

PREP GUIDE**MEAL #1**

- Apricot sauce can be made ahead * *see Meal #1*
- 1 lemon, juiced (2 Tablespoons) **for the week*
- Cut fruit & vegetables:
 - ½ zucchini, sliced thick
 - 2 Tablespoons grated yellow onion
 - 1 apricot, chopped (½ cup)

MEAL #2

- ¼ pound whole wheat pasta prepared according to package instructions (2 cups cooked) **for the week*
- Cut vegetables:
 - 3 ounces green beans, cut into 1 inch pieces (⅔ cup)

MEAL #3

- 2 ears charred corn, see below **for the week*
- Cut vegetables:
 - ¼ bunch kale, chopped (1½ cups)
 - ½ carrot, shredded (2½ Tablespoons)

MEAL #4

- Cut vegetables:
 - ½ bell pepper, diced (½ cup)
 - 1 apricot, small dice (½ cup)

MEAL #5

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ½ zucchini, diced (1 cup)
 - ¼ bell pepper, diced (¼ cup)
 - ¼ bunch kale, chopped (1½ cups)

Charred Corn (Meals #3 & #5)

2 ears of corn, husked

Heat grill to medium high. Put corn on and turn occasionally, getting the kernels charred. Cut the corn off the cob when cooled.

MENU**MONDAY ①**

APRICOT PORK TENDERLOIN
Roast Potatoes & Zucchini

TUESDAY ②

SALMON PASTA
Roast Beans & Tomatoes

WEDNESDAY ③

CHARRED CORN & PORK SALAD

THURSDAY ④

CHICKEN PASTA SALAD

FRIDAY ⑤

POTATO & VEGGIE MEDLEY



FOR ONE July 14, 2017

Shopping List

(1) Apricot Pork Tenderloin (2) Salmon Pasta (3) Charred Corn & Pork Salad (4) Chicken Pasta Salad (5) Potato & Veggie Medley

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	pork tenderloin	2/3 pound	or 2 (5 oz) pork chops	3
2	salmon fillets	1/4 pound		2.5
4	chicken tenders	1/4 pound		2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
3,5	fresh corn	2 ears		1
1	cantaloupe	1		2.5
1,3,4	lemon	1		0.5
1,3,5	new potatoes	3/4 pound		3
1,5	zucchini	1		1
1,5	yellow onion	1		1
1,4	apricots	2		1
2	green beans	3 ounces		1
2,3	grape tomatoes	1/2 pint		1
2,3,5	basil	1/4 bunch		0.5
3,5	kale	1/2 bunch		1
3	carrots	1		0.5
4,5	bell peppers (any color)	1		0.5
4	fresh mint	1/4 bunch	optional, need 1 Tablespoon chopped	0.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
3,5	feta cheese crumbles	1-1/2 ounces		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,5	chipolte peppers in adobo	1 small can		3
4,5	slivered almonds	1/4 cup		1.5

Fresh 20 Grocery Est \$28.50
 Cost Per Dinner \$5.70
 Cost Per Serving \$5.70

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

Prices are based on a aggregate of grocery costs from across the U.S. taking into consideration both small independent stores and large national chains. They do not reflect organic, grass fed, or other premium ingredients. Always buy the best quality ingredients your budget allows.



(1) APRICOT PORK TENDERLOIN

roast potatoes & zucchini

MAKE AHEAD

- Apricot sauce can be made ahead * *see below*
- ¼ lemon, juiced (½ Tablespoon)
- Cut fruit & vegetables: zucchini, onion, apricot

DIRECTIONS

For apricot pork tenderloin, roast potatoes & zucchini

1. Heat outdoor grill to medium (see Kitchen Note).
2. Combine garlic, salt, pepper, Herbes, Dijon, and lemon and rub on pork.
3. Get out 8 small pieces of foil and layer 2 together to make 4 packets.
4. Toss potatoes with ½ Tablespoon oil and a pinch of salt and pepper and divide onto foil to make three packets. Toss zucchini with remaining oil, salt, and pepper and put onto foil to make one packet. Fold foil up over vegetables and seal tightly.
5. Put pork tenderloins and vegetable packets on grill.
6. Cook pork about 20 minutes, turning every 5 minutes or so until internal temperature is 165°F.
7. Cook veggies about 15 minutes, turning occasionally.
8. Save half the pork for Meal #3 and 2 packets of potatoes for Meals #3 and #5.
9. Serve pork with 1 packet of potatoes, 1 packet zucchini, and apricot sauce.
10. Enjoy melon on the side or as an evening snack.

For apricot sauce (can be made ahead)

In a saucepan over medium heat add oil, onion, and garlic and cook for 1 minute. Add remaining ingredients and cook about 3-4 minutes, adding water if necessary.

Kitchen Note:

Cooking indoors? Preheat oven to 400°F. Place pork in a shallow baking dish or on a rimmed baking sheet and cook 20 minutes. Place packets in oven with pork (right on the oven rack); potatoes will cook for 20 minutes, zucchini will cook 10 minutes.

