FOR ONE June 24, 2016

PREP GUIDE

MEAL #1

- 1½ cups cooked brown or green lentils prepared according to package **for the week*
- Cut vegetables:
  - ½ bunch asparagus, trimmed and cut in 2 inch pieces (about 8 spears)

MEAL #2

- ½ lime, juiced and zested (1 Tablespoon juice, ½ teaspoon zest) **for the week*
- Cut vegetables:
  - 1 scallion, chopped
  - ¼ cucumber, diced small (½ cup)
  - ¾ tomato, diced small

MEAL #3

- Cut vegetables:
  - ¼ cantaloupe, sliced
  - ¼ cucumber, sliced (2½ cup)
  - 1 scallion, chopped

MEAL #4

- Cut vegetables:
  - ½ red or green bell pepper, diced (½ cup)
  - 1 scallion, chopped

MEAL #5

- Cut vegetables:
  - ½ red or green bell pepper, diced (½ cup)
  - 1 scallion, chopped
  - ¼ cantaloupe, sliced

MENU

MONDAY ①

PECAN CHICKEN TENDERS
Lentils & Asparagus

TUESDAY ②

SALMON TACOS
Avocado Cucumber Salsa

WEDNESDAY ③

PROSCIUTTO AND MELON SALAD

THURSDAY ④

CHOPPED CHICKEN SALAD

FRIDAY ⑤

MIGAS
Sliced Melon

FOR ONE June 24, 2016

Shopping List

(1) Pecan Chicken Tenders (2) Salmon Tacos (3) Prosciutto & Melon Salad (4) Chopped Chicken Salad (5) Migas

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken tenders	1/2 pound		4
2	salmon fillets	1/4 pound		2.5
3	prosciutto	2-1/2 oz	*can sub sliced deli ham*	1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,5	asparagus	1 bunch	*16 spears/bunch*	1
1,4	fresh basil	1 bunch		1.5
2,3,4,5	scallions	4		1
2,3	cucumber	1		1
2,4	tomatoes	2		1
2,4	avocado	1		1
2,3	limes	1-2		0.5
2,3,5	fresh cilantro	1 bunch		1.5
3,5	cantaloupe	1 sm/medium		1.5
3,4	mixed greens	3 ounces		1
4,5	red or green bell peppers	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost
1,5	eggs	3		1
5	shredded cheese, your choice	2 Tablespoons		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3	pecans	1/4 cup		1.5
1,3	lentils, brown or green	3/4 cup		1
2	chili powder	Dash	optional	0.5
2,5	corn tortillas	4		2
4	garbanzo beans	1 (15 oz) can		2

Fresh 20 Grocery Est	$30.00
Cost Per Dinner	$6.00
Cost Per Serving	$6.00

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) PECAN CHICKEN TENDERS
lentils & asparagus

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- ¾ cup cooked lentils prepared according to package directions
- Cut vegetables: asparagus

DIRECTIONS

For pecan chicken tenders

1. Heat oven to 375°F.
2. Using three shallow dishes, combine flour, salt, pepper, and paprika in one dish, eggs in another, and pecans in another.
3. Dip each chicken piece into flour then egg then pecans and put on a foil or parchment lined baking sheet.
4. Cook for about 15-20 minutes, turning once.
5. Save half the chicken tenders for Meal #4.
6. Serve remaining chicken tenders with lentils and asparagus.

For lentils & asparagus

1. Toss asparagus with olive oil, salt, and pepper and put on a baking sheet; cook for 6-8 minutes in 375°F oven. Save half the asparagus for Meal #5.
2. Toss remaining asparagus with basil and lentils and serve with chicken tenders.

Dairy Free: ☑

Gluten Free: *Use gluten free flour.*

Vegetarian: *Omit above, serve Lentils & Asparagus over Quinoa: Preheat oven to 375°F. Toss 12 asparagus spears (cut into 2" pieces) with 1½ teaspoons oil and a pinch of salt and pepper. Place on a baking sheet and cook 6-8 minutes. Save ⅓ for Meal #5. Toss remaining asparagus with 1 Tablespoon chopped basil, 1 cup cooked lentils, a drizzle of olive oil and a teaspoon of lemon juice. Serve over ¾ cup cooked quinoa.*

