

## PREP GUIDE

### MEAL #1

- 4-5 lemons, zested & juiced (  $\frac{3}{4}$  cup juice, 1 Tablespoon zest) for the week
- Cut vegetables:
  - 1 pound green beans, trimmed

### MEAL #2

- Cut vegetables:
  - 2 scallions, chopped
  - 2 tomatoes, chopped (2 cups)
  - 2 ears corn, kernels removed (1½ cups)
  - 1 cucumber, chopped (2 cups)

### MEAL #3

- Make dressing, up to 4 days ahead
- 5 cups cooked whole wheat orzo prepared according to package directions (for Meals #3 & #5)
- Cut fruit & vegetables:
  - $\frac{1}{2}$  large cantaloupe, small dice (5-6 cups)
  - 2 scallions, thinly sliced
  - 2 cucumbers, diced (4 cups)

### MEAL #4

- Marinate chicken at least 30 minutes
- Cut vegetables:
  - 5 scallions, chopped
  - 3 stalks celery, chopped
  - 2 ears corn, kernels removed (1½ cups)
  - 2 tomatoes, chopped

### MEAL #5

- Cut vegetables:
  - 2 cucumbers, diced (4 cups)
  - 2 tomatoes, diced (2 cups)

### MONDAY ①

LEMON ROSEMARY PORK CHOPS  
Roast Potatoes & Green Beans

### TUESDAY ②

CHIPOTLE TILAPIA BOWL

### WEDNESDAY ③

MELON ORZO SALAD  
Sliced Pork

### THURSDAY ④

SPICY CHICKEN DRUMSTICKS  
Smashed Potato Salad

### FRIDAY ⑤

PESTO ORZO



CLASSIC August 7, 2015

# Shopping List

(1) Lemon Rosemary Pork Chops (2) Chipolte Tilapia Bowl (3) Melon Orzo Salad (4) Spicy Drumsticks (5) Pesto Orzo

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	pork chops, boneless	2 pounds		12
2	tilapia fillets	1 pound	4 (4 oz) fillets	12
4	chicken drumsticks	8		10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	red potatoes	2-1/2 pounds	(4-5 medium potatoes)	3
1	green beans	1 pound		2
1	fresh rosemary	few sprigs	need 1 Tablespoon minced	1.5
1,2,4,5	lemons	4-5	need 3/4 cup juice, 1 Tablespoon zest	2.5
2,3,4	scallions	2-3 bunches	need 9 scallions total	2
2,4,5	tomatoes	6 medium		3
2,4	fresh corn	4 ears		2
2,3,5	cucumber	5		4
2	avocado	1		1
3,5	cantaloupe	1 large		3
3,5	fresh basil	2 bunches	need 2 cups chopped leaves	3
3,5	arugula	8 ounces		4
4	celery	3 stalks		1

Recipe #	Dairy	Quantity	Notes	Est Cost
2,4	Greek yogurt, low fat	3/4 cup	can sub sour cream	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,4	chipoltes in adobo	1 sm can		2
2,5	white beans	4 (15 oz) cans		8
3,5	pine nuts	1/2 cup		3
3,5	whole wheat orzo	2-1/2 cups	check pkg directions, need 5 cups cooked	3

Fresh 20 Grocery Est                   \$84.00  
 Cost Per Dinner                       \$16.80  
 Cost Per Serving                       \$4.20

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup + 1 Tblsp	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	1-1/2 teaspoons
	balsamic vinegar		ground cumin	1 teaspoon
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	2 teaspoons
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	7 cloves	Dijon mustard or brown mustard	
	kosher salt	3-3/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2-1/4 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	
	paprika		whole wheat flour	

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



# (1) LEMON ROSEMARY PORK CHOPS

## roast potatoes and green beans

OVEN TEMPERATURE: 400°F

### MAKE AHEAD

- 2 lemons, juiced (¼ cup)
- Cut vegetables: green beans

### DIRECTIONS

#### *For roast potatoes and green beans*

1. Heat oven to 400°F.
2. Toss potatoes with oil and seasonings; place in a single layer on a baking sheet.
3. Cook for 15-20 minutes.
4. Toss green beans with oil and seasonings and put on a second baking sheet. Cook in oven with potatoes for about 10 minutes, while potatoes finish.
5. Save half of the potatoes for Meal #4.

Meanwhile

#### *For lemon rosemary pork chops*

1. Preheat outdoor grill to medium-high heat.
2. Combine pork chops with remaining ingredients in a baking dish or re-sealable bag and marinate for 5-10 minutes while grill heats up.
3. Remove pork from marinade and discard any remaining liquid. Grill for 3-5 minutes per side depending on thickness (internal temperature should 145°F). If cooking indoors, heat skillet to medium-high and add 1 Tablespoon grapeseed oil. Cook for about 3-6 minutes per side.
4. Save half the pork chops for Meal #3.

