

## PREP GUIDE

### MEAL #1

- 2 cups cooked brown rice, prepared according to package directions \* *for the week*
- 1 lime, juiced (1½ Tablespoons juice) \* *for the week*
- Cut vegetables:
  - ¼ yellow onion, sliced thin (¼ cup)
  - ½ red bell pepper, sliced thin (½ cup)

### MEAL #2

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - ¼ red bell pepper, diced (¼ cup)
  - ½ carrot, diced (¼ cup)

### MEAL #3

- 1" fresh ginger, grated (1½ teaspoons) \* *for the week*
- Cut vegetables:
  - ¼ yellow onion, sliced (¼ cup)
  - 1½ ounces shitake mushrooms, sliced (½ cup)
  - 2 ounce bok choy, chopped (1 cup)
  - 2 Tablespoons grated carrot

### MEAL #4

- Cut vegetables & fruit:
  - 2 Tablespoons diced yellow onion
  - ½ medium zucchini, diced (1 cup)
  - 2 Tablespoons dried apricots, chopped

### MEAL #5

- Cut vegetables:
  - 2 Tablespoons diced yellow onion
  - ¼ red bell pepper, diced (¼ cup)
  - 1½ ounces snap peas, chopped (½ cup)

## MENU

### MONDAY ①

THAI TURKEY STIR-FRY  
Brown Rice

### TUESDAY ②

FISHERMAN'S STEW

### WEDNESDAY ③

TURKEY RAMEN

### THURSDAY ④

SPICY LAMB PILAF

### FRIDAY ⑤

KUNG PAO BEANS  
Brown Rice



FOR ONE December 4, 2015

# Shopping List

(1) Thai Turkey Stir Fry (2) Fisherman's Stew (3) Turkey Ramen (4) Spicy Lamb Pilaf (5) Kung Pao Beans

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	ground turkey	1/2 pound		3
2	tilapia	1 (5 oz) fillet		3
4	boneless lamb chops	1/4 pound		3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3	lime	1		0.5
1,2,3,4,5	yellow onion	1		1
1,2,5	red bell peppers	1		4
1,2,4	fresh basil	1 bunch		1.5
2,3	carrots	2		1
1,2,4	fresh parsley	1 bunch		1.5
3,5	fresh ginger	1"-2"		1
3	shitake or brown mushrooms	1-1/2 ounces		1
3	bok choy	2 ounces		1
4	zucchini	1 medium		1
5	snap peas	1-1/2 ounces		1

Recipe #	Dairy	Quantity	Notes	Est Cost

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	fish sauce	3/4 teaspoon	optional	
2	white wine	2 Tablespoons	optional	
2	petite diced tomatoes	1 (15 oz) can		2
2,5	garbanzo beans	1 (15 oz) can		2
3	5 spice powder	1/4 teaspoon		0.5
3	yaki soba noodles or spaghetti	2 ounces		1
4	dried apricots	2 Tablespoons		1
1,5	unsalted peanuts	1/4 cup		1

Fresh 20 Grocery Est      \$31.00  
 Cost Per Dinner            \$6.20  
 Cost Per Serving            \$6.20

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

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



# (1) THAI TURKEY STIR-FRY

## brown rice

### MAKE AHEAD

- $\frac{3}{4}$  cup cooked brown rice prepared according to package directions
- $\frac{1}{2}$  lime, juiced (1 Tablespoon)
- Cut vegetables: onions, bell peppers

### DIRECTIONS

#### *For Thai turkey stir-fry*

1. Combine stir-fry sauce ingredients and set aside.
2. For the stir fry, heat a non-stick skillet over medium-high heat and add oil. When oil is hot add onion, bell pepper, and garlic. Cook for 1-2 minutes and set aside.
3. Add the ground turkey to the pan, breaking it up as it cooks. Cook for about 5 minutes until cooked through.
4. Add vegetables back to pan along with peanuts, sauce, and fresh herbs. Cook for 2 minutes and serve over warmed rice.

*Dairy Free:*

*Gluten Free:* Use gluten free soy sauce and fish sauce.

*Vegetarian:* Omit turkey. Add  $\frac{3}{8}$  cup thawed frozen edamame in step 4.

