

PREP GUIDE**MEAL #1**

- $\frac{3}{4}$ cup cooked brown rice prepared according to package directions
- Cut fruits & vegetables:
 - 2 Tablespoons grated yellow onion
 - 1 red bell pepper, cut into quarters and seeded
 - $\frac{1}{4}$ mango, pureed

MEAL #2

- $\frac{1}{2}$ orange, zested & juiced (2 Tablespoons juice, 1 Tablespoon zest)
** for the week*
- Cut fruit & vegetables:
 - $\frac{1}{2}$ scallion, chopped
 - 4 asparagus spears, trimmed
 - 2 Tablespoons chopped yellow onion
 - $\frac{1}{2}$ mango, sliced

MEAL #3

- 1 lime, zested & juiced (2 Tablespoons juice, 2 teaspoons zest) ** for the week*
- Cut vegetables:
 - $\frac{1}{4}$ yellow onion, sliced ($\frac{1}{4}$ cup)
 - $\frac{1}{4}$ cup halved grape tomatoes
 - $\frac{1}{4}$ small head Napa cabbage, shredded (2 $\frac{1}{2}$ cups)
 - $\frac{1}{2}$ carrot, shredded (2 $\frac{1}{2}$ Tablespoons)
 - $\frac{1}{4}$ red bell pepper, thinly sliced ($\frac{1}{4}$ cup)
 - $\frac{1}{2}$ scallion, thinly sliced

MEAL #4

- Cut fruit & vegetables:
 - 8 asparagus spears, sliced very thin (1 cup)
 - $\frac{1}{2}$ red bell pepper, sliced thin ($\frac{1}{2}$ cup)
 - $\frac{3}{4}$ scallion, sliced
 - 1 orange, sliced

MEAL #5

Cut fruits & vegetables:

- $\frac{1}{2}$ carrot, shredded (2 $\frac{1}{2}$ Tablespoons)
- $\frac{1}{4}$ red bell pepper, sliced thin ($\frac{1}{4}$ cup)
- $\frac{1}{4}$ yellow onion, sliced thin ($\frac{1}{4}$ cup)
- $\frac{1}{4}$ summer squash, sliced thin ($\frac{1}{4}$ cup)
- $\frac{1}{2}$ mango, diced ($\frac{1}{2}$ cup)

MENU**MONDAY ①**

FLANK STEAK CHIMICHURRI
Brown Rice & Charred Peppers

TUESDAY ②

GRILLED CITRUS SHRIMP
White Bean Mash & Asparagus

WEDNESDAY ③

KOREAN BBQ TACOS
Kim Chi Slaw

THURSDAY ④

ASPARAGUS AND BEAN SALAD

FRIDAY ⑤

VEGGIE QUESADILLAS
Mango Salsa



FOR ONE

Shopping List

(1) Flank Steak Chimichurri (2) Citrus Shrimp (3) Korean BBQ Tacos (4) Asparagus Salad (5) Veggie Quesadillas

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	flank steak	1/2 pound		5
2	shrimp	1/4 pound	peeled & devined	2.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,3,5	yellow onion	1		1
1,2,5	mango	2		2
1,3,4,5	red bell peppers	2		2
1,2,5	fresh basil	1 bunch		1.5
1	fresh parsley	1 bunch		1.5
1,3,5	cilantro	1 bunch		1.5
2,4	orange	2		1
2,3,4	scallions	2		1
2,4	asparagus	1 bunch		2
3,5	grape tomatoes	1/2 cup		1
3	Napa cabbage	1 sm head		2
3,5	carrots	1		0.5
3,5	lime	1		0.5
5	summer squash	1 small		1
3	avocado	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost
4,5	aged white cheddar cheese	1/3 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,4,5	white beans	2 (15 oz) cans		4
3,5	corn tortillas	5		4
4	walnuts	2 Tablespoons		2

Fresh 20 Grocery Est \$39.00
 Cost Per Dinner \$7.80
 Cost Per Serving \$7.80

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) FLANK STEAK CHIMICHURRI

charred peppers & brown rice

MAKE AHEAD

- $\frac{3}{4}$ cup cooked brown rice prepared according to package directions
- Cut fruits & vegetables: onion, mango, bell peppers

DIRECTIONS

For flank steak and charred peppers

1. Combine all flank steak ingredients and marinate at least 10 minutes.
2. Heat outdoor grill to high (see Kitchen Note).
3. Grill steak about 3-5 minutes per side depending on your doneness preference.
4. Let rest 5 minutes before slicing. Save half for Meal #3.
5. Brush bell pepper with oil; season with salt and pepper.
6. Grill pepper about 2 minutes on each side, until black in some spots.
7. Serve steak with chimichurri, bell pepper, and rice.

