4	fresh corn	2 ears		1
4,5	tomatoes	10		8
4	frozen edamame	3 cups		3

Recipe #	Dairy	Quantity	Notes	Est Cost
1	eggs	8		4
3	parmesan cheese	1/2 cup		1
5	mozzarella cheese	1/2 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,5	lentils	3 cups		2
1,2,5	pine nuts	3/4 cup		3
2,3	white beans (cannellini)	4 (15 oz) cans		8

Fresh 20 Grocery Est \$65.50
 Cost Per Dinner \$13.10
 Cost Per Serving \$3.28

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar	1 Tablespoon	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	1/4 cup	organic tomato paste	
	garlic	12 cloves	Dijon mustard or brown mustard	
	kosher salt	2-1/4 teaspoons	soy sauce or Bragg's liquid amino acid	
	black pepper	1-3/4 teaspoons	whole grain pasta	8 ounces
	cayenne pepper		long grain brown rice	2 cups
paprika		whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) LENTILS & BROCCOLINI herbed scrambled eggs

MAKE AHEAD

- Blanched broccolini * *see pre guide for directions*
- 3 cups cooked lentils prepared according to package directions

DIRECTIONS

For lentils and broccolini

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for about 1 minute.
2. Add broccolini and toss for about 2 minutes.
3. Add lentils, salt, and pepper; heat until warmed through.
4. Garnish with pine nuts before serving

For herbed scrambled eggs

1. Whisk eggs with 1 Tablespoon water and salt and pepper.
2. Heat oil in large skillet over low-medium heat (cast iron works very well) and add eggs. Cook for about 2-3 minutes. Lift edges with spatula, allowing eggs to cook evenly.
3. Add basil and cilantro. Continue to cook, gently scrambling until eggs are just cooked through.

INGREDIENTS

For lentils and broccolini

1½ Tablespoon olive oil
4 cloves garlic, minced
1 bunch blanched broccolini, cut into bite sized pieces
3 cups cooked lentils
¼ teaspoon kosher salt
Dash black pepper
¼ cup pine nuts

For herbed scrambled eggs

8 eggs
¼ teaspoon kosher salt
Dash of black pepper
1 Tablespoon olive oil
½ bunch basil, chopped (¼ cup)
2 Tablespoons chopped cilantro



(2) SAUTEED RADICCHIO WHITE BEANS & MANGO cilantro rice

MAKE AHEAD

- 2 cups cilantro rice * *see prep guide*
- Cut fruits & vegetables: radicchio, mango

DIRECTIONS

For sautéed radicchio with white beans & mango

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot, add shallots and garlic; sauté for 1 minute.
3. Add radicchio, salt, pepper, and lime juice and cook until just wilted. Add beans and mango and cook until heated through.
4. Serve over rice and garnish with basil and nuts.

INGREDIENTS

For sautéed radicchio with white beans & mango

- 1 Tablespoon olive oil
- 2 shallots, minced
- 2 cloves garlic, minced
- 2 heads radicchio, sliced thin (about 5 cups)
- ½ teaspoon kosher salt
- Dash black pepper
- 1½ Tablespoon lime juice
- 3 (15 oz) cans white beans, drained and rinsed
- 2 mangos, diced
- 2 cups cilantro rice, warmed
- 2 Tablespoons basil, chopped (¼ bunch)
- ¼ cup toasted pine nuts



(3) PASTA PRIMAVERA CACIO E PEPE

MAKE AHEAD

- 8 ounces whole wheat spaghetti or linguine prepared according to package directions (4 cups cooked)
- Cut fruits & vegetables: shallots, bell pepper, mushrooms, mango

DIRECTIONS

For pasta primavera cacao e pepe

1. Heat oil in skillet over medium heat. Add shallots, bell pepper, and mushrooms and cook for 4-6 minutes until vegetables have softened a bit, but are still al dente. Season with salt.
2. Add beans, pasta, and broth and cook until warmed through.
3. Remove from heat and immediately add in pepper and parmesan. Toss to combine. Garnish with fresh basil.
4. Serve mango alongside or later as dessert.

INGREDIENTS

For pasta primavera cacao e pepe

- 1½ Tablespoon olive oil
 - 2 shallots, minced
 - 1 green bell pepper, small dice (1 cup)
 - 2 portobello mushroom caps, chopped
 - Dash of kosher salt
 - 1 (15 oz) can white beans, drained and rinsed
 - 4 cups cooked whole wheat pasta
 - ¼ cup low sodium vegetable broth
 - ½ teaspoon black pepper
 - ½ cup grated parmesan cheese
 - ½ cup basil, chopped (1 bunch)
- 2 mangoes, sliced



(4) GINGER EDAMAME BOWL

MAKE AHEAD

- 2 cups cooked cilantro rice * *see prep guide*
- 2-3" fresh ginger, grated (1 Tablespoon)
- 2 ears of corn, kernels removed (1½ cups)
- Cut vegetables: bell pepper

DIRECTIONS

For ginger edamame bowl

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot, add garlic, ginger, bell peppers, and corn kernels and cook for 3 minutes.
3. Add in tomatoes, salt, pepper, and edamame; cook until heated through and combined, about 2-3 minutes. Turn off heat and add in lime juice.
4. Serve over warmed cilantro rice.

