

PREP GUIDE**MEAL #1**

- 1¼ cups cooked bulgur prepared according to package directions
**for the week*
- ½ lemon, zested & juiced (2¼ teaspoons juice, 1½ teaspoons zest)
** for the week*
- Cut vegetables:
 - ½ head cauliflower, cut into florets

MEAL #2

- 2 cups cooked whole wheat spaghetti prepared according to package directions **for the week*
- Cut vegetables:
 - 2 Tablespoons diced yellow onion
 - ¼ small head broccoli, chopped (1 cup)

MEAL #3

- Cut vegetables:
 - ¼ yellow onion, chopped (¼ cup)
 - ½ carrot, shredded (1½ Tablespoons)
 - ¼ green bell pepper, chopped (¼ cup)

MEAL #4

- 1" fresh ginger, grated (¾ teaspoon)
- Cut vegetables:
 - 2 Tablespoons diced yellow onion
 - ½ cup broccoli florets
 - 1½ ounces brown mushrooms, sliced (½ cup)

MEAL #5

- Make hummus ** see Meal #5 for recipe*
- Cut vegetables:
 - ½ carrot, shredded (1½ Tablespoons)

MENU**MONDAY ①**

DIJON PORK CHOPS
Roast cauliflower & Bulgur

TUESDAY ②

SUN-DRIED TOMATO BROCCOLI
SHRIMP PASTA

WEDNESDAY ③

SLOPPY GREEK PITAS

THURSDAY ④

PORK NOODLE STIR-FRY

FRIDAY ⑤

VEGGIE HUMMUS FLATBREADS



FOR ONE

Shopping List

(1) Dijon Pork Chops (2) Sun Dried Tomato Pasta (3) Sloppy Greek Pitas (4) Pork Noodle Stir Fry (5) Veggie Hummus Flatbread

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|----------|---------------------------|------------------|-------|----------|
| 1,4 | boneless pork chops | 2 (4-5 oz) chops | | 3.5 |
| 2 | shrimp, peeled & deveined | 5-6 ounces | | 4 |
| 3 | ground lamb | 3 ounces | | 2 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|----------|-----------------------------|--------------|-------|----------|
| 1,5 | cauliflower | 1 head | | 2 |
| 1,5 | lemon | 1 | | 0.5 |
| 2,3,4 | yellow onion | 1 | | 1 |
| 2,4 | broccoli | 1 head | | 1.5 |
| 2 | kiwi | 2 | | 1 |
| 3,5 | carrots | 1 | | 0.5 |
| 3 | green bell pepper | 1 | | 1 |
| 3,5 | fresh mint | 1 bunch | | 1.5 |
| 4 | fresh ginger | 1" | | 0.5 |
| 4 | mushrooms (brown or button) | 1-1/2 ounces | | 1 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|-------------|---------------|-------|----------|
| 2,3,5 | feta cheese | 2 Tablespoons | | 1 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|----------|--------------------|-----------------|-------|----------|
| 1,5 | bulgur wheat | 3/4 cup | | 1.5 |
| 2,5 | sun dried tomatoes | 1/4 cup | | 1 |
| 3,5 | garbanzo beans | 1 (15 oz) can | | 2 |
| 3 | crushed tomatoes | 1 (15 oz) cans | | 2 |
| 3 | red wine | 1 Tablespoon | | 0.5 |
| 3 | kalamata olives | 1-1/2 teaspoons | | 1 |
| 3,5 | whole wheat pitas | 2 | | 1 |

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) DIJON PORK CHOP roast cauliflower and bulgur

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- $\frac{3}{4}$ cup cooked bulgur prepared according to package directions
- $\frac{1}{4}$ lemon, zested ($\frac{3}{4}$ teaspoon)
- Cut vegetables: cauliflower

DIRECTIONS

For Dijon pork chop

1. Preheat oven to 400°F.
2. Combine salt, pepper, oil, mustard, vinegar, and Herbes. Coat pork chop and marinate for at least 10 minutes.
3. Place chop in a baking dish and cook for about 20 minutes (internal temperature 145°F).
4. Serve with roasted cauliflower and warmed bulgur with lemon.