For chimichurri

Combine all ingredients in food processor or whisk together. Save $\frac{1}{3}$ for Meal #4.

Kitchen Note: Cooking indoors? Heat a grill pan over medium-high heat and cook steak 4-5 per side. Let rest before slicing. Peppers can be cooked in a grill pan over high heat or in 450°F oven until charred – watch carefully!

Dairy Free:

Gluten Free: Use gluten free soy sauce.

Vegetarian: Omit flank steak recipe. Prepare chimichurri and peppers as above reserving $\frac{1}{3}$ of sauce for Meal #4.

Prepare chimichurri corn; brush 1½ ears of corn with $\frac{1}{3}$ of the prepared chimichurri sauce. Wrap in foil and bake 20-25 minutes at 375°F. Save the half ear for Meal #3. Remove the kernels from the whole piece of corn. Serve as follows: Fill a bowl with $\frac{3}{4}$ cup cooked quinoa and top with corn, $\frac{1}{4}$ cup warm black beans, charred peppers, and 2 Tablespoons chopped scallions. Drizzle with $\frac{1}{3}$ of the chimichurri sauce.

INGREDIENTS

For flank steak

$\frac{1}{2}$ pound flank steak
 $\frac{3}{4}$ teaspoon grapeseed oil
2 Tablespoons grated yellow onion
 $\frac{1}{4}$ mango, pureed
 $\frac{1}{2}$ Tablespoon maple syrup
 $2\frac{1}{4}$ teaspoons soy sauce
 $\frac{1}{2}$ clove garlic, minced
Pinch of black pepper

For charred peppers

1 red bell pepper, cut in quarters and seeded
 $\frac{3}{4}$ teaspoon olive oil
Pinch of kosher salt
Pinch of black pepper

For chimichurri

2 Tablespoons chopped basil
 $\frac{1}{4}$ cup chopped parsley
2 Tablespoons chopped cilantro
 $\frac{1}{2}$ clove garlic
1 Tablespoon olive oil
 $2\frac{1}{4}$ teaspoons white wine vinegar
Pinch of kosher salt
Pinch of black pepper

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



(1) FLANK STEAK CHIMICHURRI

charred peppers & brown rice

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DIRECTIONS

For flank steak and charred peppers

1. Combine all flank steak ingredients and marinate at least 10 minutes.
2. Heat outdoor grill to high (see Kitchen Note).
3. Grill steak about 3-5 minutes per side depending on your doneness preference.
4. Let rest 5 minutes before slicing. Save half for Meal #3.
5. Brush bell pepper with oil; season with salt and pepper.
6. Grill pepper about 2 minutes on each side, until black in some spots.
7. Serve steak with chimichurri, bell pepper, and rice.

For chimichurri

Combine all ingredients in food processor or whisk together. Save $\frac{1}{3}$ for Meal #4.

Kitchen Note: Cooking indoors? Heat a grill pan over medium-high heat and cook steak 4-5 per side. Let rest before slicing.

Dairy Free:

Gluten Free: Use gluten free soy sauce.

Vegetarian: Omit flank steak recipe. Prepare chimichurri and peppers as above reserving $\frac{1}{3}$ of sauce for Meal #4.

Prepare chimichurri corn; brush $1\frac{1}{2}$ ears of corn with $\frac{1}{3}$ of the prepared chimichurri sauce. Wrap in foil and bake 20-25 minutes at 375°F. Save the half ear for Meal #3. Remove the kernels from the whole piece of corn. Serve as follows: Fill a bowl with $\frac{3}{4}$ cup cooked quinoa and top with corn, $\frac{1}{4}$ cup warm black beans, charred peppers, and 2 Tablespoons chopped scallions. Drizzle with $\frac{1}{3}$ of the chimichurri sauce.

