

PREP GUIDE

MEAL #1

- 8 cups cooked quinoa prepared according to package directions (Meals #1 and #5)
- Cut vegetables:
 - 1¼ pounds of broccoli, chopped (4 cups)

MEAL #2

- Marinate salmon up to 1 hour
- 5 cups cooked brown rice, prepared according to package directions (Meals #2 and #4)
- 2" fresh ginger, grated (1 Tablespoon)
- 2 lemons, juiced (¼ cup juice + 1 Tablespoon zest) * *for the week*
- ½ orange, juiced (2 Tablespoons)
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 1 medium zucchini, chopped (2 cups)

MEAL #3

- Roast cauliflower **see recipe below*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 8 ounces mushrooms, sliced (2½ cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 3 stalks celery, diced
 - 3 carrots, diced (1½ cups)
 - 1 medium zucchini, diced (2 cups)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)

ROASTED CAULIFLOWER (Meals #3 & #5)

2 heads cauliflower, cut into florets
2 Tablespoons olive oil
½ teaspoon salt
¼ teaspoon pepper
2 cloves garlic, minced
½ teaspoon Herbes de Provence

Combine all ingredients; bake at 375°F for 30-35 minutes, turning occasionally. Use half for each meal.

MENU

MONDAY ①

HONEY SPICE CHICKEN
Broccoli Quinoa

TUESDAY ②

SOY GLAZED SALMON
Zucchini Fried Rice

WEDNESDAY ③

SAUSAGE AND MUSHROOM SAUTÉ
Cauliflower Mash

THURSDAY ④

CHICKEN AND RICE SOUP

FRIDAY ⑤

CAULIFLOWER CARBONARA



GLUTEN FREE September 25, 2015

Shopping List

(1) Honey Spice Chicken (2) Soy Salmon (3) Sausage & Mushroom Sauté (4) Chicken & Rice Soup (5) Cauliflower Carbonara

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken pieces	3 pounds		18
2	salmon fillets	1-1/4 pounds		16
3	gluten free sausage (pork or chicken)	1 pound	bulk or links removed from casings	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	broccoli	1-1/4 pounds		3
2,3	orange	5		4
2,3,4,5	yellow onion	4		4
2,4	zucchini, medium	2		2
2	fresh ginger	2"	optional	1
2,5	lemon	2		1
3	mushrooms (brown or button)	8 ounces		3
3,5	cauliflower	2 heads		3
4	celery	3		1
4	carrots	3		1

Recipe #	Dairy	Quantity	Notes	Est Cost
2,5	egg	3		1.5
3,5	grated parmesan cheese	3/4 cup		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
4,5	sun dried tomatoes	3/4 cup		3
3,5	pine nuts	1/2 cup		3
1,5	quinoa	4 cups		4

Fresh 20 Grocery Est \$77.50
 Cost Per Dinner \$15.50
 Cost Per Serving \$3.88

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	1-1/2 teaspoons
	balsamic vinegar		ground cumin	
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	1/3 cup + 1 Tblsp
	gluten free chicken/veg broth: low sodium	5-6 cups	gluten free organic tomato paste	
	garlic	11 cloves	gluten free Dijon mustard or brown mustard	1 teaspoon
	kosher salt	2-1/4 teaspoons	gluten free soy sauce or Braggs liquid aminos	1/4 cup
	black pepper	1-3/4 teaspoons	gluten free pasta	
	cayenne pepper	1/4 teaspoon	long grain brown rice	2-1/2 cups
	paprika	1 teaspoon	gluten free flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) HONEY SPICE CHICKEN

broccoli quinoa

OVEN TEMPERATURE: 400°F

MADE AHEAD

- 4 cups cooked quinoa prepared according to package directions
- Cut vegetables: broccoli

INSTRUCTIONS

For honey spice chicken

1. Heat oven to 400°F.
2. Combine salt, pepper, cayenne, paprika, and garlic and season the chicken on both sides; place in 9 x 13 baking pan. Bake for 20 minutes.
3. Combine honey and vinegar. Using a few Tablespoons each time, baste chicken with the mixture every 5 minutes* and continue cooking for 10-15 minutes until done (165°F internal temperature).
4. Save half for Meal #4; serve remaining chicken with broccoli quinoa. If desired, remove skin from chicken before serving.

For broccoli quinoa

Heat a large non-stick skillet over medium heat and add olive oil. When oil is hot, add broccoli and cook until almost tender, about 5-6 minutes. Add salt and quinoa and cook until warmed through.

