GLUTEN FREE April 8, 2016

PREP GUIDE

MEAL #1

- Cut fruits & vegetables:
  - 1 yellow onion, sliced (1 cup)
  - 2 yellow or red bell peppers, cut into strips (2 cups)
  - 4 scallions, chopped (½ cup)
  - 2 mangoes, sliced

MEAL #2

- 3 limes, juiced (5 Tablespoons) * *for the week*
- Cut fruits & vegetables:
  - ½ head cabbage, shredded (4 cups)
  - 2 red or yellow bell peppers, sliced thin (2 cups)
  - 2 carrots, shredded (⅔ cup)
  - 2 mangos, diced

MEAL #3

- 2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 3 carrots, diced (1½ cups)
  - 2 red or yellow bell peppers, diced (2 cups)
  - ½ bunch kale, chopped (2 cups)

MEAL #4

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 4 carrots, diced (2 cups)
  - ½ head cabbage, sliced (4 cups)
  - ½ bunch kale, chopped (2 cups)

MEAL #5

- Hard boil 8 eggs
- Cut vegetables:
  - 2 carrots, shredded (⅔ cup)
  - 2 red or yellow bell pepper, diced small (2 cups)
  - 4 scallions, chopped (½ cup)

MENU

MONDAY ①
BEEF SALTADO
Oven Fries

TUESDAY ②
FISH TACOS

WEDNESDAY ③
CHICKEN POTATO CURRY
Tomato Avocado Salad

THURSDAY ④
POZOLE ROJO

FRIDAY ⑤
EGG SALAD TOSTADAS
Mangos

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Shopping List

(1) Beef Saltado (2) Fish Tacos (3) Chicken Potato Curry (4) Chicken Potato Curry (5) Egg Salad Tostadas

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	sirloin steak	2 pounds		18
2	fish fillets of your choice	1 pound	cod is a good choice	8
3	ground chicken	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3	russet potatoes	2-1/2 pounds		5
1,3,4	yellow onion	3		3
1,2,3,4	red or yellow bell pepper	8		8
1,4,3,5	tomatoes	13		7.5
1,2,3,4	cilantro	2 bunches		3
1,5	scallions	8		2
1,2,3,4	lime	5		2.5
2,4	cabbage	1 head		2
2,3,4,5	carrots	11		2
1,2,5	mangoes	8		8
2,3,4,5	avocado	4		4
3	fresh ginger	2"		1
3,4	kale	1 bunch		2

Recipe #	Dairy	Quantity	Notes	Est Cost
2,3,5	plain Greek yogurt	1-1/4 cups		1.5
5	eggs	8		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,5	corn tortillas	16		3
3	red curry paste	1-2 Tablespoons		2
4	chipoltes in adobo	1-2 chilis		2
4	hominy	2 (15 oz) cans		4

Fresh 20 Grocery Est	$98.50
Cost Per Dinner	$19.70
Cost Per Serving	$4.93

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) BEEF SALTADO

oven fries

OVEN TEMPERATURE: 475°F

MAKE AHEAD

- Cut vegetables: onions, bell pepper, zucchini, scallions, mangoes

DIRECTIONS

For oven fries

1. Heat oven to 475°F.
2. Drain and dry potatoes. Toss with oil, salt, pepper, and paprika.
3. Spread on a parchment lined baking sheet(s) in a single layer.
4. Bake 10-15 minutes then turn and bake an additional 10-15 minutes.
5. Save half the fries for Meal #3.

Meanwhile

For beef saltado

1. Heat a large skillet over medium-high heat and add oil. When oil is hot add steak, salt, and pepper. Cook for 2-3 minutes and then set aside.
2. Add onion and bell pepper; cook 2 minutes. Add tomatoes, soy sauce, vinegar, broth, and cumin and cook about 5 minutes.
3. Add beef back to pan along with cilantro and scallions.
4. Toss with fries and serve with limes.
5. Serve with a side of mangoes, if desired or save fruit as an evening snack.

