

PREP GUIDE

MEAL #1

- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables:
 - 3 ounces Brussels sprouts, shaved (¾-1 cup)

MEAL #2

- 1½ cups cooked brown rice prepared according to package directions * *for the week*
- Cut vegetables:
 - ½ cup finely chopped broccoli

MEAL #3

- Cut vegetables:
 - ¼ yellow onion, sliced thin
 - ¾ bell pepper, sliced thin

MEAL #4

- Cut vegetables:
 - ½ cup broccoli florets

MEAL #5

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - 2 Tablespoons finely chopped carrot
 - ¼ head broccoli, florets (¾-1 cup)

MENU

MONDAY ①

PORK MILANESE
Roast Potatoes & Brussels Sprouts

TUESDAY ②

BROCCOLI & CHEESE TOPPED FISH
Brown Rice

WEDNESDAY ③

CHICKEN & PEPPERS
Potatoes

THURSDAY ④

PORK PARMESAN
Broccoli & Brown Rice

FRIDAY ⑤

BROCCOLI SOUP
Toast



FOR ONE December 16, 2016

Shopping List

(1) Pork Milanese (2) Broccoli & Cheese Topped Fish (3) Chicken & Peppers (4) Pork Parmesan (5) Broccoli Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	pork loin	1/2 pound		3
2	flat white fish fillets	1/3 pound	choose your favorite	4
3	chicken breast, sliced thin	1/3 pound		2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3	potatoes	2/3 pound		2
1	lemon	1		0.5
1	brussels sprouts	3 ounces		1
2,4,5	broccoli	1 head		2
3,5	yellow onion	1		1
3	bell peppers (any color)	1		1
3,4,5	fresh basil	1 bunch	need 3 Tablespoons chopped	1.5
5	carrot	1		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1,5	half and half	3 Tablespoons		1
2,4,5	parmesan cheese	1/4 cup		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	bread crumbs	1/4 cup		1
4	tomato sauce	1 (14 oz) can		1.5
5	pine nuts	1 Tablespoon		2
5	whole wheat bread	1 slice		1
5	white beans	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$23.50
 Cost Per Dinner \$4.70
 Cost Per Serving \$4.70

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) PORK MILANESE roast potatoes & brussels sprouts

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables: Brussels sprouts

DIRECTIONS

For roast potatoes

1. Heat oven to 425°F.
2. Toss ingredients together and put on a baking sheet. Cook for about 15 minutes until fork tender. Save half for Meal #3.

For pork Milanese

1. Combine half and half with salt, pepper, paprika, and lemon juice. Add pork and marinate 5-10 minutes.
2. In a shallow bowl, combine bread crumbs and Herbes. Remove pork from marinade letting excess drip off and dip each piece into crumbs to coat.
3. Place coated pork slices on a baking sheet and cook for about 15 minutes, turning once. Save half for Meal #4. Serve remaining pork with potatoes and Brussels sprouts.

For brussels sprouts

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add brussels sprouts, salt, and pepper.
3. Sauté for about 3- 4 minutes.

Dairy Free: Replace half and half with a dairy free alternative such as coconut milk.

Gluten Free: Use gluten free bread crumbs.

Vegetarian: Prepare roast potatoes as above. Serve with Spicy Kale & Garbanzo Stew: Heat ½ tablespoon oil in a cast iron skillet or Dutch oven over medium heat. When oil is hot add ¼ sliced onion and ½ sliced bell pepper and cook for 2 minutes. Stir in ¾ teaspoon tomato paste. Add ½ minced garlic clove and 1 cup chopped kale and stir for 30 seconds. Add ½ can garbanzo beans, ¼ can diced tomatoes, 2 Tablespoons vegetable broth, ½ teaspoon each cumin and chili powder, and a pinch of salt and pepper. Bring to a simmer for about 10 minutes Stir in 2 Tablespoons chopped parsley and 1 Tablespoon chopped cashews. Serve with roast potatoes.

INGREDIENTS

For roast potatoes

⅔ pound potatoes, cubed
½ Tablespoon olive oil
Dash of kosher salt
Pinch of black pepper

For pork Milanese

½ pound pork loin, sliced and
pounded thin
1 Tablespoon half and half
Dash of kosher salt
Pinch of black pepper
Pinch of paprika
2¼ teaspoons lemon juice
¼ cup bread crumbs
¼ teaspoon Herbes de Provence

For brussels sprouts

1 teaspoon olive oil
3 ounces brussels sprouts, shaved
(¾-1 cup)
Pinch of kosher salt
Pinch of black pepper



(2) BROCCOLI & CHEESE TOPPED FISH

brown rice

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- $\frac{3}{4}$ cup cooked brown rice prepared according to package directions
- Cut vegetables: broccoli

DIRECTIONS

For broccoli & cheese topped fish

1. Heat oven to 375°F.
2. Put fish fillet(s) on a lined baking sheet. Season with salt and pepper.
3. Top each fillet with broccoli and cheese and drizzle with oil.
4. Cover and bake for about 15-20 minutes.
5. Serve with warmed brown rice.