** For best food safety practices, do not put a spoon or brush that has touched un- or partially cooked chicken back into the marinade. Either put a small amount of marinade in a bowl and baste with that, or use a spoon to baste making sure not to touch the chicken.*

For honey spice chicken

1¼ teaspoons kosher salt
1 teaspoon black pepper
Dash cayenne
1 teaspoon paprika
3 cloves garlic, minced
3 pounds chicken pieces (bone-in with skin)
⅓ cup honey
1 Tablespoon vinegar

For broccoli quinoa

1½ Tablespoon olive oil
1¼ pounds of broccoli, chopped (4 cups)
¼ teaspoon kosher salt
4 cups cooked quinoa



(2) SOY GLAZED SALMON zucchini fried rice

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Marinate salmon up to 1 hour
- 3 cups cooked brown rice prepared according to package directions
- 2" fresh ginger, grated (1 Tablespoon)
- ½ lemon, juiced (1 Tablespoon)
- ½ orange, juiced (2 Tablespoons)
- Cut vegetables: onion, zucchini

DIRECTIONS

For soy glazed salmon

1. Heat oven to 400°F.
2. In a bowl or resealable bag, combine first 7 ingredients then add salmon and coat well. Cover and marinate at least 10 minutes, up to 1 hour.
3. Remove salmon from marinade and discard any remaining liquid. Place salmon in a baking dish and cook about 10-15 minutes until fish is firm and flakes easily with a fork.

Meanwhile

For zucchini fried rice

1. Heat a large sauté pan over medium-high heat and add oil. When oil is hot, add onion and zucchini. Cook only 2-3 minutes.
2. Add rice, soy sauce, and ginger and stir to combine. Then add in beaten egg, lemon juice, and pepper and cook until egg is cooked through.

INGREDIENTS

For soy glazed salmon

2 Tablespoons gluten free low sodium soy sauce
Dash of cayenne
1 teaspoon gluten free Dijon mustard
1 clove garlic, minced
1 Tablespoon olive oil
2 Tablespoons orange juice
1 Tablespoon maple syrup
1¼ pounds salmon fillets (can substitute 1¼ pounds chicken breast)

For zucchini fried rice

1 Tablespoon grapeseed oil
1 yellow onion, chopped (1 cup)
1 medium zucchini, chopped (2 cups)
3 cups cooked brown rice
2 Tablespoons gluten free low sodium soy sauce
1 Tablespoon grated ginger, optional
1 egg, beaten
1 Tablespoon lemon juice
Dash of black pepper



(3) SAUSAGE AND MUSHROOM SAUTÉ cauliflower mash & oranges

MAKE AHEAD

- 1 head roasted cauliflower florets **see prep guide*
- Cut vegetables: onion, mushrooms

DIRECTIONS

For sausage and mushroom sauté

1. Heat a large non-stick skillet over medium heat and add olive oil.
2. When oil is hot, add sausage (break it up as it cooks), onion, and mushrooms and cook for about 5-7 minutes until sausage is cooked through.
3. Season with salt and pepper and top with pine nuts, if desired. Serve over cauliflower mash with oranges on the side or as dessert.

For cauliflower mash

Combine cauliflower and 1 cup warmed broth in food processor and blend until desired consistency adding additional broth as needed; stir in parmesan cheese.

INGREDIENTS

For sausage and mushroom sauté

1 Tablespoon olive oil
1 pound gluten free chicken or pork sausage (bulk or links removed from casings)
1 yellow onion, diced (1 cup)
8 ounces mushrooms, sliced (2½ cups)
Dash of kosher salt and black pepper
¼ cup pine nuts, optional

For cauliflower mash

1 head roasted cauliflower florets
1-2 cups gluten free low-sodium chicken broth, heated
¼ cup grated parmesan cheese

4 oranges, sliced

MAKE AHEAD

- 1 pound honey spice chicken * *from Meal #1*
- 2 cups cooked brown rice
- Cut vegetables: onion, celery, carrots, zucchini

For chicken and rice soup

1. Heat a large pot over medium heat and add olive oil. When oil is hot, add onion, garlic, celery, and carrots. Cook about 5 minutes.
2. Add zucchini, tomatoes, and chicken and cook until warm.
3. Add chicken broth, salt, pepper, and Herbes; simmer for 10 minutes.
4. Add rice and cook until heated through.