INGREDIENTS

For ginger edamame bowl

- 1 Tablespoon grapeseed oil
- 2 cloves garlic, minced
- 1 Tablespoon ginger, grated
- 2 green bell peppers, chopped (2 cups)
- 2 ears corn, kernels only (1½ cups)
- 4 tomatoes, chopped
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 cups frozen shelled edamame, thawed
- 3 Tablespoons lime juice

- 2 cups cooked cilantro rice, warmed



(5) LENTIL BRUSCHETTA OVER PORTOBELLO broccolini

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- 3 cups cooked lentils prepared according to package directions
- 1 bunch broccolini, blanched * *see prep guide*
- Cut vegetables: shallots

DIRECTIONS

For lentil bruschetta over portobello

1. Heat oven to 400°F.
2. Sprinkle mushroom caps with salt and pepper. Put on baking sheet and cook until almost tender, about 10 minutes.
3. Meanwhile, combine oil, lentils, tomatoes, shallots, garlic, salt, pepper, basil, and balsamic vinegar.
4. Remove mushroom from oven and top with lentils; bake an additional 5-7 minutes.
5. Garnish with cheese and nuts. Serve with broccolini.

For broccolini

1. Heat a large non-stick skillet over medium-high heat and add oil and garlic; cook 1 minute.
2. Add broccolini and season with salt and pepper; cook 2-3 minutes.

INGREDIENTS

For lentil bruschetta over portobello

8 portobello mushrooms, stems removed
¼ teaspoon kosher salt
Dash of black pepper
1 Tablespoon olive oil
3 cups cooked lentils
6 tomatoes, diced
1 shallot, minced
2 cloves garlic, minced
¼ teaspoon kosher salt
Dash of black pepper
¾ bunch basil, chopped
1 Tablespoon balsamic vinegar
½ cup shredded mozzarella
¼ cup toasted pine nuts

For broccolini

1 Tablespoon olive oil
2 cloves garlic, minced
1 bunch broccolini, blanched
¼ teaspoon kosher salt
¼ teaspoon black pepper



VEGETARIAN June 19, 2015

Nutrition Information

Lentils and Broccolini		Serves: 4	
Serving Size: 1 3/4 cups			
Calories	310 kcal	Fat	11 g
Protein	17 g	Saturated	2 g
Carbohydrate	36 g	Sugar	3 g
Sodium	150 mg	Calcium	6 %DV
Fiber	15 g	Iron	35 %DV
Cholesterol	0 mg		

Herbed Scrambled Eggs		Serves: 4	
Serving Size: 2 eggs			
Calories	140 kcal	Fat	10 g
Protein	14 g	Saturated	3 g
Carbohydrate	2 g	Sugar	0 g
Sodium	290 mg	Calcium	4 %DV
Fiber	0 g	Iron	8 %DV
Cholesterol	450 mg		

Racichio White Beans		Serves: 4	
Serving Size: 2 cups			
Calories	440 kcal	Fat	12 g
Protein	17 g	Saturated	2 g
Carbohydrate	69 g	Sugar	26 g
Sodium	350 mg	Calcium	15 %DV
Fiber	16 g	Iron	25 %DV
Cholesterol	0 mg		

Cilantro Rice		Serves: 4	
Serving Size: 1/2 cup			
Calories	110 kcal	Fat	1 g
Protein	2 g	Saturated	0 g
Carbohydrate	23 g	Sugar	0 g
Sodium	0 mg	Calcium	0 %DV
Fiber	2 g	Iron	2 %DV
Cholesterol	0 mg		

Pasta primavera cacio e pepe		Serves: 4	
Serving Size: 2 cups prepared dish			
Calories	410 kcal	Fat	12 g
Protein	18 g	Saturated	4 g
Carbohydrate	60 g	Sugar	2 g
Sodium	320 mg	Calcium	25 %DV
Fiber	12 g	Iron	20 %DV
Cholesterol	20 mg		

Mango		Serves: 4	
Serving Size: 1/2 mango			
Calories	100 kcal	Fat	0.5 g
Protein	1 g	Saturated	0 g
Carbohydrate	25 g	Sugar	23 g
Sodium	0 mg	Calcium	2 %DV
Fiber	3 g	Iron	2 %DV
Cholesterol	0 mg		

Ginger Edamame Bowl		Serves: 4	
Serving Size: 2 cups			
Calories	290 kcal	Fat	10 g
Protein	15 g	Saturated	1 g
Carbohydrate	37 g	Sugar	10 g
Sodium	140 mg	Calcium	15 %DV
Fiber	7 g	Iron	15 %DV
Cholesterol	0 mg		

Cilantro Rice		Serves: 4	
Serving Size: 3/4 cup			
Calories	160 kcal	Fat	1 g
Protein	3 g	Saturated	0 g
Carbohydrate	35 g	Sugar	0 g
Sodium	0 mg	Calcium	2 %DV
Fiber	3 g	Iron	4 %DV
Cholesterol	0 mg		

Lentil Bruschetta		Serves: 4	
Serving Size: 2 prepared mushrooms			
Calories	420 kcal	Fat	13 g
Protein	25 g	Saturated	3.5 g
Carbohydrate	52 g	Sugar	12 g
Sodium	270 mg	Calcium	20 %DV
Fiber	17 g	Iron	40 %DV
Cholesterol	10 mg		

Broccolini		Serves: 4	
Serving Size: about 1 cup			
Calories	50 kcal	Fat	4 g
Protein	2 g	Saturated	0 g
Carbohydrate	4 g	Sugar	0 g
Sodium	140 mg	Calcium	4 %DV
Fiber	2 g	Iron	4 %DV
Cholesterol	0 mg		