



FOR ONE May 12, 2017

PREP GUIDE

MEAL #1

- $\frac{1}{2}$ pound roasted potatoes *see Meal #1 for recipe
- 1 lemon, juiced and zested (1½ Tablespoons juice, 1 Table-spoon zest) * for the week
- Cut vegetables:
 - Shell $\frac{1}{2}$ cup peas

MEAL #2

- 1½ cups cooked brown rice according to package directions * for the week
- Cut vegetables:
 - $\frac{1}{4}$ zucchini, diced ($\frac{1}{2}$ cup)
 - $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)

MEAL #3

- Cut vegetables:
 - $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
 - 1 carrot, diced ($\frac{1}{2}$ cup)
 - $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)
 - $\frac{1}{4}$ zucchini, diced ($\frac{1}{2}$ cup)

MEAL #4

- Cut vegetables:
 - $\frac{1}{2}$ carrot, shredded (1½ Tablespoons)
 - Few thin slices yellow onion
 - 1 bell pepper, cut in half and seeded

MEAL #5

- Cut vegetables:
 - $\frac{1}{2}$ yellow onion, chopped ($\frac{1}{2}$ cup)
 - 1 Tablespoon shredded carrot
 - $\frac{1}{4}$ bell pepper, chopped ($\frac{1}{4}$ cup)
 - $\frac{1}{4}$ cup shelled peas
 - $\frac{1}{4}$ cucumber, chopped ($\frac{1}{2}$ cup)

MENU

MONDAY ①

LEMON MUSTARD CHICKEN
Roasted Potatoes & Peas

TUESDAY ②

GREEK FISH
Brown Rice

WEDNESDAY ③

LAMB STEW

THURSDAY ④

CHICKEN SALAD CUPS

FRIDAY ⑤

SAMOSA FALAFEL



FOR ONE May 12, 2017

Shopping List

(1) Lemon Mustard Whole Chicken (2) Greek Fish (3) Lamb Stew (4) Chicken Salad Cups (5) Samosa Falafel

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken breast	1/2 pound		4
2	fish fillets (your choice)	1 (6 oz) fillet		3
3	ground lamb	1/4 pound		2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,3,5	lemon	1		0.5
1,5	potatoes	1/2 pound		2
1,5	fresh peas	3/4 cup shelled		1
1,3,4,5	fresh mint	1 bunch		1.5
2,3	zucchini	1		1
2,3,4,5	bell pepper (any color)	2		2
2,5	tomatoes	1		1
2	fresh oregano	few sprigs	optional - need 3/4 teaspoon - can use dried	1
3,4,5	carrots	2		0.5
3,5	cilantro	1 bunch	need 1-1/2 Tablespoons	1.5
3,4,5	yellow onion	1		1
5	cucumber	1		1
5	apples (your choice)	1		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost
3,5	Greek yogurt, plain	1/4 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	kalamata olives	1/2 Tablespoon		1
3,5	curry powder	1/2 teaspoon		0.5
3	cinnamon	dash	optional	0.5
3,5	garbanzo beans	1 (15 oz) can		1.5
3,4	raisins	1/4 cup		1

Fresh 20 Grocery Est	\$29.00
Cost Per Dinner	\$5.80
Cost Per Serving	\$5.80

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) LEMON MUSTARD CHICKEN

roasted potatoes & peas

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Roasted potatoes can be made ahead * see recipe below
- $\frac{1}{4}$ lemon, juiced and zested (2½ teaspoons juice, $\frac{3}{4}$ teaspoon zest)
- Shell $\frac{1}{2}$ cup peas

DIRECTIONS

For lemon mustard chicken

Note: Place potatoes in oven while preparing chicken.

1. Preheat oven to 400°F.
2. Place chicken in a baking dish.
3. Combine remaining ingredients and rub all over chicken.
4. Bake for about 18-20 minutes until internal temperature is 165°F.
5. Save half the chicken for Meal #4, serve remaining chicken with potatoes and peas.

Meanwhile

For roasted potatoes (can be made ahead and reheated)

1. Toss all ingredients together and put on a baking sheet in the oven for about 25-30 minutes at 400°.
2. Save $\frac{1}{4}$ pound for Meal #5, serve remaining potatoes with chicken and peas.

