FOR ONE May 6, 2016

PREP GUIDE

MEAL #1

- 2¼ cups cooked quinoa prepared according to package directions **for the week*
- 1 lime, zested & juiced (2 Tablespoons juice, ¾ teaspoon zest) ** for the week*
- 1-2" fresh ginger, grated (1 Tablespoon) ** for the week*
- Cut vegetables:
  - ½ bunch kale, chopped (2 cups)

MEAL #2

- Cut vegetables:
  - ½ bell pepper, sliced thin (½ cup)
  - ½ carrot, shredded (1½ Tablespoons)
  - ¼ cucumber, sliced into thin strips

MEAL #3

- Cut vegetables:
  - ¼ bell pepper, diced (¼ cup)
  - 2 baby bok choy, sliced into quarters

MEAL #4

- Cut vegetables:
  - 1 carrot, shredded (⅓ cup)
  - ¼ bell pepper, sliced thin (¼ cup)
  - ¼ bunch kale chopped (1 cup)

MEAL #5

- Cut vegetables:
  - ¼ bell pepper, sliced (¼ cup)
  - ¼ cucumber, sliced (½ cup)
  - ½ carrot, shredded (1½ Tablespoons)

MENU

MONDAY ①
ROAST CHICKEN THIGHS
Quinoa & Kale

TUESDAY ②
SHRIMP PO BOY
Pepper Slaw

WEDNESDAY ③
KOREAN BEEF BOWL

THURSDAY ④
CHICKEN BANH MI

FRIDAY ⑤
MANGO QUINOA SALAD

FOR ONE May 6, 2016

Shopping List

(1) Roast Chicken Thighs (2) Shrimp Po Boy (3) Korean Beef Bowl (4) Chicken Banh Mi (5) Mango Quinoa Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken thighs	3/4 pound		5
2	shrimp	1/4 pound	peeled & deveined	3
3	lean ground beef	1/4 pound		2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3	fresh ginger	1-2"		1
1,2,5	limes	1		0.5
1,4	kale	1 bunch		2
2,5	arugula	2 ounces		1
2,3,4,5	bell peppers	2	any color	2
2,4,5	carrots	2		0.5
2,5	cucumber	1		1
2,4	avocado	1		1
3	baby bok choy	2		1
4,5	mangoes	1		1
4,5	fresh basil	1 bunch		1.5
3	kiwi	2		1

Recipe #	Dairy	Quantity	Notes	Est Cost
2	Greek yogurt, non fat, plain	3 Tablespoon		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3,5	quinoa	1-1/4 cups		1.5
2,4	whole wheat hero rolls	2 rolls		1
3	fish sauce	3/4 teaspoon	*optional*	0.5
5	sliced pecans	1 Tablespoon		1.5
5	black beans	1 (15 oz) can		2

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	2 Tablespoons	dried oregano	
	grapeseed oil	1/2 Tablespoon	herbes de provence	
	balsamic vinegar		ground cumin	1/8 teaspoon
	white wine vinegar	1/2 Tablespoon	raw honey or 100% maple syrup	1/2 Tablespoon
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	3 cloves	Dijon mustard or brown mustard	1/4 teaspoon
	kosher salt	1/4 teaspoon	soy sauce or Braggs liquid amino acid	1-1/2 Tblspns
	black pepper	1/2 teaspoon	whole grain pasta	
	cayenne pepper	1/8 teaspoon	long grain brown rice	
	paprika		whole wheat flour	1 teaspoon

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) ROAST CHICKEN THIGHS
quinoa and kale

OVEN TEMPERATURE: 425°F

MADE AHEAD

- ½ cup cooked quinoa prepared according to package directions
- ¼ lime, zested & juiced (½ Tablespoon juice, ½ teaspoon zest)
- 1" fresh ginger, grated (¾ teaspoon)
- Cut vegetables: kale

INSTRUCTIONS

For roast chicken thighs

1. Preheat oven to 425°F.
2. In a glass bowl or resealable bag combine olive oil, soy sauce, pepper, ginger, garlic, and lime juice & zest. Add chicken thighs and marinate at least 10 minutes.
3. Remove chicken from marinade and discard any remaining liquid. Place chicken in a baking dish and bake for about 40 minutes.
4. Save half the chicken for Meal #4.

Meanwhile

For quinoa and kale

1. Heat a non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add the kale and sauté about 2-3 minutes, and then add salt and pepper.
3. Add in quinoa and stir until warmed through.

Dairy Free: ☑

Gluten Free: *Use gluten free soy sauce.*

Vegetarian: *Heat a non-stick skillet over medium heat and add 1½ teaspoons oil and ½ minced garlic clove; sauté for 1 minute. Add 2 cups kale and sauté about 2-3 minutes. Add ½ can white beans, 2 Tablespoons vegetable broth, pinch of salt, and pepper. Cover and cook for 5-6 minutes. Serve over ¾ cup warmed quinoa.*
Serve with ½ cup plain Greek yogurt topped with 1 peeled and diced kiwi and ½ teaspoon honey.