INGREDIENTS

For flank steak

$\frac{1}{2}$ pound flank steak
 $\frac{3}{4}$ teaspoon grapeseed oil
2 Tablespoons grated yellow onion
 $\frac{1}{4}$ mango, pureed
 $\frac{1}{2}$ Tablespoon maple syrup
 $2\frac{1}{4}$ teaspoons soy sauce
 $\frac{1}{2}$ clove garlic, minced
Pinch of black pepper

For charred peppers

1 red bell pepper, cut in quarters and seeded
 $\frac{3}{4}$ teaspoon olive oil
Pinch of kosher salt
Pinch of black pepper

For chimichurri

2 Tablespoons chopped basil
 $\frac{1}{4}$ cup chopped parsley
2 Tablespoons chopped cilantro
 $\frac{1}{2}$ clove garlic
1 Tablespoon olive oil
 $2\frac{1}{4}$ teaspoons white wine vinegar
Pinch of kosher salt
Pinch of black pepper

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



(2) GRILLED CITRUS SHRIMP white bean mash & asparagus

MAKE AHEAD

- ¼ orange, zested & juiced (1 Tablespoon juice, ½ Tablespoon zest)
- Cut fruit & vegetables: onion, scallion, asparagus, mango

DIRECTIONS

For white bean mash

1. Sauté garlic and onion in olive oil over medium heat until slightly brown. Add beans and warm through.
2. Transfer to a food processor (or use potato masher) and add salt, pepper, and basil, pulse until just combined. Add broth as needed to desired consistency.
3. Keep warm.

Meanwhile

For grilled citrus shrimp & asparagus

1. Heat outdoor grill to medium heat (see Kitchen Note).
2. Combine all shrimp ingredients in a re-sealable bag and let sit for 5-10 minutes.
3. Layer two sheets of heavy duty foil and fold up the ends 1 inch to make a rim. Place asparagus on foil, drizzle with oil and balsamic vinegar and sprinkle with salt and pepper.
4. Place foil pan of asparagus on one side of grill and shrimp on the other. Grill shrimp until completely pink and white, about 6 minutes and asparagus until it turns brighter green and is sizzling on the grill, about 5-7 minutes.
5. Serve with white bean mash.
6. Serve with a side of mango or enjoy later for dessert.

Kitchen Note: Cooking indoors?

Cook shrimp in a grill pan over medium heat until pink and opaque, about 3-4 minutes per side. Place asparagus on a baking sheet and cook at 400°F for 8-10 minutes.

Dairy Free:

Gluten Free: Use gluten free broth.

Vegetarian: Prepare white bean mash and asparagus as above; serve with Citrus Tofu: Drain 4 ounces tofu and cut into slices. In a re-sealable bag combine ½ Tablespoon grapeseed oil, ¾ teaspoon soy sauce, ¼ minced garlic clove, 1 Tablespoon orange juice, ½ orange zest, ½ teaspoon cumin, ¼ teaspoon oregano, and 1 Tablespoon chopped scallion. Marinate 30 minutes. Remove from marinade and cook in a grill pan over medium heat for 6-8 minutes, turning once.

INGREDIENTS

For white bean mash

½ clove garlic
2 Tablespoons chopped yellow onion
1 teaspoon olive oil
½ (15 ounce) can white beans, rinsed
Pinch of kosher salt
Pinch of black pepper
1 Tablespoon chopped basil
1 Tablespoon low sodium chicken broth

For grilled citrus shrimp

¼ pound peeled and deveined shrimp (can sub ¼ pound chicken tenders)
1 Tablespoon orange juice
½ Tablespoon orange zest
½ Tablespoon grapeseed oil
½ clove garlic, minced
½ scallion, chopped
¼ teaspoon dried oregano
Pinch of kosher salt
Pinch of black pepper

For asparagus

4 asparagus spears, ends trimmed
¾ teaspoon olive oil
¾ teaspoon balsamic vinegar
Pinch of kosher salt
Pinch of black pepper

½ mango, sliced

MAKE AHEAD

- ¼ pound grilled flank steak * *from Meal #1*
- ½ lime, zested & juiced (1 Tablespoon juice, 1 teaspoon zest)
- Cut vegetables: onion, tomatoes, cabbage, bell pepper, carrots, scallion,

DIRECTIONS

For Korean BBQ tacos

1. Heat a non-stick skillet over medium-high heat.
2. Add chopped steak and onions and toss until hot. Remove from heat and add cilantro, tomatoes, and avocado.
3. Serve in tortillas with kim chi slaw.

For kim chi slaw

In a small bowl, combine dressing ingredients. In a serving bowl, combine slaw ingredients, add dressing, and toss to combine.

