

PREP GUIDE

MEAL #1

- 7 cups cooked barley prepared according to package directions
*for the week
- 6 cups cooked lentils prepared according to package directions
*for the week
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 2 carrots, chopped (1 cup)
 - 1 bunch kale, chopped (4 cups)

MEAL #2

- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- 1½ lemons, juiced (¼ cup)
- Cut vegetables:
 - ½ yellow onion, sliced thin
 - ½ bulb fennel, sliced thin
 - 2 medium zucchini, rounds

MEAL #3

- Cut vegetables:
 - 1 yellow onion, sliced
 - 2 bell peppers, diced small (2 cups)
 - ½ jalapeno, minced, optional

MEAL #4

- Cut vegetables:
 - 3 bulbs fennel, thinly sliced

MEAL #5

- Cut vegetables:
 - ½ yellow onion, sliced thin
 - 1 bell pepper, sliced thin
 - 3 carrots, shredded (1 cup)

MENU

MONDAY ①

LENTIL BARLEY SOUP

TUESDAY ②

WHITE BEAN & ZUCCHINI PASTA

WEDNESDAY ③

TEX MEX LENTILS

THURSDAY ④

GRILLED PORTOBELLO
Fennel & White Beans

FRIDAY ⑤

BLACK BEAN & BARLEY BOWL
Fried Eggs



VEGETARIAN February 24, 2017

Shopping List

(1) Lentil Barley Soup (2) Zucchini White Bean Pasta (3) Tex Mex Lentils (4) Roasted Portobello (5) Black Bean Barley Bowl

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,3,5	yellow onion	3		3
1,5	carrots	5		2
1	kale	1 bunch		2
1,4	parsley	1 bunch		1.5
1,3	oranges	8		4
2,4	fennel	4 bulbs		8
2	zucchini	2		2
2	basil	1 bunch	need 3 Tablespoons chopped	1.5
2,3,4	lemon	3		1.5
3,5	bell pepper (any color)	3		3
3,5	corn	3 cups		2.5
3	jalapeno	1	optional	1
4	Portobello mushroom caps	4 large		6

Recipe #	Dairy	Quantity	Notes	Est Cost
4	goat cheese crumbles	3 ounces	optional	3
5	eggs	4		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	tumeric	1/4 teaspoon	optional	0.5
1,3	lentils (brown or green)	3 cups		3
1,2,5	diced tomatoes	3 (15 oz) cans		4.5
1,3,5	barley	3-1/2 cups		3
2,4	cannellini beans	3 (15 oz) cans		4
2,4	walnuts	2/3 cup		0.5
3	chili powder	1/2 teaspoon		0.5
4	crushed red pepper	1/4 teaspoon	optional	1.5
5	black beans	1 (15 oz) can		

Fresh 20 Grocery Est \$60.50
 Cost Per Dinner \$12.10
 Cost Per Serving \$3.03

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	
	grapeseed oil	1-1/2 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	3-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	4 cups	organic tomato paste	1 Tablespoon
	garlic	10 cloves	Dijon mustard or brown mustard	
	kosher salt	1-3/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1 teaspoon	whole grain pasta	8 ounces
	cayenne pepper	dash	long grain brown rice	
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

MAKE AHEAD

- 3 cups cooked lentils prepared according to package directions
- 3 cups cooked barley prepared according to package directions
- Cut vegetables: onion, carrots, kale

DIRECTIONS

For lentil barley soup

1. Heat oil in a Dutch oven over medium heat and add onions. Cook for 3 minutes. Add garlic and carrots and cook for another 2-3 minutes. Add seasonings and stir well to combine.
2. Stir in tomato paste for 1 minute. Add lentils, tomatoes, broth, kale, and barley and simmer for about 15 minutes until flavors are combined. Stir in parsley.
3. Serve with a side of sliced oranges.

INGREDIENTS

For lentil barley soup

1 Tablespoon olive oil
1 yellow onion, chopped (1 cup)
2 cloves garlic, minced
2 carrots, diced (1 cup)
¼ teaspoon kosher salt
¼ teaspoon ground black or crushed red pepper
1½ teaspoons ground cumin
¼ teaspoon ground turmeric, optional
1 Tablespoon tomato paste
3 cups cooked lentils
1 (15 ounce) can diced tomatoes
4 cups low sodium vegetable broth
1 bunch kale, chopped (4 cups)
3 cups cooked barley
½ cup chopped parsley

4 oranges, segments

MAKE AHEAD

- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- ½ lemon, juiced (1 Tablespoon)
- Cut vegetables: onion, fennel, zucchini

DIRECTIONS

For white bean & zucchini pasta

1. Heat a skillet over medium heat and add oil.
2. When oil is hot add onion and fennel and cook about 2-3 minutes.
3. Add zucchini, tomatoes, beans, salt, and pepper and cook for 4-5 minutes.
4. Add pasta, walnuts, and basil and stir until warmed through. Stir in lemon juice and serve.

INGREDIENTS

For white bean & zucchini pasta

2 Tablespoons olive oil
½ yellow onion, sliced thin
½ bulb fennel, sliced thin
2 medium zucchini, rounds
1 (15 ounce) can diced tomatoes
1 (15 oz) can organic cannellini beans, drained and rinsed
¼ teaspoon each of kosher salt and black pepper
4 cups cooked whole wheat pasta
½ cup chopped walnuts
3 Tablespoons chopped basil
1 Tablespoon lemon juice

MAKE AHEAD

- 3 cups cooked lentils prepared according to package directions
- 2 cups cooked barley prepared according to package directions
- Cut vegetables: onion, bell peppers, jalapeño

DIRECTIONS

For tex-mex lentils

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and garlic and cook for 2 minutes, then add the bell peppers, corn, and jalapeño and cook for 2 minutes.
3. Add the cumin, salt, pepper, chili powder, lentils, and barley and stir until heated through.
4. Garnish with lemon or lime wedges and serve with a side of oranges.