INGREDIENTS

For chicken and rice soup

1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
3 stalks celery, diced
3 carrots, diced (1½ cups)
1 medium zucchini, diced (2 cups)
¼ cup sun-dried tomatoes
1 pound cooked honey spice chicken,
diced
4 cups gluten free low-sodium
chicken broth
Dash of kosher salt and black pepper
1 teaspoon Herbes de Provence
2 cups cooked brown rice

MAKE AHEAD

- 1 head roasted cauliflower florets* *see prep guide*
- 4 cups cooked quinoa prepared according to package directions
- 1 lemon, zested & juiced (3 Tablespoon juice, 1 Tablespoon zest)
- Cut vegetables: onion

INSTRUCTIONS

For cauliflower carbonara

1. In a large skillet heat olive oil over medium heat.
2. Add onions, garlic, and sun-dried tomatoes; cook for about 3-4 minutes then add cauliflower.
3. In a small bowl, whisk together egg, lemon juice, zest, and parmesan.
4. Add quinoa to skillet to warm, then turn off heat and add in egg mixture. Stir to cook eggs completely.
5. Garnish with pine nuts.

INGREDIENTS

For cauliflower carbonara

- 1 Tablespoon olive oil
- 1 yellow onion, chopped (1 cup)
- 3 cloves garlic, minced
- ½ cup chopped sun-dried tomatoes
- 1 head roasted cauliflower florets
- 2 eggs
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- ½ cup parmesan cheese
- 4 cups cooked quinoa
- ¼ cup toasted pine nuts



GLUTEN FREE September 25, 2015

Nutrition Information

Honey Spice Chicken		Serves: 4	
Serving Size:			
Calories	270 kcal	Fat	12 g
Protein	26 g	Saturated	3.5 g
Carbohydrate	11 g	Sugar	11 g
Sodium	370 mg	Calcium	2 %DV
Fiber	0 g	Iron	4 %DV
Cholesterol	100 mg		

Broccoli Quinoa		Serves: 4	
Serving Size: 1 1/2 cups			
Calories	310 kcal	Fat	9 g
Protein	12 g	Saturated	1 g
Carbohydrate	47 g	Sugar	2 g
Sodium	170 mg	Calcium	10 %DV
Fiber	9 g	Iron	20 %DV
Cholesterol	0 mg		

Soy Glazed Salmon		Serves: 4	
Serving Size: 5 ounces			
Calories	260 kcal	Fat	12 g
Protein	31 g	Saturated	2 g
Carbohydrate	5 g	Sugar	5 g
Sodium	290 mg	Calcium	6 %DV
Fiber	0 g	Iron	6 %DV
Cholesterol	65 mg		

Zucchini Fried Rice		Serves: 4	
Serving Size: 1 1/2 cups			
Calories	230 kcal	Fat	6 g
Protein	6 g	Saturated	1 g
Carbohydrate	39 g	Sugar	3 g
Sodium	220 mg	Calcium	4 %DV
Fiber	3 g	Iron	%DV
Cholesterol	55 mg		

Sausage and Mushroom Saute		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	350 kcal	Fat	24 g
Protein	24 g	Saturated	7 g
Carbohydrate	7 g	Sugar	2 g
Sodium	770 mg	Calcium	2 %DV
Fiber	2 g	Iron	10 %DV
Cholesterol	75 mg		

Cauliflower Mash		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	80 kcal	Fat	2.5 g
Protein	7 g	Saturated	1.5 g
Carbohydrate	8 g	Sugar	3 g
Sodium	180 mg	Calcium	10 %DV
Fiber	3 g	Iron	4 %DV
Cholesterol	0 mg		

Oranges		Serves: 4	
Serving Size: 1 orange, sliced			
Calories	60 kcal	Fat	0 g
Protein	1 g	Saturated	0 g
Carbohydrate	14 g	Sugar	11 g
Sodium	0 mg	Calcium	4 %DV
Fiber	3 g	Iron	0 %DV
Cholesterol	0 mg		

Chicken Rice Soup		Serves: 4	
Serving Size: 1/4 prepared soup			
Calories	470 kcal	Fat	17 g
Protein	32 g	Saturated	4 g
Carbohydrate	46 g	Sugar	17 g
Sodium	570 mg	Calcium	6 %DV
Fiber	4 g	Iron	10 %DV
Cholesterol	100 mg		

Quinoa Cauliflower Carbonara		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	470 kcal	Fat	20 g
Protein	22 g	Saturated	6 g
Carbohydrate	54 g	Sugar	7 g
Sodium	310 mg	Calcium	20 %DV
Fiber	10 g	Iron	25 %DV
Cholesterol	125 mg		