INGREDIENTS

For pecan chicken tenders

½ pounds chicken tenders
1½ Tablespoons whole wheat flour
¼ teaspoon kosher salt
Dash of black pepper
Dash of paprika
1 egg white, beaten with a little water
2½ Tablespoons ground pecans

For lentils & asparagus

½ bunch asparagus trimmed and cut into 2 inch pieces (about 8 spears)
½ Tablespoon olive oil
Pinch of kosher salt
Pinch of black pepper
1 Tablespoon chopped basil
¾ cup cooked lentils

(2) SALMON TACOS
avocado cucumber salsa

MAKE AHEAD

- ½ lime, juiced (1 Tablespoon)
- Cut vegetables: scallions, cucumber, tomato

DIRECTIONS

For avocado cucumber salsa

Toss all ingredients together.

For salmon tacos

1. Season fillet with cumin, chili powder, salt, and pepper.
2. Heat a small non-stick skillet over medium-high heat and add oil.
3. When oil is hot add fillet. Cook about 2-4 minutes per side until center is flakey.
4. Serve salmon in tortillas topped with salsa.

Dairy Free: ☑

Gluten Free: ☑

Vegetarian: *Prepare salsa as above, omit Salmon Tacos, prepare Scallion & Black Bean Tacos: Heat 1 teaspoon oil in a skillet over medium heat. Add 1 sliced scallion, ¼ cup chopped bell pepper, ½ can black beans, and a pinch of cumin, chili powder, salt, and pepper. Cook until warmed through. Serve bean filling in tortillas topped with salsa.*

INGREDIENTS

For avocado cucumber salsa

1 scallion, chopped (½ cup)
¼ cucumber, diced small (½ cup)
¾ tomato, diced small
¼ avocado, diced
¾ teaspoon olive oil
Dash of kosher salt
Pinch of black pepper
1 Tablespoon lime juice
1 Tablespoon chopped cilantro

For salmon tacos

¼ pound (1 fillet) salmon (sub ¼ pound chicken tenders)
Dash of cumin
Pinch of chili powder, optional
Pinch of kosher salt
Pinch of black pepper
¾ teaspoon grapeseed oil

2 corn tortillas, warmed

(3) PROSCIUTTO AND MELON SALAD

MAKE AHEAD

- ¾ cup cooked lentils prepared according to package directions
- ¼ lime, zested (½ teaspoon)
- Cut vegetables: cantaloupe, cucumber, scallion

DIRECTIONS

For prosciutto and melon salad

1. In a small bowl, combine dressing ingredients.
2. In a serving bowl combine salad ingredients, toss with dressing, and top with prosciutto.

Dairy Free: ☑

Gluten Free: ☑

Vegetarian: *Prepare dressing as above. Prepare salad as above, omitting prosciutto. Add ¾ ounce crumbled goat cheese to salad. Cantaloupe can be mixed in with salad, or served on top.*

INGREDIENTS

For prosciutto and melon salad

¼ cantaloupe, sliced
¼ cucumber, sliced (½ cup)
1 scallion, chopped
1 Tablespoon chopped cilantro
2 Tablespoons toasted pecans
1½ ounces mixed greens (1½-2 cups)
¾ cup cooked lentils

For dressing

¼ teaspoon Dijon mustard
¾ teaspoon maple syrup
½ teaspoon lime zest
½ Tablespoon white wine vinegar or apple cider vinegar
1 teaspoon olive oil
pinch of black pepper

2½ ounces sliced prosciutto (can sub sliced deli ham ham)

(4) CHOPPED CHICKEN SALAD

MAKE AHEAD

- ¼ pound cooked pecan chicken tenders**see Meal #1*
- Cut vegetables: bell peppers, scallions

DIRECTIONS

For chopped chicken salad

1. In a small bowl, combine dressing ingredients.
2. In a serving bowl, combine salad ingredients, add dressing, and toss to combine.

