FOR ONE April 15, 2016

PREP GUIDE

MEAL #1

- ½ lemon, zested & juiced (2¼ teaspoonsjuice, 1½ teaspoons zest) * *for the week*
- 1¾ cups cooked whole wheat orzo prepared according to package direction * *for the week*
- Cut vegetables:
  - ½ yellow onion, diced (½ cup)
  - ¼ head broccoli, chopped (¾-1 cup)

MEAL #2

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - 1 carrot, diced (½ cup)
  - 1 stalk celery, diced (½ cup)
  - ¼ red or green bell pepper, diced (¼ cup)

MEAL #3

- Cut vegetables:
  - 1 stalk celery, chopped (½ cup)
  - ½ carrot, shredded (2½ Tablespoons)
  - 1 large zucchini, into strands

MEAL #4

- Cut vegetables:
  - ½ carrot, shredded (2½ Tablespoons)
  - 1 large bell pepper, halved and seeded

MEAL #5

- Cut vegetables:
  - ⅓ yellow onion, diced (⅓ cup)
  - 1 carrot, diced (½ cup)
  - 1 stalk celery, diced (½ cup)
  - ½ red or green bell peppers, diced (½ cup)
  - ½ zucchini, diced (1 cup)

MENU

MONDAY ①
MOROCCAN CHICKEN ORZO

TUESDAY ②
MANHATTAN CHOWDER

WEDNESDAY ③
CHICKEN ALMOND SALAD
Over Zucchini Noodles

THURSDAY ④
LAMB STUFFED PEPPERS

FRIDAY ⑤
VEGGIE CHILI

FOR ONE April 15, 2016

Shopping List

(1) Moroccan Chicken (2) Manhattan Chowder (3) Lamb Stuffed Peppers (4) Chicken Almond Salad (5) Veggie Chili

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	chicken breasts	1/2 pound		3
2	clam meat	3 ounces		3
4	ground lamb	1/4 pound		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,5	yellow onion	2		2
1	broccoli	1 head		2
1,3	lemon	1		0.5
1,2,3,5	fresh parsley	1 bunch		1.5
2,3,4,5	carrots	3		1
2,3,5	celery	3		1
2,4,5	red or green bell peppers	2		2
2,5	frozen corn	3/4 cup		1
2,4,5	fresh basil	1 bunch		1.5
3,5	zucchini	2 large		2

Recipe #	Dairy	Quantity	Notes	Est Cost
4,5	grated parmesan cheese	2 Tablespoons		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,5	chili powder	1/2 teaspoon		0.5
1	corriander or cinnamon	1/4 teaspoon	*optional*	0.5
1,3,4	whole wheat orzo	1 cup		1.5
1	dried apricots	2 Tablespoons		2
1,3	slivered almonds	3 Tablespoons		2
2	bay leaves	1	*optional*	0.5
2,4,5	crushed tomatoes	1 (15 oz) can		2
2,5	white beans	1 (15 oz) can		2

Fresh 20 Grocery Est	$34.00
Cost Per Dinner	$6.80
Cost Per Serving	$6.80

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) MORROCAN CHICKEN ORZO

MADE AHEAD

- ¼ lemon, zested (¼ teaspoon)
- ¾ cup cooked whole wheat orzo
- Cut vegetables: onions, broccoli

INSTRUCTIONS

For Moroccan chicken orzo

1. Heat a non-stick skillet over medium heat and add oil, onions, and garlic; cook for 3 minutes.
2. Add spices and chicken and cook for about 5-6 minutes. Save half of chicken and onion mixture for Meal #3.
3. Add broccoli and broth to the pan with the remaining chicken and cook for 3-4 minutes. Add orzo, apricots, and almonds and cook until heated through.
4. Add lemon and parsley.

Dairy Free: ☑

Gluten Free: *Use gluten free broth. Replace orzo with ¾ cup cooked quinoa.*

Vegetarian: *Prepare Moroccan Chicken Orzo:*
Heat a small nonstick skillet over medium heat and add 1 teaspoon oil, ¼ chopped onion, ¼ chopped celery stalk, ¼ chopped carrot, and 1 minced garlic clove; cook 3 minutes. Add ⅛ teaspoon each salt, pepper, cumin, cinnamon, and chili powder. Stir well and add ½ cup cooked lentils. Cook 3-4 minutes. Add ¾ cup cooked whole wheat orzo, 2 Tablespoons chopped dried apricots, and 1 Tablespoon slivered almonds. Heat through. Garnish with ½ teaspoon lemon zest, 2 Tablespoons parsley; serve over 1 cup steamed broccoli.