For peas

1. Heat a non-stick skillet over medium heat and add oil and garlic; sauté for 30 seconds.
2. Add peas, salt, and pepper and sauté for about 3 minutes. Stir in mint before serving.

Dairy Free:

Gluten Free: Use gluten free Dijon mustard.

Vegetarian: Omit chicken, prepare potatoes and peas as above. Serve with Lemon Mustard Quinoa: In a mixing bowl combine $\frac{1}{2}$ cup cooked quinoa, 1 teaspoon oil, pinch of salt and pepper, $\frac{1}{2}$ minced garlic clove, 2 teaspoons lemon juice, $\frac{1}{2}$ teaspoon lemon zest, $\frac{1}{2}$ teaspoon Herbes de Provence, and $\frac{3}{4}$ teaspoon Dijon mustard. Place in a serving bowl and top with potatoes, peas, 1 chopped hardboiled egg, and 2 Tablespoons pumpkin seeds.

INGREDIENTS

For lemon mustard chicken

$\frac{1}{2}$ pound chicken breast
 $\frac{3}{4}$ teaspoon olive oil
Dash of kosher salt
Dash of black pepper
 $\frac{1}{2}$ clove garlic, minced
2½ teaspoons lemon juice
 $\frac{3}{4}$ teaspoon lemon zest
 $\frac{1}{2}$ teaspoon Herbes de Provence
 $\frac{3}{4}$ teaspoon Dijon mustard

For roasted potatoes

1 teaspoon olive oil
 $\frac{1}{2}$ pound potatoes, diced
Dash of kosher salt
Pinch of black pepper

For peas

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{4}$ garlic clove, minced
 $\frac{1}{2}$ cup fresh shelled peas (sub frozen)
Pinch of kosher salt and black pepper
 $\frac{3}{4}$ teaspoon chopped mint



(2) GREEK FISH brown rice

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- $\frac{3}{4}$ cup cooked brown rice prepared according to package directions
- $\frac{1}{4}$ lemon, zested & juiced ($2\frac{1}{2}$ teaspoons juice, $\frac{1}{4}$ teaspoon zest)
- Cut vegetables: zucchini, bell pepper

DIRECTIONS

For Greek fish

1. Heat oven to 375°F.
2. Place fish in a small, lightly oiled baking dish.
3. Mix together remaining ingredients (zucchini through oregano) and pour over fish.
4. Bake for about 12-15 minutes until center of fish is flakey.
5. Serve with warmed rice.

Dairy Free:

Gluten Free:

Vegetarian: *Omit above, prepare Greek Stuffed Mushrooms:*
Heat oven to 375°F. Gently brush 2 large Portobello mushroom caps with oil and place in a baking dish. In a mixing bowl combine: $\frac{1}{2}$ cup diced zucchini, $\frac{1}{4}$ cup diced bell pepper, $\frac{1}{3}$ cup chopped tomato, $\frac{1}{2}$ Tablespoon chopped Kalamata olives, $\frac{1}{4}$ can white beans, $\frac{1}{4}$ cup crushed cashews, 2 teaspoons lemon juice, $\frac{1}{4}$ teaspoon lemon zest, $\frac{1}{2}$ minced garlic clove, and a pinch of salt, pepper, and oregano. Divide filling between mushrooms and bake 12-15 minutes. Serve with $\frac{3}{4}$ cup warmed brown rice.

INGREDIENTS

For Greek fish

1 (6 oz) fish fillet (sub 6 ounces thinly sliced chicken breast)
 $\frac{1}{4}$ zucchini, diced ($\frac{1}{2}$ cup)
 $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ tomatoes, diced
 $\frac{1}{2}$ Tablespoon chopped Kalamata olives
 $2\frac{1}{4}$ teaspoons lemon juice
 $\frac{1}{4}$ teaspoon lemon zest
 $\frac{1}{4}$ teaspoon olive oil
 $\frac{1}{2}$ clove garlic, minced
Pinch of kosher salt
Pinch of black pepper
 $\frac{1}{4}$ teaspoon chopped oregano

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



(3) LAMB STEW

MAKE AHEAD

- $\frac{1}{4}$ lemon, zested ($\frac{3}{4}$ teaspoon)
- Cut vegetables: onion, carrots, bell pepper, zucchini

DIRECTIONS

For lamb stew

1. Heat a soup pot over medium heat and add oil.
2. When oil is hot add onions and garlic and cook for 30 seconds, then add carrots, bell pepper, zucchini, lamb, and tomato paste. Cook 3-5 minutes, crumbling the meat as it cooks.
3. Add salt, pepper, curry powder, cumin, cayenne, paprika, cinnamon, and broth and bring to simmer.
4. Add beans, raisins and zest and simmer 3-5 minutes.
5. Garnish with herbs and yogurt.