INGREDIENTS

For oven fries

2½ pounds russet potatoes (about 8 small potatoes), cut into strips and soaked for at least 10 minutes
2 Tablespoons grapeseed oil
1 teaspoon kosher salt
¼ teaspoon black pepper
¼ teaspoon paprika

For beef saltado

1 Tablespoon grapeseed oil
1 pound sirloin steak, cut into thin slices
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 yellow onion, sliced (1 cup)
2 yellow or red bell peppers, cut into strips (2 cups)
3 tomatoes, sliced
2 Tablespoons gluten free soy sauce
2 Tablespoons wine vinegar
¼ cup gluten free low sodium chicken broth
1½ teaspoons cumin
½ cup chopped cilantro
4 scallions, chopped (½ cup)
1 lime, wedged

2 mangoes, sliced, optional

(2) FISH TACOS

MAKE AHEAD

- 2 limes, juiced (¼ cup)
- Cut fruits & vegetables: cabbage, bell peppers, mango, carrots, mangos

DIRECTIONS

For slaw

1. In a small bowl, whisk together dressing ingredients.
2. In a large bowl, combine slaw ingredients, add dressing, and toss to combine.

Meanwhile

For fish tacos

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. Season fish with spices and cook for about 2-3 minutes per side until center is flakey.
3. To serve, fill corn tortillas with fish and top with slaw.

INGREDIENTS

For slaw

½ head cabbage, shredded (4 cups)
2 red or yellow bell peppers, sliced thin (2 cups)
2 carrots, shredded (⅔ cup)
¼ cup chopped cilantro
2 mangos, diced
1 avocado, diced

For dressing

¼ cup lime juice
1 Tablespoon olive oil
¼ cup plain Greek yogurt
Dash of kosher salt and black pepper

For fish tacos

1 Tablespoon grapeseed oil
1 pound fish fillets of your choice (cod is a good choice)
½ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon cumin
¼ teaspoon paprika
¼ teaspoon Herbes de Provence
8 corn tortillas

(3) CHICKEN POTATO CURRY
tomato avocado salad

MAKE AHEAD

- 1¼ pounds cooked oven fries **from Meal #1*
- 2" fresh ginger, grated (1 Tablespoon)
- ½ lime, juiced (1 Tablespoon)
- Cut vegetables: onion, carrots, bell peppers, kale

DIRECTIONS

For chicken potato curry

1. Heat a large pot over medium heat and add olive oil. When oil is hot add onion, carrots, garlic, and ginger; sauté for 3-4 minutes.
2. Add ground chicken, salt, curry paste, and paprika and cook for about 3-4 minutes; crumbling meat as it cooks.
3. Add bell peppers and kale and cook for for 2 minutes, then add broth and maple syrup and simmer for 5 minutes.
4. Turn off heat and add in yogurt and fries, tossing to coat.
5. Garnish with cilantro.

For tomato avocado salad

Layer tomato slices with avocado slices and drizzle with lime juice and a pinch of salt. Alternatively, tomatoes and avocados can be diced and tossed with lime juice.

INGREDIENTS

For chicken potato curry

1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
3 carrots, diced (1½ cups)
4 cloves garlic, minced
1 Tablespoon grated ginger
1 pound ground chicken
¼ teaspoon kosher salt
1-2 Tablespoons red curry paste
¼ teaspoon paprika
2 red or yellow bell peppers, diced (2 cups)
½ bunch kale, chopped (2 cups)
1 cup gluten free low sodium chicken broth
1 Tablespoon maple syrup
½ cup plain Greek yogurt
1¼ pounds cooked oven fries
2 Tablespoons chopped cilantro

For tomato avocado salad

2 tomatoes, sliced
1 avocado, sliced
1 Tablespoon lime juice

(4) POZOLE ROJO

MAKE AHEAD

- Cut vegetables: onion, carrots, cabbage, kale

DIRECTIONS

For pozole rojo

1. Heat a large pot over medium heat and add oil.
2. When oil is hot, add onions, carrots, garlic, and steak and cook about 3-4 minutes.
3. Add tomato paste, oregano, cumin, salt, chipotles, and tomatoes; cook for 3-4 minutes.
4. Add cabbage, kale, broth, and hominy and bring to simmer for 10 minutes.
5. Garnish with avocado, lime, and cilantro.