INGREDIENTS

For Moroccan chicken orzo

½ Tablespoon olive oil
½ yellow onion, diced (½ cup)
¾ clove garlic, minced
¼ teaspoon kosher salt
¼ teaspoon black pepper
¼ teaspoon cumin
⅛ teaspoon chili powder
¼ teaspoon coriander or cinnamon, optional
½ pound chicken breast, cubed
¼ head broccoli, chopped (¾-1 cup)
2 Tablespoons chicken broth
¾ cup cooked whole wheat orzo
2 Tablespoons chopped dried apricots
1 Tablespoon slivered almonds
¼ teaspoon lemon zest
1 Tablespoon chopped parsley

(2) MANHATTAN CHOWDER

MAKE AHEAD

- Cut vegetables: onions, carrots, celery, bell pepper

DIRECTIONS

For Manhattan chowder

1. Heat a pot over medium heat. Add oil and then onions, carrots, and celery, cook for 2 minutes. Add bell peppers, garlic, Herbes, salt, and pepper; sauté for 2 minutes.
2. Add bay leaf, tomatoes, clams, broth, beans, and corn and simmer for 10 minutes.
3. Stir in parsley and basil.

Dairy Free: ☑

Gluten Free: *Use gluten free broth.*

Vegetarian: *Prepare corn and white bean soup:*
Heat a pot over medium heat and add ½ tablespoon oil, ¼ cup diced onion, ½ cup each chopped celery and carrot; cook 2 minutes. Add ¼ cup diced bell pepper, ½ minced garlic clove, and a pinch of Herbes, salt, and pepper; cook 2 minutes. Add ½ Tablespoon tomato paste and stir 30 seconds. Add 1 small bay leaf, ½ can crushed tomatoes, 1 cup vegetable broth, ½ can white beans, ½ cup frozen corn; simmer 10 minutes. Garnish with 1 Tablespoon each parsley, basil, and parmesan cheese.

INGREDIENTS

For Manhattan chowder

½ Tablespoon olive oil
¼ yellow onion, diced (¼ cup)
1 carrot, diced (½ cup)
1 stalk celery, diced (½ cup)
¼ red or green bell pepper, diced (¼ cup)
½ clove garlic, minced
¼ teaspoon Herbes de Provence
Pinch of kosher salt
Pinch of black pepper
1 small bay leaf, optional
¼ (15 oz) can crushed tomatoes
3 ounces of clam meat, chopped (sub 3 ounces chopped chicken tenders)
¾ cup low-sodium chicken broth
⅓ (15 ounce) can white beans, rinsed and drained
½ cup frozen corn
1 Tablespoon chopped parsley
1 Tablespoon chopped basil

(3) CHICKEN ALMOND SALAD
over zucchini noodles

MAKE AHEAD

- ¼ pound cooked Moroccan chicken **from Meal #1*
- ½ cup cooked whole wheat orzo prepared according to package directions
- ¼ lemon, zested & juiced (2¼ teaspoons juice, ¾ teaspoon zest)
- Cut vegetables: celery, carrots, zucchini

DIRECTIONS

For chicken almond salad

Combine all ingredients and serve over noodles.

Note: Zucchini noodles can be quickly sautéed if desired

Dairy Free: ☑

Gluten Free: *Replace orzo with ½ cup cooked quinoa.*

Vegetarian: *For salad, replace chicken with ½ can white beans, add 2 Tablespoons slivered almonds. Prepare dressing: Combine ¾ teaspoon oil, ½ Tablespoon each lemon juice and tahini and a pinch of salt, pepper, and cumin. Toss salad with dressing and serve over zucchini noodles.*

INGREDIENTS

For chicken almond salad

¼ pound cooked Moroccan chicken
1 stalk celery, chopped (½ cup)
½ carrot, shredded (2½ Tablespoons)
2 tablespoons chopped parsley
2¼ teaspoons lemon zest
¾ teaspoon olive oil
½ cup cooked whole wheat orzo
2 Tablespoons slivered almonds
Pinch of kosher salt and black pepper

For zucchini noodles

1 large zucchini, into strands or strips

(4) LAMB STUFFED PEPPERS

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- ½ cup cooked whole wheat orzo prepared according to package directions
- Cut vegetables: carrots, bell peppers

DIRECTIONS

For lam stuffed peppers

1. Heat oven to 400°F.
2. Combine oil, garlic, carrots, basil, salt, pepper, lamb, and orzo.
3. Divide mixture into the pepper halves and put into baking dish.
4. Combine tomatoes and broth and pour over peppers.
5. Cover dish and bake 30-40 minutes.
6. Sprinkle parmesan on top.