Dairy Free: Omit yogurt.

Gluten Free: Use gluten free tomato paste and broth.

Vegetarian: Omit lamb, add $\frac{3}{4}$ cup cooked green lentils with beans in step 4. Use vegetable broth.

INGREDIENTS

For lamb stew

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ clove garlic, minced
1 carrot, diced ($\frac{1}{2}$ cup)
 $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)
 $\frac{1}{4}$ zucchini, diced ($\frac{1}{2}$ cup)
 $\frac{1}{4}$ pound ground lamb
 $\frac{3}{4}$ teaspoon tomato paste
Pinch of kosher salt
Pinch of black pepper
Pinch of curry powder
 $\frac{1}{4}$ teaspoon cumin
Pinch of cayenne
Pinch of paprika
Pinch of cinnamon, optional
 $1\frac{1}{4}$ cups low-sodium chicken broth
 $\frac{1}{3}$ (15 oz) can garbanzo beans, drained and rinsed
2 Tablespoons raisins
 $\frac{3}{4}$ teaspoon lemon zest
 $\frac{1}{2}$ Tablespoon chopped mint
 $\frac{1}{2}$ Tablespoon chopped cilantro
1 Tablespoon plain Greek yogurt



(4) CHICKEN SALAD CUPS

MAKE AHEAD

- $\frac{1}{4}$ pound chicken meat *see Meal #1
- $\frac{3}{4}$ cup cooked brown rice prepared according to package directions
- Cut vegetables: carrots, onion, bell peppers

DIRECTIONS

For chicken salad cups

Combine all ingredients and scoop into bell peppers.

Dairy Free:

Gluten Free:

Vegetarian: *Prepare filling as follows: Combine $\frac{1}{4}$ can garbanzo beans, $1\frac{1}{2}$ chopped hardboiled eggs, $\frac{1}{2}$ cup cooked brown rice, $1\frac{1}{2}$ Tablespoons shredded carrot, 1 Tablespoon diced yellow onion, 2 Tablespoons raisins, 1 Tablespoon chopped mint, $\frac{1}{2}$ Tablespoon white vinegar, $\frac{3}{4}$ teaspoon oil, and $\frac{3}{4}$ teaspoon honey. Serve in bell pepper.*

INGREDIENTS

For chicken salad cups

$\frac{1}{4}$ pound chicken meat, diced * from Meal #1
 $\frac{3}{4}$ cup cooked brown rice
 $\frac{1}{2}$ carrot, shredded ($1\frac{1}{2}$ Tablespoons)
Few thin slices yellow onion
2 Tablespoons raisins
1 Tablespoon chopped mint
 $\frac{1}{2}$ Tablespoon white wine vinegar
 $\frac{3}{4}$ teaspoon olive oil
pinch of kosher salt and black pepper
 $\frac{3}{4}$ teaspoon honey

1 bell pepper, cut in half and seeded

Note: hardboiled eggs are great added into mixture for extra protein!



(5) SAMOSA FALAFEL

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- $\frac{1}{4}$ pound roasted potatoes * from Meal #1
- $\frac{1}{4}$ lemon, zested ($\frac{3}{4}$ teaspoon)
- Cut vegetables: onion, carrot, bell pepper, peas, cucumber

DIRECTIONS

For samosa falafel

1. Heat oven to 425°F.
2. Heat skillet to medium-heat and add half the oil, onion, carrot, bell pepper, salt, and pepper and cook for 1 minute.
3. Add peas and potatoes and cook for 2 minutes.
4. Remove from heat and add mashed beans, curry powder, cumin, and cayenne; mix well.
5. Form into 2 patties (using a little flour if necessary) and put on a baking sheet.
6. Drizzle with remaining oil and cook for 10 minutes.
7. Serve with veggie topping and a side of sliced apples.

For veggie topping

Combine all ingredients together.

Dairy Free: Use dairy free yogurt.

Gluten Free: Use gluten free flour.