Pork: 190kcal, 36g Protein, 0g Carb, 260mg Sodium, 0g Fiber, 110mg Cholesterol, 3.5g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 10% Iron

Potatoes and Zucchini: 160kcal, 4g Protein, 23g Carb, 170mg Sodium, 3g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 5g Sugar, 2% Calcium, 6% Iron

Apricot Sauce: 45kcal, 0g Protein, 3g Carb, 190mg Sodium, 1g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 0% Iron

Melon: 60kcal, 2g Protein, 13g Carb, 35mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 2% Calcium, 0% Iron

INGREDIENTS

For apricot pork tenderloin

- ¾ pound pork tenderloin (or 2-5 oz pork chops)
- 1 clove garlic, minced
- ½ teaspoon kosher salt
- Pinch of black pepper
- ¼ teaspoon Herbes de Provence
- ¾ teaspoon Dijon mustard
- ½ Tablespoon lemon juice

For roast potatoes & zucchini

- 2¼ teaspoons olive oil, divided
- ¾ pound new potatoes, sliced
- ½ zucchini, sliced thick
- ½ teaspoon kosher salt
- Pinch of black pepper

For apricot sauce

- ¾ teaspoon olive oil
- 2 Tablespoons grated yellow onion
- ¼ clove garlic, minced
- Pinch of kosher salt
- 1 apricot, chopped (½ cup)
- ½ Tablespoon maple syrup
- 2-3 teaspoons water
- ¼ chipotle pepper in adobo sauce, chopped
- ¾ teaspoon Dijon mustard

- ¼ cantaloupe, sliced

Apricot Pork Tenderloin with Roast Potatoes & Zucchini

Dairy Free:

Gluten Free: *Use gluten free Dijon mustard and Chipotle peppers in Adobo.*

Vegetarian: *Prepare potatoes and zucchini as above cooking in 400° oven for 15 minutes. Omit apricot sauce and pork tenderloin.*

Prepare Quinoa Stuffed Peppers as follows:

Cut one bell pepper in half lengthwise and remove seeds. Boil for 3-4 minutes until just barely soft. Meanwhile, heat 1 teaspoon oil in a skillet and add 3 Tablespoons diced yellow onion and ½ minced garlic clove, cook 1 minute. Add ½ cup cooked quinoa and cook another minute. Remove from heat and add: 1 Tablespoon grated carrot, 1 Tablespoon slivered almonds, 1 finely chopped apricot, pinch of salt, pepper, and cumin, 2 Tablespoons chopped mint, 1 Tablespoon broth, and 2 Tablespoons feta cheese. Fill pepper halves and cook 15 minutes at 400°F. Serve with potatoes & zucchini.



(2) SALMON PASTA

roast beans & tomatoes

MAKE AHEAD

- 2 ounces whole wheat pasta prepared according to package directions (1 cup cooked)
- Cut vegetables: green beans

DIRECTIONS

For salmon pasta with roast beans & tomatoes

1. Heat a nonstick skillet over medium heat and add oil.
2. When oil is hot add salmon, green beans, salt, and pepper and cook for 1-2 minutes.
3. Add garlic and tomatoes and cook for 1-2 minutes.
4. Add vinegar and pasta and cook until heated through.
5. Toss in basil and serve.

Dairy Free:

Gluten Free: *Replace whole wheat pasta with garbanzo pasta.*

Vegetarian: *Omit above, prepare Red White & Green Pasta:
Heat 1 teaspoon oil in a skillet over medium heat. Add ½ minced garlic clove, ¾ cup sliced fresh green beans, ½ cup white beans, and a pinch of salt and pepper; cook 2 minutes. Add ½ cup grape tomatoes and cook 1 minute. Add 1 cup cooked pasta and 2 Tablespoons broth and cook until heated through. Toss in 2 Tablespoons each chopped basil and slivered almonds.*

Salmon Pasta :480kcal, 36g Protein,58 g Carb, 220mg Sodium, 3g Fiber, 50mg Cholesterol, 15g Fat, 2.5g Saturated, 5g Sugar, 8% Calcium, 20% Iron

INGREDIENTS

For salmon pasta with roast beans & tomatoes

1 teaspoon olive oil
¼ pound salmon fillets, diced large
(sub ¼ pound chicken breast cut into chunks)
3 ounces green beans, cut into 1 inch pieces (¾ cup)
Pinch of kosher salt
Pinch of black pepper
½ clove garlic, minced
½ cup grape tomatoes
2¼ teaspoons balsamic vinegar
1 cup cooked whole wheat pasta
2 Tablespoons chopped basil



(3) CHARRED CORN AND PORK SALAD

MAKE A HEAD

- 1 packet roasted potatoes **from Meal #1*
- Pork tenderloin ** from Meal #1*
- Charred corn (1 ear) ** see prep guide*
- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables: kale, carrots

DIRECTIONS

For charred corn and pork salad

In a small bowl, combine dressing ingredients. In a serving bowl combine salad ingredients, add dressing, and toss well.