INGREDIENTS

For roast chicken thighs

¾ pound chicken thighs
½ Tablespoon olive oil
½ Tablespoon low-sodium soy sauce
¼ teaspoon black pepper
¾ teaspoon grated ginger
1 clove garlic, minced
½ Tablespoon lime juice
½ teaspoon lime zest

For quinoa and kale

¾ teaspoon olive oil
½ clove, garlic, minced
½ bunches kale, chopped (2 cups)
Pinch of kosher salt
Pinch of black pepper
½ cup cooked quinoa

(2) SHRIMP PO BOY

pepper slaw

MAKE AHEAD

- ¼ lime, zested & juiced (1 teaspoon juice, ¼ teaspoon zest)
- Cut vegetables: bell pepper, carrots, cucumber

DIRECTIONS

For shrimp po boy

1. Heat a nonstick skillet over medium-high heat and add oil.
2. Toss shrimp with salt, pepper, cayenne, and flour.
3. When oil is hot add shrimp and cook until a light brown crust is forming, about 3 minutes.
4. Serve in roll with arugula and pepper slaw.

For pepper slaw

1. Whisk together dressing ingredients, save half for Meal #4.
2. In a small bowl, combine pepper slaw ingredients, add dressing, and toss to combine.

Dairy Free: *Omit yogurt, use a dairy free alternative or substitute 2-3 teaspoons olive oil. If using oil, double the recipe using second batch for Meal #4.*

Gluten Free: *Use gluten free flour. Omit hero roll and serve in 2 corn tortillas. Increase avocado to ½.*

Vegetarian: *Prepare Pepper Slaw as above, serve with Portobello po boy:*
Heat a nonstick skillet over medium-high heat and add ½ teaspoon oil. When oil is hot add ½ minced garlic clove and 2 large portobello mushroom caps, sliced in strips. Sauté for 2 minutes. Add ¼ cup white beans and a pinch of cumin, paprika, cayenne, salt, and pepper; sauté for 4-5 minutes, stirring regularly until mushrooms are browned and tender. Reserve half of mushrooms for Meal #3. Serve in rolls with arugula and pepper slaw.

INGREDIENTS

For shrimp po boy

¾ teaspoon grapeseed oil
¼ pound peeled and deveined shrimp (sub ¼ pound chicken tenders, cut in 1" pieces)
pinch of kosher salt
pinch of black pepper
pinch of cayenne
1 teaspoon whole wheat flour
1 whole wheat hero roll
½ ounce arugula

For pepper slaw

½ bell pepper, sliced thin (½ cup)
½ carrot, shredded (1½ Tablespoons)
¼ cucumber, sliced into thin strips
¼ avocado, sliced thin

For dressing

3 Tablespoons non-fat Greek yogurt
1 teaspoon lime juice
¼ teaspoon lime zest
⅛ teaspoon cumin
pinch of cayenne
pinch of kosher salt

(3) KOREAN BEEF BOWL

MAKE AHEAD

- ¾ cup cooked quinoa prepared according to package directions
- 1" fresh ginger, grated (½ Tablespoon)
- Cut vegetables: bell pepper, bok choy

DIRECTIONS

For Korean beef bowl

1. Heat a non-stick skillet over medium-high heat and add oil. When oil is hot add the ginger and garlic; sauté for 30 seconds.
2. Add beef and cook for 2-3 minutes, then add bell pepper and bok choy and cook an additional 3-4 minutes.
3. Add the soy sauce, fish sauce, honey, and pepper.
4. Serve over warm quinoa with a side of kiwi.

Dairy Free: ☑

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

Vegetarian: *Heat a non-stick skillet over medium-high heat and add 1 teaspoon oil. When oil is hot add 1½ teaspoons grated ginger and ½ minced garlic clove; sauté for 30 seconds. Add ½ diced bell pepper and 2 quartered baby bok choy; cook for about 3 minutes. Add ½ can black beans, reserved mushrooms, soy sauce, fish sauce, honey, and pepper. Stir to combine and cook until completely warmed through. Serve over ¾ cup warm quinoa with one sliced kiwi.*

INGREDIENTS

For Korean beef bowl

¾ teaspoon grapeseed or sesame oil
½ Tablespoon grated ginger
¾ clove garlic, minced
¼ pound lean ground beef
¼ bell pepper, diced (¼ cup)
2 baby bok choy, sliced in quarters
1 teaspoon low sodium soy sauce
¾ teaspoon fish sauce, optional
¾ teaspoon honey
Pinch of black pepper

¾ cup cooked quinoa, warmed

1½ kiwi, peeled and sliced

(4) CHICKEN BANH MI

MAKE AHEAD

- ¼ pound cooked chicken * *from Meal #1*
- 2 Tablespoons slaw dressing * *from Meal #2*
- Cut vegetables: carrots, bell pepper, kale

DIRECTIONS

For vegetables

1. In a small saucepan heat vinegar, honey, and soy sauce. Place carrots, bell pepper, and kale in a bowl, pour warm liquid over, and let sit for 10 minutes.
2. Drain and add mangos and basil.

For chicken banh mi

Spread slaw dressing on roll. Top with chicken, avocado, and vegetables.

