

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bunch kale, chopped (4 cups)
 - 2 ears corn, kernels (1½ cups)

MEAL #2

- 3 cups cooked quinoa prepared according to package directions
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables:
 - 1 pound asparagus, trimmed and cut into 1 inch pieces (16 spears)
 - ½ cup sun-dried tomatoes, chopped * *see note below*

MEAL #3

- Make dressing **see Meal #3 for recipe*
- 12 ounces whole wheat pasta cooked according to package instructions (6 cups cooked) **for the week*
- 1 lime, zested & juiced (2 Tablespoons juice, 2 teaspoons zest)
- Cut vegetables:
 - 1 cucumber diced (2 cups)
 - 1 red bell pepper, diced (1 cup)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 jalapeno, seeded & diced, optional
 - 2 red bell peppers, diced (2 cups)
 - 1 bunch kale chopped (4 cups)
 - ¼ cup sun-dried tomatoes, chopped * *see note below*
 - 4 ears of corn, shucked (3 cups)

MEAL #5

- Cut vegetables:
 - 1 pound asparagus, sliced into 1 inch pieces (16 spears)
 - 1 bunch kale, chopped (4 cups)
 - 4 ears corn, kernels (3 cups)

Note: Sun-dried tomatoes should be soaked in hot water for 10-15 minutes to reconstitute before chopping.

MENU

MONDAY ①

BLACK BEAN & KALE TOSTADAS
Strawberries

TUESDAY ②

SUNDRIED TOMATO
ASPARAGUS QUINOA

WEDNESDAY ③

STRAWBERRY PASTA SALAD

THURSDAY ④

TORTILLA SOUP

FRIDAY ⑤

VEGGIE PASTA



VEGETARIAN

Shopping List

(1) Black Bean & Kale Tostadas (2) Sun Dried Tomato Quinoa (3) Strawberry Pasta Salad (4) Tortilla Soup (5) Veggie Pasta

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4,5	yellow onion	3		3
1,4,5	kale	3 bunches		6
1,4,5	fresh corn	10 ears		5
1,2,3,5	fresh basil	1 bunch		1.5
1,3	strawberries	3 pints		6
2,5	asparagus	2 pounds	16 spears/pound	4
2,4	sun dried tomatoes	3/4 cup		3
2	lemon	1		1
3,4	lime	2		2
3	cucumber	1		1
3,4	avocado	3		3
3,4	bell pepper, red	3	can use any color	3
3	arugula	8 ounces		3
3,5	edamame (frozen, shelled)	3 cups		2
4	jalapeno	1	optional	1

Recipe #	Dairy	Quantity	Notes	Est Cost
1,3,5	goat cheese	5 ounces		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,4	small corn tortillas	10		2
1,4	black beans	4 (15 oz) cans		8
2	white beans	2 (15 oz) cans		4
2	quinoa	1-1/2 cups		2
2,3	pecans	1/2 cup		3

Fresh 20 Grocery Est \$67.50
 Cost Per Dinner \$13.50
 Cost Per Serving \$3.38

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	6 Tablespoons	dried oregano	
	grapeseed oil		herbes de provence	1 teaspoon
	balsamic vinegar	1-1/2 Tablespoons	ground cumin	1 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	veggie broth: low sodium	5-1/4 cups	organic tomato paste	
	garlic	4 cloves	Dijon mustard or brown mustard	
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1 teaspoon	whole grain pasta	12 ounces
	cayenne pepper		long grain brown rice	
paprika		whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) BLACK BEAN & KALE TOSTADAS strawberries

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: onion, kale, corn

INSTRUCTIONS

For black bean and kale tostadas

1. To crisp tortillas, heat oven to 375°F and place tortillas on a baking sheet. Cook about 8-10 minutes, until crispy. Reserve 2 tortillas for Meal #4.
2. Meanwhile, heat a large non-stick skillet over medium heat and add olive oil.
3. When oil is hot, add onion and cook for 2 minutes. Add kale, corn, beans, salt, and pepper and cook for 3-4 minutes.
4. Add a scoop of black bean mixture to each tortilla, top with goat cheese and basil.
5. Serve with a side of fresh strawberries.

INGREDIENTS

For black bean and kale tostadas

10 small corn tortillas
1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
1 bunch kale, chopped (4 cups)
2 ears corn, shucked (1½ cups)
2 (15 oz) cans organic black beans,
drained and rinsed
¼ teaspoon kosher salt
dash of black pepper
2 ounces goat cheese (½ cup)
¼ cup chopped basil

2 pints strawberries, sliced (4 cups)

MAKE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: asparagus, sun-dried tomatoes

DIRECTIONS

For sun-dried tomato asparagus quinoa

1. Heat olive oil in a sauté pan over medium heat. Add asparagus and cook 3-4 minutes until just tender.
2. Add sun-dried tomatoes, beans, salt, and pepper; stir to combine. Add quinoa and stir to warm through.
3. Remove from heat. Stir in basil, pecans, and lemon juice.