Vegetarian:

INGREDIENTS

For samosa falafel

$\frac{1}{2}$ Tablespoon olive oil, divided
 $\frac{1}{2}$ yellow onion, chopped ($\frac{1}{2}$ cup)
1 Tablespoon shredded carrot
 $\frac{1}{4}$ bell pepper chopped ($\frac{1}{4}$ cup)
Pinch of kosher salt
Pinch of black pepper
 $\frac{1}{4}$ cup fresh shelled peas
 $\frac{1}{4}$ pound roasted potatoes * from Meal #1
 $\frac{1}{3}$ (15 oz) can garbanzo beans, rinsed and drained, and mashed
 $\frac{1}{4}$ teaspoon curry powder
Pinch of cumin
Pinch of cayenne
whole wheat flour, if needed to hold patties together

For veggie topping

3 Tablespoons plain Greek yogurt
1 Tablespoon chopped mint
1 Tablespoon chopped cilantro
 $\frac{3}{4}$ teaspoon lemon zest
 $\frac{1}{2}$ tomato, chopped (1 $\frac{1}{2}$ cups)
 $\frac{1}{4}$ cucumber, chopped ($\frac{1}{2}$ cup)

1 apple, sliced



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Nutrition Information

Lemon Mustard Chicken	Serves: 1
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Calories	290 kcal	Fat	9 g
Protein	49 g	Saturated	2 g
Carbohydrate	1 g	Sugar	0 g
Sodium	400 mg	Calcium	2 %DV
Fiber	0 g	Iron	10 %DV
Cholesterol	160 mg		

Roast Potatoes	Serves: 1
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Calories	90 kcal	Fat	2.5 g
Protein	2 g	Saturated	0 g
Carbohydrate	16 g	Sugar	1 g
Sodium	135 mg	Calcium	0 %DV
Fiber	2 g	Iron	2 %DV
Cholesterol	0 mg		

Peas	Serves: 1
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Calories	50 kcal	Fat	3.5 g
Protein	1 g	Saturated	0.5 g
Carbohydrate	3 g	Sugar	2 g
Sodium	120 mg	Calcium	2 %DV
Fiber	1 g	Iron	6 %DV
Cholesterol	0 mg		

Greek Fish	Serves: 1
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Calories	260 kcal	Fat	10 g
Protein	32 g	Saturated	1.5 g
Carbohydrate	11 g	Sugar	4 g
Sodium	530 mg	Calcium	8 %DV
Fiber	2 g	Iron	8 %DV
Cholesterol	75 mg		

Brown Rice	Serves: 1
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Calories	170 kcal	Fat	1.5 g
Protein	5 g	Saturated	0 g
Carbohydrate	35 g	Sugar	0 g
Sodium	0 mg	Calcium	0 %DV
Fiber	2 g	Iron	4 %DV
Cholesterol	0 mg		

Lamb Stew		Serves: 1	
Calories	480 kcal	Fat	14 g
Protein	38 g	Saturated	4 g
Carbohydrate	53 g	Sugar	19 g
Sodium	820 mg	Calcium	15 %DV
Fiber	12 g	Iron	30 %DV
Cholesterol	75 mg		

Chicken Salad Cups		Serves: 1	
Calories	500 kcal	Fat	13 g
Protein	45 g	Saturated	2 g
Carbohydrate	51 g	Sugar	10 g
Sodium	240 mg	Calcium	4 %DV
Fiber	6 g	Iron	10 %DV
Cholesterol	125 mg		

Samosa Falafel		Serves: 1	
Calories	330 kcal	Fat	13 g
Protein	11 g	Saturated	2 g
Carbohydrate	45 g	Sugar	5 g
Sodium	710 mg	Calcium	10 %DV
Fiber	12 g	Iron	20 %DV
Cholesterol	0 mg		

Veggie Topping		Serves: 1	
Calories	70 kcal	Fat	0 g
Protein	8 g	Saturated	0.5 g
Carbohydrate	10 g	Sugar	7 g
Sodium	25 mg	Calcium	10 %DV
Fiber	2 g	Iron	4 %DV
Cholesterol	5 mg		

Apple		Serves: 1	
Calories	90 kcal	Fat	0 g
Protein	0 g	Saturated	0 g
Carbohydrate	26 g	Sugar	9 g
Sodium	0 mg	Calcium	0 %DV
Fiber	4 g	Iron	0 %DV
Cholesterol	0 mg		