

PREP GUIDE

MEAL #1

- 5 cups cooked bulgur prepared according to package directions **for the week*
- Cut vegetables:
 - 1 green bell pepper, diced (1 cup)
 - 2 carrots, finely diced (1 cup)
 - 2 heads cauliflower, cut into florets

MEAL #2

- 16 ounces whole wheat pasta cooked according to package directions (8 cups cooked) **for the week*
- Cut vegetables:
 - ½ medium yellow onion, diced (½ cup)
 - 1 small head broccoli, chopped (4 cups)

MEAL #3

- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 2 carrots, shredded (¾ cup)
 - 1 green bell pepper, chopped (1 cup)

MEAL #4

- 2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables:
 - ½ yellow onion, diced (½ cup)
 - ½ head broccoli, chopped (2 cups)
 - 6 ounces mushrooms, sliced (4 cups)

MEAL #5

- Make hummus
- 1 lemon, juiced and zested (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables:
 - 2 carrots, shredded (¾ cup)

MENU

MONDAY ①

BULGUR PILAF
Roast cauliflower & Poached Egg

TUESDAY ②

SUN-DRIED TOMATO
BROCCOLI PASTA

WEDNESDAY ③

WARM GREEK SALAD BOWL

THURSDAY ④

CASHEW STIR-FRY NOODLES

FRIDAY ⑤

VEGGIE HUMMUS FLATBREADS



VEGETARIAN

Shopping List

(1) Bulgur Pilaf (2) Tomato Broccoli Pasta (3) Warm Greek Salad Bowl (4) Cashew Stir Fry (5) Veggie Hummus Flatbread

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2,3,4	yellow onion	2		2
2,4	broccoli	2 heads		4
2	kiwi	8		4
1,3,5	carrots	6		2
1,3	green bell pepper	2		2
1,3,4,5	fresh mint	1 bunch	<i>need 9 Tablespoons chopped</i>	1.5
3,5	lemon	2		1
4	fresh ginger	2"		1
4	brown or button mushrooms	6 ounces		3
1,5	cauliflower	2 heads		4

Recipe #	Dairy	Quantity	Notes	Est Cost
2,3,5	feta cheese	3/4 cup		4
1	eggs	4		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,5	sun dried tomatoes	1 cup		3
2	white beans (cannellini)	2 (15 oz) cans		4
3,4,5	garbanzo beans	4 (15 oz) cans		8
3	crushed tomatoes	1 (15 oz) can		2
3	kalamata olives	2 Tablespoons		3
1,4	cashews	1 cup		4
1,5	bulgur wheat	2-1/2 cups		3
5	whole wheat pita bread	4		2

Fresh 20 Grocery Est \$59.50
 Cost Per Dinner \$11.90
 Cost Per Serving \$2.98

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	1 teaspoon
	grapeseed oil	1 Tablespoon	herbes de provence	1-1/2 teaspoons
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	3/4 cup	organic tomato paste	
	garlic	11 cloves	Dijon mustard or brown mustard	
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	2 teaspoons	whole grain pasta	16 ounces
	cayenne pepper		long grain brown rice	1-1/2 cups
paprika	1/2 teaspoon	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) BULGUR PILAF

poached egg & roast cauliflower

MAKE AHEAD

- 3 cups cooked bulgur prepared according to package directions
- Cut vegetables: bell pepper, carrots, cauliflower

DIRECTIONS

For bulgur pilaf

1. Combine pilaf ingredients (bulgur through olive oil). Toss well.
2. Serve topped with a poached egg and a side of roasted cauliflower. Can also be served topped with a sliced hardboiled egg if preferred.

Meanwhile

For roasted cauliflower

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

To poach eggs

1. Heat 2-2½ inches water to almost boiling in a 12-inch skillet with a lid. Add 1 teaspoon vinegar to water.
2. Crack eggs one at a time into a small bowl and transfer carefully into water.
3. Remove pan from heat, cover, and let sit for 5 minutes.
4. Remove eggs carefully with a slotted spoon

INGREDIENTS

For bulgur pilaf

3 cups cooked bulgur
1 green bell pepper, diced (1 cup)
2 carrots, finely diced (1 cup)
¼ teaspoon kosher salt
⅛ teaspoon ground black pepper
3 Tablespoons chopped mint
½ cup cashews, toasted and chopped
1 Tablespoon olive oil

4 eggs, poached * *see directions below*

For roasted cauliflower

2 heads cauliflower, cut into florets
2½ Tablespoons olive oil
2 cloves garlic, minced
1 teaspoon Herbes de Provence
¼ teaspoon black pepper
¾ teaspoon kosher salt
½ teaspoon paprika



(2) SUN-DRIED TOMATO BROCCOLI PASTA

MAKE AHEAD

- 8 ounces whole wheat spaghetti prepared according to package directions (4 cups cooked)
- Soak sun-dried tomatoes in very hot water 15 minutes until tender
- Cut vegetables: onion, broccoli

DIRECTIONS

For sun-dried tomato broccoli pasta

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

INGREDIENTS

For sun-dried tomato broccoli pasta

- 1 Tablespoon olive oil
- ½ yellow onion, diced (½ cup)
- 2 cloves garlic, minced
- 1 small head broccoli, chopped (4 cups)
- ½ cup chopped sun-dried tomatoes (reconstituted)
- ½ cup low-sodium vegetable broth
- 2 (15 oz) cans organic white beans, drained and rinsed
- ¼ teaspoon black pepper
- ¼ teaspoon Herbes de Provence
- 4 cups cooked whole wheat spaghetti
- 3 Tablespoons feta cheese

- 8 kiwi, sliced



(3) WARM GREEK SALAD BOWL

MAKE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables: onions, carrots, bell pepper

DIRECTIONS

For warm Greek salad bowl

1. In a large skillet over medium heat add 1 Tablespoon of olive oil, onion, and garlic. Cook for 2 minutes.
2. Add carrots, bell pepper, and beans; sauté for another 2-3 minutes.
3. Add tomatoes, olives, Herbes, oregano, salt, and pepper and simmer on low for at least 10-15 minutes.
4. Serve over warmed rice topped with feta and mint. Drizzle with remaining 1 Tablespoon olive oil and lemon juice.