Dairy Free: Omit parmesan cheese, top fish with broccoli and $1\frac{1}{2}$ Tablespoons bread crumbs and drizzle with oil.

Gluten Free: ☒

Vegetarian: Omit above, serve Southwestern Squash: Heat oven to 425°F. Brush $\frac{1}{2}$ a seeded acorn squash with oil; bake 30 minutes until fork tender. Meanwhile, Heat 1 teaspoon oil in a skillet over medium heat and add $\frac{1}{2}$ minced garlic clove and $\frac{1}{4}$ cup diced onion. Cook for 2 minutes. Add $\frac{1}{2}$ can drained black beans, $\frac{1}{4}$ can diced tomatoes, 1 teaspoon cumin, $\frac{1}{4}$ teaspoon chili powder, pinch of salt and pepper, and $\frac{1}{2}$ cup cooked brown rice. Simmer for 10 minutes until any liquid has evaporated. Fill cooked squash half and top with 2 Tablespoons shredded cheddar cheese. Return to oven for 5-7 minutes until cheese is melted. Serve with 1 cup steamed broccoli.

INGREDIENTS

For broccoli & cheese topped fish

$\frac{1}{3}$ pound flat white fish fillets (sub
 $\frac{1}{3}$ pound thin sliced chicken
breast)
Pinch of kosher salt
Pinch of black pepper
 $\frac{1}{2}$ cup finely chopped broccoli
 $1\frac{1}{2}$ Tablespoons parmesan cheese
 $\frac{1}{2}$ Tablespoon olive oil

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

MAKE AHEAD

- ½ pound roasted potatoes * *from Meal #1*
- Cut vegetables: onion, bell pepper

DIRECTIONS

For chicken & peppers

1. Heat a non-stick skillet over medium heat and add olive oil. When oil is hot add onion and cook for 30 seconds; add garlic and cook for another 30 seconds.
2. Add chicken and cook for about 2-3 minutes. Add bell peppers, salt, and black pepper and cook for 3-4 minutes until chicken is cooked through.
3. Stir in basil and serve over warm potatoes.

Dairy Free: ☒

Gluten Free: ☒

Vegetarian: Omit above; prepare Potatoes with Onion & Peppers and Scrambled Eggs: Heat a non-stick skillet over medium heat and add 1 teaspoon olive oil. When oil is hot add ¼ sliced onion and cook for 1 minute; add ½ minced garlic clove, ¾ sliced bell pepper, potatoes reserved from Meal #1, and a pinch of salt and black pepper; cook for 2-3 minutes. Stir in 2 Tablespoons chopped basil and serve with 2 scrambled eggs and a ½ cup of grapes.

INGREDIENTS

For chicken & peppers

½ Tablespoon olive oil
 ¼ yellow onion, sliced thin
 ½ clove garlic, sliced thin
 ½ pound chicken breast, sliced thin
 ¾ bell pepper, sliced thin
 Dash of kosher salt
 Pinch of black pepper
 2 Tablespoons chopped basil

½ pound roasted potatoes,
 warmed **see Meal #1*



(4) PORK PARMESAN

broccoli & brown rice

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Pork Milanese * *from Meal #1*
- ¾ cup cooked brown rice prepared according to package directions
- Cut vegetables: broccoli

DIRECTIONS

For pork parmesan

1. Heat oven to 400°F.
2. Mix together tomato sauce, Herbes, basil, and maple syrup.
3. Put pork on a rimmed baking sheet and spoon tomato mixture on top and sprinkle with cheese.
4. Bake for about 10-15 minutes until heated through.
5. Serve over warmed brown rice.

For broccoli

Toss broccoli ingredients together and put on baking sheet with pork; cook in 400°F oven for about 10 minutes.

Dairy Free: *Omit parmesan cheese, top pork with seasoned breadcrumbs if desired.*

Gluten Free: ☒

Vegetarian: *Omit above, prepare Two Bean Curry:
Heat a Dutch oven or heavy bottom pan over medium heat and add 1 teaspoon oil and ¼ cup chopped onion. Cook 2-3 minutes. Add ¾ teaspoon grated fresh ginger, ½ minced garlic clove, ¾ teaspoon curry, ¼ teaspoon cumin and a pinch of salt and pepper, stir for 30 seconds. Add ¼ can each of black and garbanzo beans, ¼ can diced tomatoes, and 1 cup chopped kale; simmer for 10-15 minutes. Stir in 1 Tablespoon cilantro. Serve over ¾ cup warmed brown rice topped with 2 Tablespoons chopped cashews with a wedge of lime.*

INGREDIENTS

For pork parmesan

¼ (14 ounce) can tomato sauce
¼ teaspoon Herbes de Provence
½ Tablespoon chopped basil
¾ teaspoon maple syrup
Pork Milanese * *from Meal #1*
1 Tablespoon parmesan cheese

¾ cup cooked brown rice, warmed

For broccoli

½ cup broccoli florets
1 teaspoon olive oil
Dash of kosher salt
Pinch of black pepper

OVEN TEMPERATURE: BROIL

MAKE AHEAD

- Cut vegetables: onion, carrot, broccoli

DIRECTIONS

For broccoli soup

1. Heat a pot over medium heat and add oil. When oil is hot add onions and garlic and cook for 2-3 minutes. Add carrots, broccoli, salt, and pepper.
2. Add broth and beans and bring to a simmer until broccoli is very tender. Cool slightly, then blend or puree to desired consistency.
3. Return pureed soup to pan and add basil and half and half.
4. Heat until warmed through then garnish with pine nuts. Serve with toast.

