VEGETARIAN August 4, 2017

PREP GUIDE

MEAL #1

- 7 cups cooked brown rice prepared according to package directions * *for the week*
- 2 eggs, hardboiled
- Cut fruit & vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 green bell peppers, diced (2 cups)
  - ½ pound green beans, diced (1½ cups)
  - 1 large pineapple, cubed (5 cups) * *for the week*

MEAL #2

- 3 cups cooked quinoa prepared according to package directions
- 2 ears corn, shucked, roasted, kernels (1½ cups) * *see below*
- 1 lemon, juiced (3 Tablespoons juice) **for the week*
- Cut fruit & vegetables:
  - 1 green bell pepper, diced (1 cup)
  - 2 scallions, thinly sliced (¼ cup)
  - 1 mango, diced (¾-1 cup)

MEAL #3

- Cut vegetables:
  - 2 cucumbers, sliced
  - 1 green bell pepper, diced (1 cup)

MEAL #4

- Cut vegetables:
  - 3 scallions, thinly sliced (⅓-½ cup)

MEAL #5

- 1-2" fresh ginger, grated (1 Tablespoon), optional
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 carrots, diced (1 cup)
  - 2 ears corn, kernels (1½ cups)

For Roasted Corn

Preheat oven to 450°F. Drizzle 2 shucked ears of corn with 1 Tablespoon oil. Wrap each ear in foil and bake 20 minutes, turning once.

MENU

MONDAY ①
GUMBO RICE

TUESDAY ②
QUINOA CORN SALAD

WEDNESDAY ③
CAPRESE TOAST

THURSDAY ④
GRILLED EGGPLANT
Tomato Pinto Salad

FRIDAY ⑤
FRIED EGG RICE

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Shopping List

(1) Gumbo Rice (2) Quinoa Corn Salad (3) Caprese Toast (4) Grilled Eggplant (5) Fried Egg Rice

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	yellow onion	2		2
1,2,3	green bell peppers	4		4
1	green beans	1/2 pound		2
1,3	pineapple	1 large		3
2,5	fresh corn	4 ears		2
2,4	scallions	5		1
2	mango	1		1
2,4	lemon	1		0.5
2,3,4	parsley	1 bunch		1.5
1,3,4	cherry tomatoes	3 pints		6
3	cucumbers	2		2
3	mixed greens	4 ounces		4
4	eggplant	3 medium		4.5
5	carrots	2		1
5	fresh ginger	1-2"	*optional*	1
5	fresh or frozen peas	1 cup		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,3,5	eggs	10		4
3,4	fresh mozzarella cheese	7 ounces		5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,2,4	pinto beans	5 (15 oz) cans	*organic*	7.5
1,4	crushed red pepper	1/2 teaspoon	*optional*	0.5
1	file powder	1 teaspoon	*optional - ground sassafras leaves*	1
2	quinoa	1-1/2 cups		1.5
2,3	pumpkin seeds	1/2 cup	*optional*	2
3	whole grain bread	4 slices		2

Fresh 20 Grocery Est	$61.00
Cost Per Dinner	$12.20
Cost Per Serving	$3.05

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

MAKE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 2 eggs, hardboiled
- Cut fruit & vegetables: onion, bell pepper, green beans, pineapple

DIRECTIONS

For gumbo rice

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add onion, garlic, bell pepper, and green beans and cook for 2-3 minutes.
3. Add pinto beans, tomatoes, salt, pepper, and file powder and cook for 1 minute.
4. Add rice and stir until heated through. Remove from heat and stir in eggs. Serve with a side of pineapple.

Gumbo Rice:490kcal, 19g Protein, 78g Carb, 240mg Sodium, 16g Fiber, 115mg Cholesterol, 13g Fat, 2g Saturated, 10 g Sugar, 15% Calcium, 30% Iron
Pineapple: 80kcal, 1g Protein, 22g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

INGREDIENTS

For gumbo rice

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
2 green bell peppers, diced (2 cups)
½ pound green beans, diced (1½ cups)
** can sub okra*
2 (15 oz) cans organic pinto beans, drained and rinsed
1 pint cherry tomatoes, halved (2 cups)
¼ teaspoon kosher salt
¼ teaspoon crushed red pepper, optional
1 teaspoon file powder, optional *
3 cups cooked brown rice
2 hardboiled eggs, diced

¾ large pineapple, cubed (4 cups)

** ground sassafras leaves, also called gumbo file powder*

(2) QUINOA CORN SALAD

MAKE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 2 ears roasted corn * *see prep guide*
- ½ lemon, juiced (1½ Tablespoons)
- Cut fruit & vegetables: bell pepper, scallions, mango

DIRECTIONS

For quinoa corn salad

Toss all ingredients together. Serve chilled.