Dairy Free: *Omit parmesan.*

Gluten Free: *Use gluten free broth, replace orzo with ½ cup cooked brown rice.*

Vegetarian: *Replace lamb with ½ cup cooked lentils. Add 2 teaspoons tahini to tomatoes and broth in step 4.*

INGREDIENTS

For lamb stuffed peppers

1 teaspoon olive oil
½ clove garlic, minced
½ carrot, shredded (2½ Tablespoons)
2 Tablespoons chopped basil
⅛ teaspoon kosher salt
⅛ teaspoon black pepper
¼ pound ground lamb
½ cup cooked whole wheat orzo
1 large bell pepper, cut in half and seeded
¼ (15 ounce) can crushed tomatoes
¼ cup chicken broth
1 Tablespoon grated parmesan

(5) VEGGIE CHILI

MAKE AHEAD

- Cut vegetables: onions, carrots, celery, bell pepper, zucchini

DIRECTIONS

For veggie chili

1. Heat a pot over medium heat.
2. Add oil, garlic, onions, carrots, celery, bell peppers, and zucchini; sauté for about 3-4 minutes.
3. Add tomatoes, Herbes, broth, beans, corn, salt, pepper, chili powder, and cumin. Bring to a simmer and cook for at least 5 minutes.
4. Garnish with parsley, basil, and parmesan.

Dairy Free: *Omit parmesan cheese.*

Gluten Free: *Use gluten free broth.*

Vegetarian: ☑

INGREDIENTS

For veggie chili

½ Tablespoon olive oil
¾ clove garlic, minced
⅓ yellow onion, diced (⅓ cup)
1 carrot, diced (½ cup)
1 stalk celery, diced (½ cup)
½ red or green bell pepper, diced (2 cups)
½ zucchini, diced (1 cup)
½(15 ounce) cans no-salt added crushed tomatoes
¼ teaspoon Herbes de Provence
1 cup low-sodium vegetable broth
½ (15 ounce) can white beans, rinsed and drained
¼ cup frozen corn
⅛ teaspoon kosher salt
Pinch of black pepper
¼ teaspoon chili powder
¼ teaspoon cumin
1 Tablespoon chopped parsley
1 Tablespoon chopped basil
1 Tablespoon grated parmesan

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Nutrition Information

Morocccan Chicken Orzo					Serves: 1
Calories	460	kcal	Fat	10	g
Protein	38	g	Saturated	1	g
Carbohydrate	58	g	Sugar	11	g
Sodium	390	mg	Calcium	10	%DV
Fiber	10	g	Iron	20	%DV
Cholesterol	65	mg			

Manhattan Chowder					Serves: 1
Calories	460	kcal	Fat	11	g
Protein	34	g	Saturated	1	g
Carbohydrate	55	g	Sugar	14	g
Sodium	710	mg	Calcium	20	%DV
Fiber	12	g	Iron	25	%DV
Cholesterol	55	mg			

Chickn Almond Salad					Serves: 1
Calories	500	kcal	Fat	17	g
Protein	38	g	Saturated	1.5	g
Carbohydrate	49	g	Sugar	11	g
Sodium	440	mg	Calcium	10	%DV
Fiber	7	g	Iron	20	%DV
Cholesterol	65	mg			

Lamb Stuffed Peppers					Serves: 1
Calories	530	kcal	Fat	20	g
Protein	35	g	Saturated	7	g
Carbohydrate	51	g	Sugar	11	g
Sodium	390	mg	Calcium	8	%DV
Fiber	8	g	Iron	20	%DV
Cholesterol	75	mg			

Veggie Chili					Serves: 1
Calories	460	kcal	Fat	11	g
Protein	20	g	Saturated	2	g
Carbohydrate	71	g	Sugar	22	g
Sodium	600	mg	Calcium	20	%DV
Fiber	20	g	Iron	20	%DV
Cholesterol		mg			