### INGREDIENTS

#### *For roast potatoes*

2½ pounds red potatoes, cubed  
2 Tablespoons olive oil  
1½ teaspoons Herbes de Provence  
1 teaspoon kosher salt  
½ teaspoon black pepper

#### *For green beans*

1 pound green beans, trimmed  
1½ Tablespoons olive oil  
¼ teaspoon kosher salt  
¼ teaspoon black pepper

#### *For lemon rosemary pork chops*

2 pounds boneless pork chops  
4 garlic cloves, minced  
1 Tablespoon minced rosemary  
¼ cup lemon juice  
1 Tablespoon olive oil  
½ teaspoon kosher salt  
¼ teaspoon black pepper

### MAKE AHEAD

- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: scallions, tomatoes, corn, cucumber

### DIRECTIONS

#### *For chipotle tilapia bowl*

1. Heat a large non-stick skillet over medium-high heat.
2. Brush fish with chipotle, and season with salt and pepper.
3. Add oil to skillet, when hot add fish. Cook for about 2-3 minutes per side (4-5 minutes for chicken).
4. Combine remaining ingredients except yogurt; divide into four individual serving bowls. Top each bowl with a tilapia fillet and garnish with yogurt.

### INGREDIENTS

#### *For chipotle tilapia bowl*

- 1 pound tilapia filets, 4 (4 oz) fillets (can sub equal amount of thin chicken breasts)
- 1 Tablespoon chipotles in adobo, minced
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 Tablespoon grapeseed oil
- 2 scallions, chopped
- 2 tomatoes, chopped (2 cups)
- 2 ears corn, kernels removed (1½ cups)
- 1 cucumber, chopped (2 cups)
- 1½ (15 ounce) cans white beans, drained and rinsed
- 1 avocado, diced
- 3 Tablespoons lemon juice
- 1 Tablespoon olive oil
- Dash of kosher salt and black pepper
- ¼ cup low fat Greek yogurt or sour cream



### (3) MELON ORZO SALAD sliced pork

#### MAKE AHEAD

- 1 pound cooked pork chops, sliced \* *from Meal #1*
- Make dressing up to 4 days ahead
- 2 cups whole wheat orzo prepared according to package directions
- Cut fruit & vegetables: cantaloupe, scallions, cucumber

#### DIRECTIONS

*For melon orzo salad with pork*

Toss all ingredients except pork with dressing; serve with sliced pork on top.

For dressing

Whisk together and chill until needed.

#### INGREDIENTS

*For melon orzo salad with pork*

- ½ large cantaloupe, small dice (4-5 cups)
- 2 scallions, thinly sliced
- 2 cucumber, diced (4 cups)
- 1 cup basil, chopped
- 2 cups cooked orzo
- 4 ounces arugula (4 loosely packed cups)
- ¼ cup pine nuts, toasted

1 pound cooked pork chops, sliced

*For dressing*

- 2 Tablespoons white wine vinegar
- 2 teaspoons honey
- 1 Tablespoon olive oil
- 1 clove garlic, minced
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper



## (4) SPICY CHICKEN DRUMSTICKS smashed potato salad

OVEN TEMPERATURE: 375°F

### MAKE AHEAD

- Marinate chicken at least 30 minutes
- 1¼ pounds roasted potatoes \* from Meal #1
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: scallions, celery, corn, tomatoes

### DIRECTIONS

#### *For spicy chicken drumsticks*

1. Place the chicken drumsticks in a large re-sealable bag or glass baking dish with the remaining ingredients. Place in refrigerator and marinate for at least 30 minutes.
2. Preheat an outdoor grill to medium-high heat. Place the chicken legs on the grill and cook, turning occasionally, about 15-20 minutes, until juices run clear. Chicken can also be cooked in a 375°F oven for 30-35 minutes until juices run clear.

#### *For smashed potato salad*

Smash roasted potatoes with masher or fork. Combine with remaining ingredients and mix well.

### INGREDIENTS

#### *For spicy chicken drumsticks*

8 chicken drumsticks  
2 Tablespoons chipotle in adobo, minced  
1 Tablespoon grapeseed oil  
3 Tablespoons lemon juice  
1 Tablespoon lemon zest  
½ teaspoon kosher salt  
1 teaspoon cumin

#### *For smashed potato salad*

1¼ pounds roasted potatoes  
5 scallions, chopped  
3 stalks celery, chopped  
2 ears corn, kernels removed (1½ cups)  
2 tomatoes, chopped (2 cups)  
½ cup low fat Greek yogurt or sour cream  
¼ teaspoon kosher salt  
¼ teaspoon black pepper



## (5) PESTO ORZO sliced melon

### MAKE AHEAD

- 3 cups cooked whole wheat orzo prepared according to package directions
- 1 lemon, juiced (2 Tablespoons)
- Cut vegetables: cucumbers, tomatoes

### DIRECTIONS

#### *For pesto*

Combine all ingredients in food processor or chop very fine.