Dairy Free: ☑

Gluten Free: ☑

Vegetarian: *Prepare dressing as above. Prepare salad omitting chicken tenders, increasing garbanzo beans to ½ can, and adding ¾ ounce crumbled goat cheese. Serve dressed salad topped with 1 sliced hardboiled egg.*

INGREDIENTS

For chopped chicken salad

¼ pound pecan chicken tenders, diced
1 tomato, diced (¾ cup)
½ red or green bell pepper, diced (½ cup)
¼ avocado, diced
1 scallion, chopped
1½ ounces mixed greens (1½-2 cups)
¼ (15 ounce) can garbanzo beans, rinsed and drained
2 Tablespoons chopped basil

For dressing

½ Tablespoon white or red wine vinegar
1 teaspoon olive oil
¼ teaspoon Dijon mustard
Dash of Herbes de Provence
Pinch of kosher salt and black pepper

(5) MIGAS
sliced melon

MAKE AHEAD

- Roasted asparagus **from Meal #1*
- Cut vegetables: bell pepper, scallions, cantaloupe

DIRECTIONS

For migas

1. Heat a non-stick skillet over medium heat and add oil. When oil is hot, add vegetables and cooked until warmed.
2. Add eggs and scramble. Season with salt and pepper.
3. Stir in tortillas, cilantro, and cheese.
4. Serve with melon.

Dairy Free: *Omit cheese, use dairy free alternative, or substitute diced avocado.*

Gluten Free: ☑

Vegetarian: ☑

INGREDIENTS

For migas

½ teaspoon olive oil
½ red or green bell pepper, diced (½ cup)
1 scallion, chopped
¼ bunch roasted asparagus
2 eggs, beaten
Pinch of kosher salt and pepper
2 corn tortillas, crisped and broken up into pieces
1 Tablespoon chopped cilantro
2 Tablespoons cheese of your choice

¼ cantaloupe, sliced

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Nutrition Information

Pecan Chicken Tenders					Serves: 1
Calories	230	kcal	Fat	9	g
Protein	29	g	Saturated	1	g
Carbohydrate	7	g	Sugar	0	g
Sodium	380	mg	Calcium	2	%DV
Fiber	2	g	Iron	8	%DV
Cholesterol	120	mg			

Lentils & Asparagus					Serves: 1
Calories	220	kcal	Fat	4	g
Protein	15	g	Saturated	0.5	g
Carbohydrate	32	g	Sugar	4	g
Sodium	75	mg	Calcium	4	%DV
Fiber	13	g	Iron	35	%DV
Cholesterol	0	mg			

Avocado Cucumber Salsa					Serves: 1
Calories	140	kcal	Fat	10	g
Protein	2	g	Saturated	1	g
Carbohydrate	12	g	Sugar	5	g
Sodium	300	mg	Calcium	4	%DV
Fiber	4	g	Iron	6	%DV
Cholesterol	0	mg			

Salmon Tacos					Serves: 1
Calories	330	kcal	Fat	12	g
Protein	28	g	Saturated	2	g
Carbohydrate	27	g	Sugar	3	g
Sodium	210	mg	Calcium	4	%DV
Fiber	4	g	Iron	4	%DV
Cholesterol		mg			

Prosciutto Melon Salad					Serves: 1
Calories	420	kcal	Fat	12	g
Protein	30	g	Saturated	1	g
Carbohydrate	51	g	Sugar	20	g
Sodium	610	mg	Calcium	10	%DV
Fiber	16	g	Iron	40	%DV
Cholesterol	30	mg			

Salad Dressing				Serves: 1	
Calories	60	kcal	Fat	5	g
Protein	0	g	Saturated	0.5	g
Carbohydrate	4	g	Sugar	3	g
Sodium	30	mg	Calcium	0	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			

Chopped Chicken Salad				Serves: 1	
Calories	400	kcal	Fat	14	g
Protein	31	g	Saturated	1.5	g
Carbohydrate	39	g	Sugar	8	g
Sodium	340	mg	Calcium	10	%DV
Fiber	10	g	Iron	20	%DV
Cholesterol	95	mg			

Chicken Salad Dressing				Serves: 1	
Calories	50	kcal	Fat	5	g
Protein	0	g	Saturated	0.5	g
Carbohydrate	0	g	Sugar	0	g
Sodium	105	mg	Calcium	0	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			

Migas				Serves: 1	
Calories	400	kcal	Fat	21	g
Protein	21	g	Saturated	6	g
Carbohydrate	35	g	Sugar	6	g
Sodium	230	mg	Calcium	15	%DV
Fiber	7	g	Iron	20	%DV
Cholesterol	445	mg			

Cantaloupe				Serves: 1	
Calories	50	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	12	g	Sugar	11	g
Sodium	25	mg	Calcium	2	%DV
Fiber	1	g	Iron	2	%DV
Cholesterol	0	mg			