Dairy Free: ☑

Gluten Free: *Use gluten free soy sauce. Toss chicken with slaw dressing. Serve chicken, vegetables, and avocado over ½ cup cooked brown rice.*

Vegetarian: *Prepare vegetables as above. Replace chicken with 4 ounces drained tofu, marinated for 10 minutes in ¾ teaspoon each honey, soy sauce, and grapeseed oil. Cook tofu 4 minutes in a grill pan over medium heat until lightly caramelized. Spread slaw dressing on roll and top with tofu, avocado, and vegetables.*

INGREDIENTS

For vegetables

½ Tablespoon white or rice wine vinegar
¾ teaspoon honey
¾ teaspoon low-sodium soy sauce
1 carrot, shredded (⅓ cup)
¼ bell pepper, sliced thin (¼ cup)
¼ bunch kale, chopped (1 cup)
½ mango, sliced thin
1 Tablespoon chopped basil

For chicken bahn mi

2 Tablespoons slaw dressing
1 whole wheat hero roll, sliced in half
¼ pound cooked chicken
¼ avocado, sliced

(5) MANGO QUINOA SALAD

MAKE AHEAD

- 1 cup cooked quinoa prepared according to package directions
- ½ lime, juiced (2¼ teaspoons)
- Cut vegetables: bell pepper, cucumber, carrots

INSTRUCTIONS

For mango quinoa salad

In a small bowl, whisk together dressing ingredients. In a serving bowl, combine salad ingredients, add dressing, and toss to combine.

Dairy Free: ☑

Gluten Free: *Use gluten free Dijon mustard.*

Vegetarian: ☑

INGREDIENTS

For mango quinoa salad

½ mango, sliced
¼ bell pepper, sliced (¼ cup)
¼ cucumber, sliced (½ cup)
½ carrot, shredded (1½ Tablespoons)
1 cup cooked quinoa
¼ (15 oz) can organic black beans, drained and rinsed
1 Tablespoon sliced pecans
2 Tablespoons chopped basil
1½ ounces arugula

For dressing

2¼ teaspoons lime juice
¼ teaspoon Dijon mustard
½ Tablespoon olive oil
pinch of kosher salt and black pepper

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Nutrition Information

Roast Chicken Thighs				Serves: 1	
Calories	350	kcal	Fat	28	g
Protein	24	g	Saturated	7	g
Carbohydrate	1	g	Sugar	0	g
Sodium	260	mg	Calcium	2	%DV
Fiber	0	g	Iron	6	%DV
Cholesterol	140	mg			

Quinoa and Kale				Serves: 1	
Calories	160	kcal	Fat	6	g
Protein	5	g	Saturated	0.5	g
Carbohydrate	23	g	Sugar	2	g
Sodium	140	mg	Calcium	6	%DV
Fiber	4	g	Iron	10	%DV
Cholesterol	0	mg			

Shrimp Po Boy				Serves: 1	
Calories	390	kcal	Fat	9	g
Protein	32	g	Saturated	1	g
Carbohydrate	51	g	Sugar	8	g
Sodium	690	mg	Calcium	20	%DV
Fiber	8	g	Iron	15	%DV
Cholesterol	185	mg			

Pepper Slaw				Serves: 1	
Calories	110	kcal	Fat	6	g
Protein	4	g	Saturated	0.5	g
Carbohydrate	13	g	Sugar	5	g
Sodium	70	mg	Calcium	4	%DV
Fiber	5	g	Iron	6	%DV
Cholesterol	0	mg			

Korean Beef Bowl				Serves: 1	
Calories	400	kcal	Fat	14	g
Protein	32	g	Saturated	4	g
Carbohydrate	39	g	Sugar	8	g
Sodium	180	mg	Calcium	15	%DV
Fiber	6	g	Iron	35	%DV
Cholesterol	70	mg			

Kiwi				Serves: 1	
Calories	70	kcal	Fat	1	g
Protein	1	g	Saturated	0	g
Carbohydrate	15	g	Sugar	10	g
Sodium	0	mg	Calcium	4	%DV
Fiber	3	g	Iron	15	%DV
Cholesterol	0	mg			

Chicken Bahn Mi				Serves: 1	
Calories	370	kcal	Fat	15	g
Protein	31	g	Saturated	2	g
Carbohydrate	29	g	Sugar	5	g
Sodium	400	mg	Calcium	10	%DV
Fiber	6	g	Iron	15	%DV
Cholesterol	90	mg			

Vegetables				Serves: 1	
Calories	140	kcal	Fat	0.5	g
Protein	2	g	Saturated	0	g
Carbohydrate	32	g	Sugar	25	g
Sodium	45	mg	Calcium	4	%DV
Fiber	4	g	Iron	2	%DV
Cholesterol	0	mg			

Mango Quinoa Salad				Serves: 1	
Calories	530	kcal	Fat	17	g
Protein	18	g	Saturated	2	g
Carbohydrate	80	g	Sugar	23	g
Sodium	160	mg	Calcium	20	%DV
Fiber	14	g	Iron	30	%DV
Cholesterol	0	mg			