### INGREDIENTS

#### *For Thai turkey stir-fry*

#### *For stir-fry sauce*

1 teaspoon low-sodium soy sauce  
 $\frac{3}{4}$  teaspoon fish sauce, optional  
1 Tablespoon lime juice  
Pinch of cayenne  
 $\frac{3}{4}$  teaspoon maple syrup

#### *For stir-fry*

$\frac{3}{4}$  teaspoon grapeseed oil  
 $\frac{1}{4}$  yellow onion, sliced thin ( $\frac{1}{4}$  cup)  
 $\frac{1}{2}$  red bell pepper, sliced thin ( $\frac{1}{2}$  cup)  
1 garlic clove, sliced thin  
 $\frac{1}{4}$  pound ground turkey  
2 Tablespoons unsalted peanuts  
2 Tablespoons chopped basil  
1 Tablespoon chopped parsley

$\frac{3}{4}$  cup cooked brown rice, warmed

### MAKE AHEAD

- Cut vegetables: onion, bell pepper, carrots

### DIRECTIONS

#### *For fisherman's stew*

1. Heat a soup pot over medium heat and add olive oil.
2. When oil is hot add onions, garlic, bell pepper, and carrots. Cook for 5 minutes.
3. Add oregano, salt, pepper, and wine; cook for 1 minute.
4. Add tomatoes, broth, and beans and bring to a simmer; cook for 5 minutes.
5. Add fish and simmer for about 3 minutes until cooked through (6-7 minutes for chicken, until no longer pink in the center).
6. Add in parsley and basil and serve immediately.

*Dairy Free:*     

*Gluten Free:*    *Use gluten free broth.*

*Vegetarian:*    *Make 5-Spice Lentil Soup:*  
*Heat a pot over medium heat and add 1½ teaspoons oil. Add ¼ diced yellow onion, 1 clove minced garlic, ½ diced carrot. Cook 5 minutes. Add a pinch of oregano, 5-spice powder, salt and pepper; stir well and add 1 Tablespoon red wine (optional). Add ½ can petite diced tomatoes, ½ cup dry green lentils, ½ diced sweet potato, and 1½ cups vegetable broth. Cook 30 minutes until lentils and potato are tender. Add ½ cup chopped bok choy and 2 Tablespoons chopped parsley, cook 3-4 minutes and serve.*

### INGREDIENTS

#### *For fisherman's stew*

1½ teaspoons olive oil  
¼ yellow onion, diced (¼ cup)  
1 clove garlic, minced  
¼ red bell pepper, diced (¼ cup)  
½ carrot, diced (¼ cup)  
Dash of oregano  
Pinch of kosher salt  
Pinch of black pepper  
2 Tablespoons white wine, optional  
½ (15 ounce) can petite diced tomatoes  
¼ cup low-sodium chicken broth  
¼ (15 ounce) can garbanzo beans, rinsed and drained  
1 (5 oz) tilapia fillet, cut into 1 inch chunks (sub 5-6 ounces cooked chicken breast, cut into chunks)  
2 Tablespoons chopped parsley  
2 Tablespoons chopped basil



## (3) TURKEY RAMEN

### MAKE AHEAD

- ¼ lime, juiced (1½ teaspoons)
- ½" fresh ginger, grated (¾ teaspoon)
- Cut vegetables: onion, mushrooms, bok choy, carrots

### DIRECTIONS

#### *For turkey ramen*

1. Heat a pot over medium heat and add oil, garlic, and ginger; sauté for 30 seconds. Add onion, ground turkey, and 5-spice powder. Cook for 3-4 minutes, crumbling turkey as it cooks.
2. Add mushrooms, broth, soy sauce, and pepper and bring to simmer.
3. Add noodles. Cook until almost cooked, about 5-8 minutes depending on noodle (follow package directions).
4. Add in bok choy and carrot and cook for 2 more minutes.
5. Remove from heat, add lime juice, and serve immediately.

*Dairy Free:*    

*Gluten Free:*     *Use gluten free broth and soy sauce. Replace noodles with 2 ounces of rice noodles.*

*Vegetarian:*     *Omit turkey; add ½ cup garbanzo beans with onion in step 1. Increase mushrooms to 3 ounces.*

### INGREDIENTS

#### *For turkey ramen*

1 teaspoon grapeseed oil or  
sesame oil  
½ clove garlic, minced  
¾ teaspoon grated ginger  
¼ yellow onion, sliced (¼ cup)  
¼ pound ground turkey  
¼ teaspoon 5-spice powder  
1½ ounces shitake or brown  
mushrooms, sliced (½ cup)  
1½ cups low-sodium chicken broth  
1 teaspoon low-sodium soy sauce  
Pinch of black pepper  
2 ounces yaki soba noodles or whole  
wheat spaghetti  
2 ounces bok choy, chopped (1 cup)  
2 Tablespoons grated carrot  
1½ teaspoons lime juice

### MAKE AHEAD

- $\frac{3}{4}$  cup cooked brown rice prepared according to package directions
- Cut fruit & vegetables: onion, zucchini, apricots

### DIRECTIONS

#### *For spicy lamb pilaf*

1. Heat a skillet over medium-high heat and add olive oil. When oil is hot add cubed lamb and sear for 2-3 minutes.
2. Reduce heat to medium and add onion, garlic, cumin, salt, pepper, and cayenne; cook for 2-3 minutes.
3. Add the zucchini and cook 3 minutes. Add rice, broth, and apricots and cook until heated through.
4. Toss in basil and parsley before serving.