Quinoa Corn Salad:480kcal, 18g Protein, 71g Carb, 170mg Sodium, 12g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 12g Sugar, 8% Calcium, 30% Iron

INGREDIENTS

For quinoa corn salad

2 ears corn, shucked, roasted (1½ cups)
1 (15 oz) can organic pinto or black beans, drained and rinsed
3 cups cooked quinoa
1 green bell pepper, diced (1 cup)
2 scallions, thinly sliced (¼ cup)
¼ teaspoon kosher salt
dash of black pepper
1 mango, diced (¾-1 cup)
¼ cup pumpkin seeds, optional
2 Tablespoons olive oil
1½ Tablespoons fresh lemon juice or lime juice
¼ cup chopped parsley

(3) CAPRESE TOAST

MAKE AHEAD

- Cut fruit & vegetables: cucumbers, bell pepper, pineapple

DIRECTIONS

For caprese toast

1. Heat oil in a skillet over medium heat. Crack eggs into skillet and cook until middle is still runny but sides are set.
2. Meanwhile, toast bread.
3. In a small bowl toss together remaining ingredients (mozzarella through vinegar).
4. Set cooked eggs on toast and top with mozzarella mixture. Serve with salad on the side.

For salad

Combine all ingredients and serve immediately.

Caprese toast: 300kcal, 17g Protein, 22g Carb, 390mg Sodium, 2g Fiber, 245mg Cholesterol, 16g Fat, 6g Saturated, 4g Sugar, 15% Calcium, 10% Iron
Salad: 150kcal, 6g Protein, 16g Carb, 80mg Sodium, 4g Fiber, 0mg Cholesterol, 8g Fat, 1.5g Saturated, 10g Sugar, 4% Calcium, 10% Iron

INGREDIENTS

For caprese toast

1 Tablespoon olive oil or butter
4 eggs
4 slices whole grain bread
4 ounces mozzarella cheese, diced
½ pint halved cherry tomatoes (1 cup)
2 Tablespoons chopped parsley
dash of salt and pepper
1 Tablespoon balsamic vinegar

For salad

2 cucumbers, sliced
1 green bell pepper, diced (1 cup)
1 cup pineapple, diced
4 ounces mixed greens (4-5 cups)
1 Tablespoon olive oil
1 Tablespoon balsamic vinegar
dash each kosher salt and ground black pepper
¼ cup pumpkin seeds, optional

(4) GRILLED EGGPLANT

tomato pinto salad

OVEN TEMPERATURE: 425°F or outdoor grill

MAKE AHEAD

- Juice of ½ lemon (1½ Tablespoons juice)
- Cut vegetables: scallions

DIRECTIONS

For tomato pinto salad

Toss all ingredients together. Refrigerate until ready serve.

For grilled eggplant

1. Heat an outdoor grill to medium-high heat or an indoor oven to 425°F.
2. Slice the eggplant into rounds.
3. In a medium bowl, combine oil and spices.
4. Brush eggplant slices with oil mixture.
5. Cook on the grill about 10 minutes or in a grill pan for 12 minutes. Turn once mid-way through. Serve alongside tomato salad.

Eggplant: 170kcal, 4g Protein, 24g Carb, 150mg Sodium, 11g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 13g Sugar, 2% Calcium, 6% Iron
Tomato Pinto Salad: 290kcal, 14g Protein, 38g Carb, 170mg Sodium, 10g Fiber, 15mg Cholesterol, 11g Fat, 3.5g Saturated, 6g Sugar, 15% Calcium, 15% Iron

INGREDIENTS

For tomato pinto salad

2 (15 oz) cans organic pinto beans, drained and rinsed
1 pint cherry tomatoes, quartered (2 cups)
3 ounces fresh mozzarella, diced
½ cup chopped parsley
3 scallions, thinly sliced (⅓-½ cup)
1½ Tablespoons lemon juice
1½ Tablespoons olive oil
1 Tablespoon honey, optional
pinch each kosher salt and crushed red pepper (optional)

For grilled eggplant

3 medium eggplant
2 Tablespoons olive oil
¼ teaspoon kosher salt
dash of black pepper
¼ teaspoon Herbes de Provence
dash of paprika

(5) FRIED EGG RICE

MAKE AHEAD

- 4 cups cooked brown rice prepared according to package directions
- 1-2“ fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, carrots, corn

DIRECTIONS

For fried egg rice

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add onions, carrots, garlic, and ginger and cook for 3-4 minutes.
3. Add corn and peas and cook for 2 minutes.
4. Add the rice and soy sauce and stir to warm through.

For eggs

1. Heat oil in skillet, add eggs, and fry for 2 minutes.
2. Serve eggs on top of rice.

Rice:470kcal,18 g Protein, 68g Carb, 420mg Sodium, 8g Fiber, 225mg Cholesterol, 14g Fat, 2.5g Saturated, 7g Sugar, 6% Calcium, 10% Iron

INGREDIENTS

For fried egg rice

1½ Tablespoons grapeseed oil
1 yellow onion, diced (1 cup)
2 carrots, diced (1 cup)
2 cloves garlic, minced
1 Tablespoon grated ginger (optional)
2 ears corn, kernels (1½ cups)
1 cup fresh or frozen peas
4 cups cooked brown rice
2 Tablespoons low sodium soy sauce

For eggs

½ Tablespoon grapeseed oil
4 eggs