Dairy Free:

Gluten Free: *Use gluten free soy sauce.*

Vegetarian: *Prepare slaw as above. Omit Korean BBQ and prepare Black Bean Taco filling as follows:*

Heat a non-stick skillet over medium-high heat and add 1 teaspoon oil. When oil is hot add ¼ cup diced onion and ½ minced garlic clove; sauté 2 minutes. Add ½ can black beans, corn kernels reserved from Meal #1, and a pinch of cumin, salt, and pepper; cook until warmed through. Remove from heat and add 1 Tablespoon chopped cilantro, ¼ cup sliced grape tomatoes, and ¼ diced avocado. Serve filling in 2 corn tortillas topped with slaw.

INGREDIENTS

For Korean BBQ tacos

¼ pound flank steak, grilled and chopped **from Meal #1*
 ¼ yellow onion, sliced (¼ cup)
 1 Tablespoon chopped cilantro
 ¼ cup grape tomatoes, sliced in half
 ¼ avocado, diced, optional
 2 corn tortillas

For kim chi slaw

¼ small head Napa cabbage, shredded (2½ cups)
 ¼ red bell pepper, thinly sliced (¼ cup)
 ½ carrot, shredded (2½ Tablespoons)
 ½ scallion, thinly sliced

For dressing

½ Tablespoon soy sauce
 1 Tablespoon lime juice
 1 teaspoon zest
 ¾ teaspoon maple syrup
 ½ garlic clove, minced
 Pinch of cayenne (to taste)

MAKE AHEAD

- 2¼ teaspoons chimichurri sauce * *from Meal #1*
- ¼ orange, zested & juiced (1 Tablespoon juice, ½ Tablespoon zest)
- Cut fruit & vegetables: asparagus, bell pepper, scallions, orange

DIRECTIONS

For asparagus and bean salad

1. Combine salad ingredients in a serving bowl.
2. Whisk together dressing ingredients in a small bowl.
3. Combine the salad and dressing, top with shredded cheese and serve with a side of sliced oranges.

Dairy Free: *Omit cheese or use a dairy free alternative.*

Gluten Free:

Vegetarian:

INGREDIENTS

For asparagus & bean salad

8 asparagus spears, sliced very thin (1 cup)
½ red bell pepper, sliced (½ cup)
¾ scallion, sliced
½ (15 ounce) can white beans, drained and rinsed
2 Tablespoons chopped walnuts, toasted
Pinch of kosher salt
Pinch of black pepper

For dressing

2¼ teaspoons Chimichurri sauce * *from Meal #1*
1 Tablespoon orange juice
½ Tablespoon orange zest
½ Tablespoon white wine vinegar

2 Tablespoons shredded aged white cheddar

1 orange, sliced

MAKE AHEAD

- ½ lime, zested & juiced (1 Tablespoon juice, ½ teaspoon zest)
- Cut fruit & vegetables: bell peppers, carrot, onion, squash, mango

DIRECTIONS

For veggie quesadillas with mango salsa

1. Combine all salsa ingredients and set aside until quesadillas are done.
2. For quesadillas, heat 1 teaspoon oil in a small skillet and add bell pepper, carrot, onion. Sauté 2 minutes then add summer squash and season with salt and pepper. Set aside.
3. Make quesadillas by dividing beans, sautéed vegetables, cheese, and cilantro over a tortilla and top with a second tortilla. For second quesadilla place fillings on half the tortilla and fold it over.
4. In skillet heat 1 teaspoon of oil and cook quesadillas a few minutes on each side to melt cheese and veggies together.
5. Serve hot quesadillas with mango salsa.

Dairy Free: Omit cheese. Use dairy free alternative or add a few slices of avocado.

Gluten Free:

Vegetarian:

INGREDIENTS

For mango salsa

½ mango, diced (½ cup)
¼ cup sliced grape tomatoes
1 Tablespoon chopped basil
1 Tablespoon lime juice
½ teaspoon lime zest
¾ teaspoon olive oil

For veggie quesadillas

2 teaspoons grapeseed oil, divided
¼ red bell pepper, thinly sliced (¼ cup)
½ carrot, shredded (2½ Tablespoons)
¼ yellow onion, thinly sliced (¼ cup)
¼ summer squash, thinly sliced (½ cup)
Kosher salt and black pepper to taste
¼ (15 oz) can organic white beans, drained, rinsed and lightly mashed
¼ cup shredded aged white cheddar
1 Tablespoon chopped cilantro
3 corn tortillas