INGREDIENTS

For warm Greek salad bowl

2 Tablespoons olive oil, divided
1 yellow onion, chopped (1 cup)
3 cloves garlic, minced
2 carrots, shredded ($\frac{3}{4}$ cup)
1 green bell pepper, chopped (1 cup)
1 (15 ounce) can garbanzo beans, rinsed and drained
1 (15 ounce) can crushed tomatoes
2 Tablespoons chopped kalamata olives
 $\frac{1}{4}$ teaspoon Herbes de Provence
1 teaspoon oregano
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon black pepper
3 cups cooked brown rice, warmed
 $\frac{1}{4}$ cup feta cheese
2 Tablespoons chopped mint
1 lemon, cut into wedges



(4) CASHEW STIR-FRY NOODLES

MAKE AHEAD

- 8 ounces whole wheat spaghetti prepared according to package directions (4 cups cooked)
- 2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, broccoli, mushrooms

DIRECTIONS

For cashew stir fry noodles

1. Heat a large skillet over medium heat and add oil.
2. When oil is hot, add garlic, ginger and onion and cook for 1 minute.
3. Add beans, broccoli, and mushrooms; cook for about 3-5 minutes until broccoli is slightly tender.
4. Add soy sauce, broth, pepper, and noodles and stir until heated through.
5. Serve warm topped with cashews and mint.

INGREDIENTS

For cashew stir fry noodles

- 1 Tablespoon grapeseed oil or sesame oil
- 4 cloves garlic, minced
- 1 Tablespoon grated ginger
- ½ yellow onion, diced (½ cup)
- 1 (15 oz) can organic garbanzo beans, drained and rinsed
- ½ head broccoli, chopped (2 cups)
- 6 ounces mushrooms, sliced (4 cups)
- 2 Tablespoons low-sodium soy sauce
- 2 Tablespoons low-sodium vegetable broth
- ¼ teaspoon black pepper
- 4 cups cooked whole wheat spaghetti
- ½ cup toasted chopped cashews
- 2 Tablespoons chopped mint



(5) VEGGIE HUMMUS FLATBREADS

MAKE AHEAD

- Make hummus
- 2 cups cooked bulgur prepared according to package directions
- 1 lemon, juiced and zested (3 Tablespoons juice, 1 Tablespoon zest)
- 1 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 pitas and add veggie mixture on top.
3. Heat if desired.

INGREDIENTS

For veggie hummus flatbreads

For hummus

1½ Tablespoons olive oil
1½ (15 ounce) cans garbanzo beans, rinsed and drained
3 Tablespoons lemon juice
1 Tablespoon lemon zest
⅛ teaspoon kosher salt
¼ teaspoon black pepper

For veggie flatbread

1 head roasted cauliflower, chopped
2 cups cooked bulgur wheat
2 carrots, shredded (⅔ cup)
½ cup sun-dried tomatoes (reconstituted)
¼ cup feta cheese
2 Tablespoons chopped mint
4 pitas, sliced half to make 8 rounds and toasted until crisp



VEGETARIAN

Nutrition Information

Bulgur Pilaf		Serves: 4	
Serving Size: 1/4 prepared pilaf with 1 egg			
Calories	390 kcal	Fat	17 g
Protein	17 g	Saturated	3.5 g
Carbohydrate	48 g	Sugar	6 g
Sodium	240 mg	Calcium	6 %DV
Fiber	11 g	Iron	20 %DV
Cholesterol	225 mg		

Roasted Cauliflower		Serves: 4	
Serving Size: 1/4 prepared dish			
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		

Sundried tomato broccoli pasta		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	440 kcal	Fat	7 g
Protein	21 g	Saturated	1.5 g
Carbohydrate	77 g	Sugar	9 g
Sodium	250 mg	Calcium	15 %DV
Fiber	18 g	Iron	5 %DV
Cholesterol	5 mg		

Kiwi		Serves: 4	
Serving Size: 2 kiwi			
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		

Warm Greek Salad Bowl		Serves: 4	
Serving Size: 1/4 prepared mixture over 3/4 cup rice			
Calories	510 kcal	Fat	11 g
Protein	17 g	Saturated	2 g
Carbohydrate	82 g	Sugar	9 g
Sodium	230 mg	Calcium	15 %DV
Fiber	13 g	Iron	15 %DV
Cholesterol	5 mg		

Cashew Stir Fry		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	450 kcal	Fat	13 g
Protein	19 g	Saturated	2 g
Carbohydrate	69 g	Sugar	5 g
Sodium	350 mg	Calcium	10 %DV
Fiber	4 g	Iron	25 %DV
Cholesterol	0 mg		

Veggie Hummus Flatbread		Serves: 4	
Serving Size:			
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		