For toast

Heat oven to medium broil. Sprinkle cheese on bread and broil for 1-2 minutes.

Dairy Free: Replace half and half with dairy free milk such as coconut milk. Omit parmesan cheese from toast.

Gluten Free: Omit toast – serve soup with 1 quesadilla made with 2 corn tortillas and 1 Tablespoon each parmesan and cheddar cheeses. Use gluten free broth.

Vegetarian: ☒

INGREDIENTS

For broccoli soup

½ Tablespoon olive oil
 ¼ yellow onion, diced (¼ cup)
 ½ clove garlic, minced
 2 Tablespoons finely chopped carrot
 ¼ head broccoli, florets (¾-1 cup)
 Pinch of kosher salt
 Pinch of black pepper
 1¼ cups low-sodium vegetable broth
 ¼ (15 oz) can organic white beans, drained and rinsed
 ½ Tablespoon chopped basil
 2 Tablespoons half and half
 1 Tablespoon pine nuts, toasted

For toast

1 slice whole wheat bread
 1 Tablespoon parmesan cheese



FOR ONE December 16, 2016

Nutrition Information

Roast Potatoes			Serves: 1		
Calories	130	kcal	Fat	3.5	g
Protein	3	g	Saturated	0	g
Carbohydrate	23	g	Sugar	2	g
Sodium	240	mg	Calcium	2	%DV
Fiber	2	g	Iron	6	%DV
Cholesterol	0	mg			

Pork Milanese			Serves: 1		
Calories	190	kcal	Fat	4	g
Protein	26	g	Saturated	1.5	g
Carbohydrate	10	g	Sugar	1	g
Sodium	310	mg	Calcium	4	%DV
Fiber	1	g	Iron	10	%DV
Cholesterol	75	mg			

Brussels Sprouts			Serves: 1		
Calories	90	kcal	Fat	5	g
Protein	3	g	Saturated	0.5	g
Carbohydrate	8	g	Sugar	2	g
Sodium	90	mg	Calcium	2	%DV
Fiber	3	g	Iron	4	%DV
Cholesterol	0	mg			

Broccoli Fish			Serves: 1		
Calories	300	kcal	Fat	13	g
Protein	40	g	Saturated	3	g
Carbohydrate	6	g	Sugar	1	g
Sodium	430	mg	Calcium	20	%DV
Fiber	3	g	Iron	8	%DV
Cholesterol		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			

Chicken & Peppers			Serves: 1		
Calories	250	kcal	Fat	9	g
Protein	34	g	Saturated	1	g
Carbohydrate	8	g	Sugar	4	g
Sodium	390	mg	Calcium	2	%DV
Fiber	2	g	Iron	8	%DV
Cholesterol	80	mg			

Roast Potatoes			Serves: 1		
Calories	130	kcal	Fat	3.5	g
Protein	3	g	Saturated	0	g
Carbohydrate	23	g	Sugar	2	g
Sodium	240	mg	Calcium	2	%DV
Fiber	2	g	Iron	6	%DV
Cholesterol	0	mg			

Pork Parmesan			Serves: 1		
Calories	270	kcal	Fat	6	g
Protein	30	g	Saturated	2.5	g
Carbohydrate	21	g	Sugar	9	g
Sodium	450	mg	Calcium	15	%DV
Fiber	2	g	Iron	15	%DV
Cholesterol	80	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			

Broccoli			Serves: 1		
Calories	80	kcal	Fat	6	g
Protein	2	g	Saturated	0.5	g
Carbohydrate	6	g	Sugar	1	g
Sodium	180	mg	Calcium	4	%DV
Fiber	3	g	Iron	2	%DV
Cholesterol	0	mg			

Broccoli Soup			Serves: 1		
Calories	330	kcal	Fat	18	g
Protein	12	g	Saturated	3.5	g
Carbohydrate	34	g	Sugar	9	g
Sodium	550	mg	Calcium	15	%DV
Fiber	10	g	Iron	15	%DV
Cholesterol	15	mg			

Toast			Serves: 1		
Calories	160	kcal	Fat	4	g
Protein	8	g	Saturated	1.5	g
Carbohydrate	21	g	Sugar	4	g
Sodium	320	mg	Calcium	20	%DV
Fiber	2	g	Iron	6	%DV
Cholesterol	5	mg			