INGREDIENTS

For tex-mex lentils

1½ Tablespoons grapeseed oil
1 yellow onion, sliced
2 cloves garlic, minced
2 bell peppers, diced small (2 cups)
2 cups frozen corn kernels
½ jalapeño, minced, optional
1 teaspoon cumin
½ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon chili powder
3 cups cooked lentils
2 cups cooked barley, warmed

1 lemon or lime, wedged

4 oranges, segments



(4) GRILLED PORTOBELLO fennel & white beans

MAKE AHEAD

- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: fennel

DIRECTIONS

For grilled Portobello

1. Mix oil with red pepper and garlic. Brush over mushrooms and allow to sit for 5-10 minutes.
2. Heat a grill pan or cast iron skillet over medium heat. Add mushrooms and cook 5 minutes per side. Remove and season with salt and parsley.

For fennel & white beans

1. Heat oil in a large skillet over medium heat and add fennel. Cook for 5-6 minutes until soft. Add garlic and cook for another minute.
2. Add beans, salt, and pepper and cook until warmed through. Remove from heat and add lemon juice, parsley, and walnuts.
3. Serve over mushrooms topped with goat cheese.

INGREDIENTS

For grilled Portobello

2 Tablespoons olive oil
¼ teaspoon crushed red pepper, optional
3 cloves garlic, minced
4 Portobello mushrooms, stems and gills removed, wiped clean
¼ teaspoon kosher salt
2 Tablespoons chopped parsley

For fennel & white beans

1 Tablespoon olive oil
3 bulbs fennel, thinly sliced
3 cloves garlic, minced
2 (15 oz) cans organic cannellini beans, drained and rinsed (3 cups)
¼ teaspoon kosher salt
dash of ground black or crushed red pepper
3 Tablespoons lemon juice
¼ cup chopped parsley
½ cup walnuts, very finely chopped
3 ounces crumbled goat cheese (¾ cup), optional



(5) BLACK BEAN & BARLEY BOWL

fried eggs

MAKE AHEAD

- 2 cups cooked barley prepared according to package directions
- Cut vegetables: onion, bell pepper, carrots

DIRECTIONS

For black bean and barley bowl

1. Heat olive oil in a large skillet over medium heat.
2. Add onion and bell pepper and cook for 2 minutes.
3. Add carrots, corn, cumin, salt, and cayenne and cook for 2 minutes.
4. Add tomatoes and black beans and stir until warmed through.
5. Serve on top of barley with fried egg.

For fried eggs

1. Heat a non-stick skillet over medium-high heat and add olive oil.
2. When oil is hot crack eggs into skillet and cook to desired doneness.

INGREDIENTS

For black bean and barley bowl

1½ Tablespoons olive oil
½ yellow onion, sliced thin
1 bell pepper, sliced thin
3 carrots, shredded (1 cup)
1 cup corn kernels
1 teaspoon cumin
¼ teaspoon kosher salt
dash of cayenne
1 (15 ounce) can diced tomatoes
1 (15 ounce) can black beans, rinsed and drained
2 cups cooked barley, warmed

For fried eggs

1 Tablespoon olive oil
4 eggs



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Nutrition Information

Lentil Barley Soup			Serves: 4		
Serving Size: 1/4 prepared dish					
Calories	430	kcal	Fat	5	g
Protein	19	g	Saturated	0.5	g
Carbohydrate	81	g	Sugar	14	g
Sodium	330	mg	Calcium	10	%DV
Fiber	21	g	Iron	45	%DV
Cholesterol	0	mg			

Oranges			Serves: 4		
Serving Size: 1 orange, segments					
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			

White bean zucchini pasta			Serves: 4		
Serving Size: 1/4 prepared dish					
Calories	450	kcal	Fat	15	g
Protein	18	g	Saturated	1.5	g
Carbohydrate	64	g	Sugar	8	g
Sodium	230	mg	Calcium	8	%DV
Fiber	15	g	Iron		%DV
Cholesterol	0	mg			

Tex Mex Lentils			Serves: 4		
Serving Size: 1/4 prepared dish					
Calories	420	kcal	Fat	7	g
Protein	18	g	Saturated	0.5	g
Carbohydrate	74	g	Sugar	7	g
Sodium	300	mg	Calcium	6	%DV
Fiber	17	g	Iron	0	%DV
Cholesterol	0	mg			

Oranges			Serves: 4		
Serving Size: 1 orange, segments					
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			

Grilled Portobello			Serves: 4		
Serving Size: 2 prepared portobellos					
Calories	130	kcal	Fat	7	g
Protein	4	g	Saturated	1	g
Carbohydrate	9	g	Sugar	3	g
Sodium	160	mg	Calcium	2	%DV
Fiber	3	g	Iron	6	%DV
Cholesterol	0	mg			

Fennel and White Beans			Serves: 4		
Serving Size: 1/4 prepared dish					
Calories	320	kcal	Fat	17	g
Protein	15	g	Saturated	4.5	g
Carbohydrate	31	g	Sugar	3	g
Sodium	330	mg	Calcium	10	%DV
Fiber	10	g	Iron	15	%DV
Cholesterol	25	mg			

Black Bean and Barley Bowl			Serves: 4		
Serving Size: 1/4 prepared dish with 1 egg					
Calories	450	kcal	Fat	15	g
Protein	18	g	Saturated	2.5	g
Carbohydrate	62	g	Sugar	8	g
Sodium	310	mg	Calcium	10	%DV
Fiber	13	g	Iron	20	%DV
Cholesterol	225	mg			