Meanwhile

For roasted cauliflower

1. In a bowl combine cauliflower with remaining ingredients and toss.
2. Put on a baking sheet and cook in 400°F oven for 25 minutes, turning once.
3. Save half for Meal #5.

Dairy Free:

Gluten Free: *Replace bulgur with $\frac{3}{4}$ cup cooked brown rice. Use gluten free Dijon mustard.*

Vegetarian: *Serve roasted cauliflower with Bulgur Pilaf: Combine $\frac{3}{4}$ cup cooked bulgur with $\frac{1}{4}$ cup chopped green pepper, $\frac{1}{4}$ cup diced carrot, pinch of salt and pepper, 1 Tablespoon chopped mint, 2 Tablespoons chopped walnuts, and $\frac{3}{4}$ teaspoon olive oil. Serve topped with 1 egg (poached or hard boiled).*

INGREDIENTS

For Dijon pork chop

1 (4-5 oz) boneless pork chop
Dash of kosher salt
Dash of black pepper
 $\frac{3}{4}$ teaspoon olive oil
 $\frac{3}{4}$ teaspoon Dijon mustard
1 Tablespoon balsamic vinegar
Dash of Herbes de Provence

$\frac{3}{4}$ cup cooked bulgur, warmed
 $\frac{3}{4}$ teaspoon lemon zest

For roasted cauliflower

$\frac{1}{2}$ head cauliflower, into florets
2 teaspoons olive oil
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{4}$ teaspoon Herbes de Provence
Pinch of black pepper
Dash of kosher salt
Dash of paprika



(2) SUN-DRIED TOMATO BROCCOLI SHRIMP PASTA

MAKE AHEAD

- 2 ounces whole wheat spaghetti prepared according to package directions (1 cup cooked)
- Soak sun-dried tomatoes in very hot water for 15 minutes
- Cut vegetables: onion, broccoli

DIRECTIONS

For sun-dried tomato broccoli shrimp pasta

1. Heat a pot over medium heat and add olive oil. When oil is hot add onion, garlic, and broccoli; cook for 2-3 minutes.
2. Add sun-dried tomatoes, broth, shrimp, pepper, and Herbes and cook until shrimp is just done, about 2-3 minutes.
3. Add pasta and feta cheese and cook until warmed through.
4. Serve with a side of sliced kiwi or save as a sweet snack.

Dairy Free: Omit feta cheese.

Gluten Free: Omit pasta, serve over $\frac{3}{4}$ cup warm quinoa. Use gluten free broth.

Vegetarian: Replace shrimp with $\frac{1}{2}$ can white beans; use vegetable broth.

INGREDIENTS

For sun-dried tomato broccoli shrimp pasta

$\frac{3}{4}$ teaspoon olive oil
2 Tablespoons diced yellow onion
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{4}$ small head broccoli, chopped (1 cup)
2 Tablespoons chopped sun-dried tomatoes (reconstituted)
2 Tablespoons low-sodium chicken broth
5-6 ounces peeled and deveined shrimp (sub 5-6 ounces chicken tenders)
Pinch of black pepper
Pinch of Herbes de Provence
1 cup cooked whole wheat spaghetti
2 teaspoons feta cheese

2 kiwi, sliced

MAKE AHEAD

- Cut vegetables: onions, carrots, bell pepper

DIRECTIONS

For sloppy Greek pitas

1. In a skillet over medium heat add olive oil, onion, garlic, and lamb. Cook for 2-3 minutes, crumbling the meat as you stir.
2. Add the carrots, bell pepper, and beans and cook 2-3 minutes.
3. Add tomatoes, wine, olives, Herbes, oregano, salt, and pepper and simmer on low for at least 8-10 minutes.
4. Serve in pita halves with feta and mint.

Dairy Free: Omit feta cheese.

Gluten Free: Omit pitas, serve over $\frac{3}{4}$ cup cooked brown rice.