*Dairy Free:*

*Gluten Free:* Use gluten free broth.

*Vegetarian:* Omit lamb. Increase oil to 2 teaspoons and onion to  $\frac{1}{4}$  cup; cook as above. Add  $\frac{3}{4}$  cup cooked green lentils with rice in step 3. Add 1 Tablespoon chopped pistachios or peanuts with apricots.

### INGREDIENTS

#### *For spicy lamb pilaf*

1 teaspoon olive oil  
 $\frac{1}{4}$  pound lean, trimmed boneless lamb chops, cut into cubes  
2 Tablespoons diced yellow onion  
 $\frac{1}{2}$  clove garlic, minced  
Dash of cumin  
Dash of kosher salt  
Pinch of black pepper  
Pinch of cayenne  
 $\frac{1}{2}$  medium zucchini, diced (1 cup)  
 $\frac{3}{4}$  cup cooked brown rice  
2 Tablespoons low-sodium chicken broth  
2 Tablespoons dried apricots, chopped  
2 Tablespoons chopped basil  
2 Tablespoons chopped parsley

### MAKE AHEAD

- 1/2" fresh ginger, grated (3/4 teaspoon)
- ½ cup cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell pepper, snap peas

### DIRECTIONS

#### *For Kung Pao beans*

1. For marinated beans; combine beans with soy sauce and vinegar; let sit at least 10 minutes.
2. For sauce; combine soy sauce, vinegar, honey, flour, and pepper; whisk well until smooth and set aside.
3. Heat a non-stick skillet over medium high and add oil. Then add drained marinated beans and cook for 2 minutes.
4. Add onion, garlic, ginger, bell pepper, and snap peas and cook for about 3-4 minutes.
5. Add sauce and cook for about 1 minute then add peanuts.
6. Serve over warmed rice.

*Dairy Free:*

*Gluten Free:* Use gluten free soy sauce and gluten free flour.

*Vegetarian:*

### INGREDIENTS

#### *For Kung Pao beans*

#### *For marinated beans*

½ (15 ounce) can garbanzo beans, rinsed and drained  
¾ teaspoon low-sodium soy sauce  
¾ teaspoon wine vinegar (rice wine would be good)

#### *For sauce*

1 teaspoon low-sodium soy sauce  
1½ teaspoons wine vinegar (rice wine would be good)  
¾ teaspoon honey  
½ teaspoon whole wheat flour  
Pinch of black pepper

1 teaspoon grapeseed oil (or sesame oil)  
2 Tablespoons diced yellow onion  
1 clove garlic, minced  
¾ teaspoon grated ginger  
¼ red bell pepper, diced (¼ cup)  
1½ ounces snap peas, chopped (½ cup)  
2 Tablespoons unsalted peanuts

½ cup cooked brown rice, warmed



FOR ONE December 4, 2015

## Nutrition Information

Thai Turkey Stir Fry		Serves: 1	
Calories	330 kcal	Fat	20 g
Protein	29 g	Saturated	2.5 g
Carbohydrate	12 g	Sugar	6 g
Sodium	230 mg	Calcium	2 %DV
Fiber	2 g	Iron	8 %DV
Cholesterol	60 mg		

Brown Rice		Serves: 1	
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		

Fisherman's Stew		Serves: 1	
Calories	450 kcal	Fat	12 g
Protein	44 g	Saturated	2 g
Carbohydrate	36 g	Sugar	11 g
Sodium	270 mg	Calcium	10 %DV
Fiber	8 g	Iron	10 %DV
Cholesterol	80 mg		

Turkey Ramen		Serves: 1	
Calories	450 kcal	Fat	12 g
Protein	38 g	Saturated	1.5 g
Carbohydrate	50 g	Sugar	5 g
Sodium	450 mg	Calcium	6 %DV
Fiber	11 g	Iron	20 %DV
Cholesterol	60 mg		

Spicy Lamb Pilaf		Serves: 1	
Calories	480 kcal	Fat	17 g
Protein	27 g	Saturated	6 g
Carbohydrate	52 g	Sugar	10 g
Sodium	310 mg	Calcium	6 %DV
Fiber	5 g	Iron	20 %DV
Cholesterol	70 mg		

<b>Kung Pao Beans</b>		<b>Serves: 1</b>	
Calories	410 kcal	Fat	16 g
Protein	17 g	Saturated	2 g
Carbohydrate	51 g	Sugar	10 g
Sodium	50 mg	Calcium	10 %DV
Fiber	11 g	Iron	20 %DV
Cholesterol	0 mg		

<b>Brown Rice</b>		<b>Serves: 1</b>	
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		