INGREDIENTS

For sun-dried tomato asparagus quinoa

1½ Tablespoons olive oil
1 pound asparagus, trimmed and cut into 1 inch pieces (16 spears)
½ cup sun-dried tomatoes, chopped *
2 (15 ounce) cans white beans, rinsed and drained
½ teaspoon kosher salt
¼ teaspoon black pepper
3 cups cooked quinoa
2 Tablespoons chopped basil
¼ cup chopped pecans
3 Tablespoons lemon juice

** to reconstitute sun dried tomatoes
soak in hot water for 10-15 minutes*

MAKE AHEAD

- Make dressing * *see recipe below*
- 4 ounces whole wheat pasta cooked according to package directions (2 cups cooked)
- 1 lime, zested & juiced (2 Tablespoons juice, 2 teaspoons zest)
- Cut vegetables: cucumber, bell pepper

DIRECTIONS

For prosciutto & strawberry salad

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

INGREDIENTS

For strawberry pasta salad

1 cucumber, diced (2 cups)
2 avocados, diced
1 red bell pepper, diced (1 cup)
2 cups cooked whole wheat pasta
1 pint strawberries, sliced (1½ cups)
8 ounces arugula (8 loosely packed cups)
2 cups cooked shelled edamame
2 Tablespoons chopped pecans
1 oz crumbled goat cheese (¼ cup)
¼ cup chopped basil

For dressing

2 Tablespoons lime juice
2 teaspoons lime zest
1½ Tablespoons balsamic vinegar
1 Tablespoon honey
1 Tablespoon olive oil
½ teaspoon kosher salt
dash of black pepper

MAKE AHEAD

- 2 crisped tortillas * *from Meal #1*
- Cut vegetables: onion, jalapeno, bell pepper, kale, sun-dried tomato, corn

DIRECTIONS

For tortilla soup

1. Heat a large pot over medium heat and add olive oil. When oil is hot, add onion, jalapeno, garlic, bell pepper, cumin, and kale. Cook about 4 minutes.
2. Add tomatoes, beans, corn, and broth. Bring to a simmer; add salt, pepper, and Herbes. Simmer for at least 10 minutes.
3. Garnish with avocado, lime, and sliced tortillas.

INGREDIENTS

For tortilla soup

1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
1 jalapeno, seeded and diced, optional
2 cloves garlic, minced
2 red bell peppers, diced (2 cups)
1 teaspoon cumin
1 bunch kale, chopped (4 cups)
¼ cup sun-dried tomatoes, chopped *
2 (15 ounce) cans black beans, rinsed and drained
4 ears of corn, shucked (3 cups)
5 cups low-sodium vegetable broth
½ teaspoon kosher salt
Dash of black pepper
1 teaspoon Herbes de Provence
1 avocado, diced
1 lime, wedged
2 crisped tortillas, thinly sliced

** to reconstitute sun dried tomatoes
soak in hot water for 10-15 minutes*

MAKE AHEAD

- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- Cut vegetables: asparagus, kale, corn

INSTRUCTIONS

For veggie pasta

1. In a large pot, heat olive oil over medium heat.
2. When oil is hot add onion and garlic and cook for 2 minutes. Add asparagus and kale and cook for 2 minutes.
3. Add corn, edamame, salt, and pepper and cook for 2-3 minutes.
4. Add pasta and broth and stir to warm through.
5. Turn off heat and stir in goat cheese and basil.

INGREDIENTS

For veggie pasta

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 pound asparagus, trimmed and cut into 1 inch pieces (16 spears)
- 1 bunch kale, chopped (4 cups)
- 4 ears corn, shucked (3 cups)
- 1 cup shelled edamame
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- 4 cups cooked whole wheat pasta
- $\frac{1}{4}$ cup chicken or vegetable broth
- 2 ounces crumbled goat cheese ($\frac{1}{2}$ cup)
- $\frac{1}{4}$ cup chopped basil



VEGETARIAN

Nutrition Information

Tostadas		Serves: 4	
Serving Size: 2 tostadas			
Calories	450 kcal	Fat	10 g
Protein	20 g	Saturated	2.5 g
Carbohydrate	76 g	Sugar	8 g
Sodium	260 mg	Calcium	15 %DV
Fiber	17 g	Iron	20 %DV
Cholesterol	15 mg		

Strawberries		Serves: 4	
Serving Size: 1 cup			
Calories	45 kcal	Fat	0 g
Protein	1 g	Saturated	0 g
Carbohydrate	11 g	Sugar	7 g
Sodium	0 mg	Calcium	2 %DV
Fiber	3 g	Iron	4 %DV
Cholesterol	0 mg		

Sundried Tomato Quinoa		Serves: 4	
Serving Size:			
Calories	470 kcal	Fat	14 g
Protein	19 g	Saturated	1.5 g
Carbohydrate	67 g	Sugar	9 g
Sodium	380 mg	Calcium	10 %DV
Fiber	15 g	Iron	40 %DV
Cholesterol	0 mg		

Strawberry Pasta Salad		Serves: 4	
Serving Size:			
Calories	440 kcal	Fat	24 g
Protein	18 g	Saturated	3.5 g
Carbohydrate	45 g	Sugar	10 g
Sodium	65 mg	Calcium	25 %DV
Fiber	15 g	Iron	30 %DV
Cholesterol	10 mg		

Salad Dressing		Serves: 4	
Serving Size:			
Calories	50 kcal	Fat	3.5 g
Protein	0 g	Saturated	0 g
Carbohydrate	5 g	Sugar	4 g
Sodium	290 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 mg		

Tortilla Soup		Serves: 4	
Serving Size: 1/4 prepared soup			
Calories	470 kcal	Fat	11 g
Protein	18 g	Saturated	1 g
Carbohydrate	82 g	Sugar	12 g
Sodium	340 mg	Calcium	15 %DV
Fiber	19 g	Iron	25 %DV
Cholesterol	0 mg		

Veggie Pasta		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	500 kcal	Fat	14 g
Protein	23 g	Saturated	3.5 g
Carbohydrate	80 g	Sugar	13 g
Sodium	250 mg	Calcium	15 %DV
Fiber	16 g	Iron	35 %DV
Cholesterol	15 mg		

		Serves: 4	
Serving Size:			
Calories		kcal	g
Protein		g	g
Carbohydrate		g	g
Sodium		mg	%DV
Fiber		g	%DV
Cholesterol		mg	