Vegetarian: Omit above, serve Warm Greek Salad Bowl:
In a skillet, heat $\frac{3}{4}$ teaspoon oil, $\frac{1}{4}$ cup diced onion, and $\frac{1}{2}$ minced garlic clove. Cook 1-2 minutes. Add $1\frac{1}{2}$ Tablespoons shredded carrot, $\frac{1}{4}$ cup diced green bell pepper, and 2 Tablespoons garbanzo beans. Cook 1-2 minutes. Add $\frac{1}{4}$ cup crushed tomatoes, 1-2 teaspoons diced kalamata olives, and a pinch of Herbes de Provence, oregano, salt, and pepper. Simmer 8-10 minutes. Serve over $\frac{3}{4}$ cup warm brown rice topped with 1 Tablespoon feta cheese and chopped mint. Drizzle with $\frac{3}{4}$ teaspoon oil and a squeeze of lemon juice before serving.

INGREDIENTS

For sloppy Greek pitas

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{4}$ yellow onion, chopped ($\frac{1}{4}$ cup)
 $\frac{3}{4}$ clove garlic, minced
3 ounces ground lamb
 $\frac{1}{2}$ carrot, shredded ($1\frac{1}{2}$ Tablespoons)
 $\frac{1}{4}$ green bell pepper, chopped ($\frac{1}{4}$ cup)
2 Tablespoons canned garbanzo beans, rinsed and drained
 $\frac{1}{4}$ (15 ounce) can crushed tomatoes
1 Tablespoon red wine, optional
 $1\frac{1}{2}$ teaspoons chopped kalamata olives
Pinch of Herbes de Provence
 $\frac{1}{4}$ teaspoon oregano
 $\frac{1}{8}$ teaspoon kosher salt
Pinch of black pepper
1 whole wheat pita, cut in half
 $\frac{1}{2}$ Tablespoon feta cheese
 $\frac{1}{2}$ Tablespoon chopped mint



(4) PORK STIR-FRY NOODLES

MAKE AHEAD

- 2 ounces whole wheat spaghetti prepared according to package directions (1 cup cooked)
- 1" fresh ginger, grated ($\frac{3}{4}$ teaspoon)
- Cut vegetables: onion, broccoli, mushrooms

DIRECTIONS

For pork stir fry noodles

1. Heat a skillet over medium heat and add oil.
2. When oil is hot, add garlic, ginger, and onion; sauté for 30 seconds.
3. Add sliced pork chops, broccoli, and mushrooms and cook about 3-5 minutes until broccoli is slightly tender and pork is cooked through.
4. Add soy sauce, broth, pepper, and noodles and stir until heated through.

Dairy Free:

Gluten Free: *Replace pasta with $\frac{3}{4}$ cup cooked quinoa.*

Vegetarian: *Replace pork with $\frac{1}{4}$ cup garbanzo beans. Garnish dish with 2 Tablespoons chopped toasted cashews.*

INGREDIENTS

For pork stir fry noodles

$\frac{3}{4}$ teaspoon grapeseed oil or
sesame oil
1 clove garlic, minced
 $\frac{3}{4}$ teaspoon grated ginger
2 Tablespoons diced yellow onion
1 (5-6 oz) boneless pork chop, sliced
into thin strips
 $\frac{1}{2}$ cup chopped broccoli
1 $\frac{1}{2}$ ounces mushrooms, sliced ($\frac{1}{2}$
cup)
 $\frac{1}{2}$ Tablespoon low-sodium soy sauce
 $\frac{1}{2}$ Tablespoon low-sodium chicken
broth
Pinch of black pepper
1 cup cooked whole wheat
spaghetti



(5) VEGGIE HUMMUS FLATBREADS

MAKE AHEAD

- Make hummus
- ½ cup cooked bulgur prepared according to package directions
- ¼ lemon, juiced and zested (2¼ teaspoons juice, ¾ teaspoon
- ¼ head roasted cauliflower * *from Meal #1*
- Soak sun-dried tomatoes in very hot water for 15 minutes
- Cut vegetables: carrots

DIRECTIONS

For hummus

Combine all ingredients in a food processor until smooth. Add water if needed for consistency.

For veggie flatbreads

1. Toss together cauliflower, bulgur, carrots, sun-dried tomatoes, feta, and mint.
2. Spread hummus on crisped pita and add veggie mixture on top.
3. Heat if desired.