Dairy Free: Omit feta cheese or use a dairy free alternative.

Gluten Free: Use gluten free Dijon mustard.

Vegetarian: Omit pork. Add 2 Tablespoons walnut halves to salad and increase feta cheese to ¼ cup.

Salad: 460kcal, 37g Protein, 65g Carb, 630mg Sodium, 9g Fiber, 90mg Cholesterol, 11g Fat, 4g Saturated, 11g Sugar, 8% Calcium, 15% Iron
Dressing: 50kcal, 0g Protein, 0g Carb, 15mg Sodium, 0g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 0g Sugar, 0% Calcium, 0% Iron

INGREDIENTS

For charred corn and pork salad

1 ear charred corn, kernels ** see prep guide*
⅓ cup grape tomatoes
¼ bunch kale, chopped (1½ cups)
1 packet roasted potatoes ** from Meal #1*
½ carrot, shredded (2½ Tablespoons)
⅓ pound pork tenderloin, diced ** from Meal #1*
½ Tablespoon chopped basil
¾ ounce feta cheese crumbles (3 Tablespoons)

For dressing

2¼ teaspoons lemon juice
1 teaspoon olive oil
¼ clove garlic, minced
¼ teaspoon Dijon mustard



(4) CHICKEN PASTA SALAD

MAKE AHEAD

- 2 ounces whole wheat pasta prepared according to package directions (1 cup cooked)
- ¼ lemon, juiced (2¼ teaspoons)
- Cut fruit & vegetables: apricot, bell pepper

DIRECTIONS

For chicken pasta salad

1. Heat a skillet over medium heat and add oil. Season chicken with salt and pepper.
2. When oil is hot add tenders and cook about 3 minutes per side until done (no longer pink in the center). Let cool and then dice.
3. In a serving bowl toss remaining ingredients together and add in diced chicken.

Dairy Free:

Gluten Free: *Replace pasta with garbanzo pasta.*

Vegetarian: *Omit above, prepare Apricot Pasta Salad:
Toss together: 1-2 small apricots, diced, ¾ cup diced bell pepper, ½ cup diced zucchini, 1 cup cooked pasta, 3 Tablespoons slivered almonds, 1 Tablespoon chopped mint, 1 Tablespoon lemon juice, ½ Tablespoon olive oil, pinch of salt and pepper. Serve chilled or at room temperature.*

INGREDIENTS

For chicken pasta salad

¾ teaspoon olive oil
¼ pound chicken tenders
pinch of kosher salt and black pepper
1 apricot, diced small (½ cup)
½ bell pepper, diced (½ cup)
1 cup cooked whole wheat pasta
1 Tablespoon chopped mint
2¼ teaspoons lemon juice
2 Tablespoons toasted slivered almonds

Chicken Pasta Salad: 450kcal, 38g Protein, 47g Carb, 150mg Sodium, 4 g Fiber, 65 mg Cholesterol, 13g Fat, 1g Saturated, 6g Sugar, 6% Calcium, 15% Iron



(5) POTATO & VEGGIE MEDLEY

MAKE AHEAD

- Charred corn (1 ear) **see prep guide*
- 1 packet roasted potatoes ** from Meal #1*
- Cut vegetables: onion, zucchini, bell pepper, kale

DIRECTIONS

For potato and veggie medley

1. Heat a skillet over medium-high heat and add oil.
2. When oil is hot add onion and garlic and cook for 1 minute.
3. Add zucchini and bell pepper and cook for 2-3 minutes; season with salt and pepper.
4. Add chipotle pepper and kale and cook until just wilted.
5. Add in potatoes and corn; stir to warm through.
6. Garnish with cheese, almonds, and basil.

Dairy Free: *Omit feta cheese or use dairy free alternative.*

Gluten Free: *Use gluten free chipotle peppers.*

Vegetarian:

INGREDIENTS

For potato and veggie medley

- 1 teaspoon olive oil
- ¼ yellow onion, diced (¼ cup)
- ¼ clove garlic, minced
- ½ zucchini, diced (1 cup)
- ¼ bell pepper, diced (¼ cup)
- Pinch of kosher salt
- Pinch of black pepper
- 1 teaspoon chopped chipotle pepper in adobo
- ¼ bunch kale, chopped (1½ cups)
- 1 packet roasted potatoes ** from Meal #1*
- 1 ear charred corn, kernels ** see prep guide*
- ¾ ounce crumbled feta cheese (3 Tablespoons)
- 2 Tablespoons toasted silvered almonds
- 1 Tablespoon chopped basil

Potato and Veggie Medley: 460kcal, 18g Protein, 65g Carb, 440mg Sodium, 11g Fiber, 15mg Cholesterol, 19g Fat, 4g Saturated, 13g Sugar, 10% Calcium, 15% Iron