INGREDIENTS

For pozole rojo

1 Tablespoon grapeseed oil
1 yellow onion, diced (1 cup)
4 carrots, diced (2 cups)
2 cloves garlic, minced
1 pound sirloin steak, sliced very thin
2 Tablespoons gluten free tomato paste
1 teaspoon oregano
1 teaspoon cumin
¼ teaspoon kosher salt
1-2 chipotles in adobo, chopped
4 tomatoes, chopped (4 cups)
½ head cabbage, sliced (4 cups)
½ bunch kale, chopped (2 cups)
4 cups gluten free low sodium chicken broth
2 (15 ounce) cans hominy, rinsed and drained
1 avocado, sliced
1 lime, wedges
¼ cup chopped cilantro

(5) EGG SALAD TOSTADAS

mangos

MAKE AHEAD

- Hard boil 8 eggs
- Cut vegetables: carrots, bell peppers, scallions

DIRECTIONS

For egg salad tostadas

1. Combine first nine ingredients (eggs through black pepper) and serve on crisped tortillas with tomatoes.
2. Serve mango on the side.

INGREDIENTS

For egg salad tostadas

8 hardboiled eggs, chopped
2 carrots, shredded (⅔ cup)
2 red or yellow bell peppers, diced small (2 cups)
4 scallions, chopped (½ cup)
1 Tablespoon gluten free Dijon mustard
⅓ cup plain Greek yogurt
1 avocado, mashed
¼ teaspoon kosher salt
Dash of black pepper

4 tomatoes, sliced
8 corn tortillas, crisped in oven

4 mangos, sliced

Nutrition Information

Oven Fries					Serves: 4
Serving Size: 1/4 prepared fries					
Calories	140	kcal	Fat	3.5	g
Protein	3	g	Saturated	0	g
Carbohydrate	25	g	Sugar	1	g
Sodium	240	mg	Calcium	2	%DV
Fiber	2	g	Iron	6	%DV
Cholesterol	0	mg			

Beef Saltado					Serves: 4
Serving Size: 4 ounces with 1/4 prepared vegetables					
Calories	270	kcal	Fat	11	g
Protein	28	g	Saturated	3	g
Carbohydrate	14	g	Sugar	7	g
Sodium	490	mg	Calcium	4	%DV
Fiber	3	g	Iron	20	%DV
Cholesterol	75	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			

Fish Tacos					Serves: 4
Serving Size: 2 tacos with fish					
Calories	230	kcal	Fat	6	g
Protein	22	g	Saturated	0	g
Carbohydrate	22	g	Sugar	0	g
Sodium	310	mg	Calcium	2	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	50	mg			

Slaw				Serves: 4	
Serving Size: 1/4 prepared slaw, dressed					
Calories	260	kcal	Fat	10	g
Protein	6	g	Saturated	1.5	g
Carbohydrate	42	g	Sugar	31	g
Sodium	110	mg	Calcium	8	%DV
Fiber	10	g	Iron	6	%DV
Cholesterol	0	mg			

Chicken Potato Curry				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	400	kcal	Fat	9	g
Protein	35	g	Saturated	1	g
Carbohydrate	46	g	Sugar	13	g
Sodium	650	mg	Calcium	15	%DV
Fiber	6	g	Iron	15	%DV
Cholesterol	65	mg			

Tomato Avocado Salad				Serves: 4	
Serving Size: 1/2 tomato, 1/4 avocado					
Calories	70	kcal	Fat	5	g
Protein	1	g	Saturated	0.5	g
Carbohydrate	6	g	Sugar	2	g
Sodium	35	mg	Calcium	2	%DV
Fiber	3	g	Iron	2	%DV
Cholesterol	0	mg			

Pozole Rojo				Serves: 4	
Serving Size: 1/4 prepared dish (includes 4 ounces sirloin)					
Calories	480	kcal	Fat	18	g
Protein	35	g	Saturated	4	g
Carbohydrate	49	g	Sugar	16	g
Sodium	550	mg	Calcium	15	%DV
Fiber	12	g	Iron	30	%DV
Cholesterol	75	mg			

Egg Salad Tostadas				Serves: 4	
Serving Size: 2 prepared tostadas					
Calories	390	kcal	Fat	18	g
Protein	20	g	Saturated	4	g
Carbohydrate	42	g	Sugar	9	g
Sodium	370	mg	Calcium	10	%DV
Fiber	8	g	Iron	15	%DV
Cholesterol	450	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			