#### *For pesto orzo*

Toss all ingredients together with pesto; serve with side of sliced cantaloupe.

### INGREDIENTS

#### *For pesto*

1 cup basil, chopped  
¼ cup pine nuts  
2 cloves garlic, minced  
2 Tablespoons olive oil  
2 Tablespoons lemon juice  
1 Tablespoon water  
Dash of kosher salt and black pepper

#### *For pesto orzo*

2 (15 ounce) cans white beans,  
rinsed and drained  
2 cucumbers, diced (4 cups)  
2 tomatoes, diced (2 cups)  
4 ounces arugula (4 loosely packed  
cups)  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
3 cups cooked whole wheat orzo  
  
½ large cantaloupe, sliced



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## Nutrition Information

Roast Potatoes		Serves: 4	
Serving Size: 5 ounces			
Calories	130 kcal	Fat	3.5 g
Protein	3 g	Saturated	0 g
Carbohydrate	23 g	Sugar	2 g
Sodium	270 mg	Calcium	2 %DV
Fiber	2 g	Iron	6 %DV
Cholesterol	0 mg		

Green Beans		Serves: 4	
Serving Size: 4 ounces			
Calories	80 kcal	Fat	3.5 g
Protein	2 g	Saturated	0 g
Carbohydrate	6 g	Sugar	3 g
Sodium	125 mg	Calcium	4 %DV
Fiber	2 g	Iron	4 %DV
Cholesterol	0 mg		

Lemon Rosemary Pork Chops		Serves: 4	
Serving Size: 4 ounces			
Calories	240 kcal	Fat	13 g
Protein	28 g	Saturated	3 g
Carbohydrate	1 g	Sugar	0 g
Sodium	210 mg	Calcium	6 %DV
Fiber	0 g	Iron	6 %DV
Cholesterol	90 mg		

Chipotle Tilapia Bowl		Serves: 4	
Serving Size: 4 ounces tilapia, 2 cups mixed vegetables			
Calories	460 kcal	Fat	16 g
Protein	36 g	Saturated	2.5 g
Carbohydrate	47 g	Sugar	8 g
Sodium	360 mg	Calcium	10 %DV
Fiber	12 g	Iron	20 %DV
Cholesterol	60 mg		

Melon Orzo with Pork		Serves: 4	
Serving Size: 4 ounces pork, 3 1/2 cups orzo salad			
Calories	530 kcal	Fat	19 g
Protein	38 g	Saturated	4 g
Carbohydrate	51 g	Sugar	15 g
Sodium	240 mg	Calcium	20 %DV
Fiber	6 g	Iron	25 %DV
Cholesterol	90 mg		



<b>Dressing</b>		<b>Serves: 4</b>	
Serving Size: 3/4 Tablespoon			
Calories	45 kcal	Fat	3.5 g
Protein	0 g	Saturated	0 g
Carbohydrate	3 g	Sugar	3 g
Sodium	60 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 mg		

<b>Spicy Chicken Drumsticks</b>		<b>Serves: 4</b>	
Serving Size: 2 drumsticks			
Calories	290 kcal	Fat	17 g
Protein	30 g	Saturated	0 g
Carbohydrate	1 g	Sugar	0 g
Sodium	370 mg	Calcium	0 %DV
Fiber	0 g	Iron	8 %DV
Cholesterol	130 mg		

<b>Smashed Potato Salad</b>		<b>Serves: 4</b>	
Serving Size: about 1 1/2 cups			
Calories	250 kcal	Fat	5 g
Protein	8 g	Saturated	1 g
Carbohydrate	45 g	Sugar	8 g
Sodium	310 mg	Calcium	6 %DV
Fiber	6 g	Iron	10 %DV
Cholesterol	0 mg		

<b>Pesto Orzo</b>		<b>Serves: 4</b>	
Serving Size: 4 cups			
Calories	480 kcal	Fat	15 g
Protein	18 g	Saturated	2 g
Carbohydrate	67 g	Sugar	7 g
Sodium	250 mg	Calcium	15 %DV
Fiber	13 g	Iron	30 %DV
Cholesterol	0 mg		

<b>Cantaloupe</b>		<b>Serves: 4</b>	
Serving Size: about 1 cup			
Calories	50 kcal	Fat	0 g
Protein	1 g	Saturated	0 g
Carbohydrate	13 g	Sugar	11 g
Sodium	25 mg	Calcium	2 %DV
Fiber	1 g	Iron	2 %DV
Cholesterol	0 mg		