Dairy Free: *Omit feta cheese.*

Gluten Free: *Replace pita with 2 corn tortillas; replace bulgur wheat with ½ cup quinoa.*

Vegetarian:

INGREDIENTS

For veggie hummus flatbread

For hummus

1 teaspoon olive oil
⅓ (15 ounce) can garbanzo beans,
rinsed and drained
2¼ teaspoons lemon juice
¾ teaspoon lemon zest
Pinch of kosher salt
Pinch of black pepper

For veggie flatbread

¼ head roasted cauliflower, chopped
½ cup cooked bulgur wheat
½ carrot, shredded (1½ Tablespoons)
2 Tablespoons sun-dried tomatoes
(reconstituted)
1 Tablespoon feta cheese
½ Tablespoon chopped mint
1 pita, sliced half to make 2 rounds
and toasted until crisp



FOR ONE

Nutrition Information

| Dijon Pork Chops | | Serves: 1 | |
|------------------|----------|-----------|-------|
| Calories | 310 kcal | Fat | 17 g |
| Protein | 35 g | Saturated | 3.5 g |
| Carbohydrate | 0 g | Sugar | 0 g |
| Sodium | 350 mg | Calcium | 8 %DV |
| Fiber | 0 g | Iron | 8 %DV |
| Cholesterol | 110 mg | | |

| Roasted Cauliflower | | Serves: 1 | |
|---------------------|---------|-----------|-------|
| Calories | 60 kcal | Fat | 4.5 g |
| Protein | 2 g | Saturated | 0.5 g |
| Carbohydrate | 4 g | Sugar | 2 g |
| Sodium | 200 mg | Calcium | 2 %DV |
| Fiber | 2 g | Iron | 2 %DV |
| Cholesterol | 0 mg | | |

| Bulgur | | Serves: 1 | |
|--------------|----------|-----------|-------|
| Calories | 110 kcal | Fat | 0 g |
| Protein | 4 g | Saturated | 0 g |
| Carbohydrate | 25 g | Sugar | 0 g |
| Sodium | 5 mg | Calcium | 2 %DV |
| Fiber | 6 g | Iron | 8 %DV |
| Cholesterol | 0 mg | | |

| Sundried Shrimp Pasta | | Serves: 1 | |
|-----------------------|----------|-----------|--------|
| Calories | 440 kcal | Fat | 6 g |
| Protein | 42 g | Saturated | 1.5 g |
| Carbohydrate | 57 g | Sugar | 8 g |
| Sodium | 350 mg | Calcium | 20 %DV |
| Fiber | 13 g | Iron | 20 %DV |
| Cholesterol | 230 mg | | |

| Kiwi | | Serves: 1 | |
|--------------|---------|-----------|--------|
| Calories | 90 kcal | Fat | 1 g |
| Protein | 1 g | Saturated | 0 g |
| Carbohydrate | 20 g | Sugar | 13 g |
| Sodium | 0 mg | Calcium | 4 %DV |
| Fiber | 4 g | Iron | 20 %DV |
| Cholesterol | 0 mg | | |

| Sloopy Greek Pitas | | Serves: 1 | |
|--------------------|----------|-----------|--------|
| Calories | 510 kcal | Fat | 24 g |
| Protein | 26 g | Saturated | 9 g |
| Carbohydrate | 49 g | Sugar | 10 g |
| Sodium | 430 mg | Calcium | 15 %DV |
| Fiber | 9 g | Iron | 20 %DV |
| Cholesterol | 65 mg | | |

| Pork Stir Fry | | Serves: 1 | |
|---------------|----------|-----------|--------|
| Calories | 470 kcal | Fat | 15 g |
| Protein | 39 g | Saturated | 3 g |
| Carbohydrate | 46 g | Sugar | 4 g |
| Sodium | 420 mg | Calcium | 15 %DV |
| Fiber | 9 g | Iron | 20 %DV |
| Cholesterol | 90 mg | | |

| Veggie Hummus Flatbread | | Serves: 1 | |
|-------------------------|----------|-----------|--------|
| Calories | 540 kcal | Fat | 14 g |
| Protein | 22 g | Saturated | 2 g |
| Carbohydrate | 85 g | Sugar | 11 g |
| Sodium | 690 mg | Calcium | 20 %DV |
| Fiber | 17 g | Iron | 25 %DV |
| Cholesterol | 5 mg | | |