FOR ONE

Nutrition Information

Flank Steak		Serves: 1	
Calories	220 kcal	Fat	9 g
Protein	25 g	Saturated	3 g
Carbohydrate	8 g	Sugar	7 g
Sodium	280 mg	Calcium	4 %DV
Fiber	0 g	Iron	10 %DV
Cholesterol	80 mg		

Charred Peppers		Serves: 1	
Calories	60 kcal	Fat	3.5 g
Protein	1 g	Saturated	0 g
Carbohydrate	6 g	Sugar	3 g
Sodium	150 mg	Calcium	2 %DV
Fiber	2 g	Iron	2 %DV
Cholesterol	0 mg		

Chimichurri		Serves: 1	
Serving Size:			
Calories	90 kcal	Fat	9 g
Protein	0 g	Saturated	1 g
Carbohydrate	0 g	Sugar	0 g
Sodium	95 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 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	2 %DV
Cholesterol	0 mg		

White Bean Mash		Serves: 1	
Calories	200 kcal	Fat	7 g
Protein	9 g	Saturated	0.5 g
Carbohydrate	26 g	Sugar	2 g
Sodium	200 mg	Calcium	6 %DV
Fiber	8 g	Iron	15 %DV
Cholesterol	0 mg		

Grilled Citrus Shrimp		Serves: 1	
Calories	150 kcal	Fat	8 g
Protein	16 g	Saturated	1 g
Carbohydrate	3 g	Sugar	1 g
Sodium	690 mg	Calcium	6 %DV
Fiber	0 g	Iron	2 %DV
Cholesterol	145 mg		

Asparagus		Serves: 1	
Serving Size: about 4 spears			
Calories	45 kcal	Fat	3.5 g
Protein	1 g	Saturated	0 g
Carbohydrate	2 g	Sugar	1 g
Sodium	75 mg	Calcium	2 %DV
Fiber	1 g	Iron	8 %DV
Cholesterol	0 mg		

Mango		Serves: 1	
Calories	70 kcal	Fat	0 g
Protein	0 g	Saturated	0 g
Carbohydrate	17 g	Sugar	15 g
Sodium	0 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	mg		

Korean BBQ Tacos		Serves: 1	
Calories	360 kcal	Fat	14 g
Protein	22 g	Saturated	3 g
Carbohydrate	38 g	Sugar	9 g
Sodium	230 mg	Calcium	2 %DV
Fiber	7 g	Iron	10 %DV
Cholesterol	60 mg		

Kim Chi Slaw		Serves: 1	
Calories	80 kcal	Fat	0 g
Protein	4 g	Saturated	0 g
Carbohydrate	15 g	Sugar	9 g
Sodium	330 mg	Calcium	10 %DV
Fiber	4 g	Iron	0 %DV
Cholesterol	0 mg		

Asparagus Bean Salad		Serves: 1	
Calories	340 kcal	Fat	16 g
Protein	18 g	Saturated	4 g
Carbohydrate	36 g	Sugar	6 g
Sodium	210 mg	Calcium	20 %DV
Fiber	12 g	Iron	35 %DV
Cholesterol	15 mg		

Salad Dressing		Serves: 1	
Calories	50 kcal	Fat	4.5 g
Protein	0 g	Saturated	0.5 g
Carbohydrate	2 g	Sugar	1 g
Sodium	50 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 mg		

Oranges		Serves: 1	
Calories	60 kcal	Fat	0 g
Protein	1 g	Saturated	0 g
Carbohydrate	14 g	Sugar	11 g
Sodium	0 mg	Calcium	4 %DV
Fiber	3 g	Iron	0 %DV
Cholesterol	0 mg		

Mango Salsa		Serves: 1	
Calories	110 kcal	Fat	4 g
Protein	1 g	Saturated	0 g
Carbohydrate	20 g	Sugar	16 g
Sodium	0 mg	Calcium	0 %DV
Fiber	2 g	Iron	0 %DV
Cholesterol	0 mg		

Veggie Quesadilla		Serves: 1	
Calories	440 kcal	Fat	15 g
Protein	18 g	Saturated	6 g
Carbohydrate	63 g	Sugar	11 g
Sodium	250 mg	Calcium	25 %DV
Fiber	12 g	Iron	8 %DV
Cholesterol	30 mg		