

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 2 yellow onions, finely chopped (2 cups)
 - 1 poblano chili, seeded and minced
 - 2 ears of corn, kernels removed (1½ cups)

MEAL #2

- No prep

MEAL #3

- 8 ounces whole wheat penne prepared according to package directions (4 cups cooked)
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 3 zucchini, diced (6 cups)
 - 3 large Portobello mushroom caps, diced (3 cups)

MEAL #4

- 3 cups cooked quinoa prepared according to package directions
- 1 lime, juiced (2 Tablespoons)
- Cut vegetables:
 - 6 ounces spinach, thinly chopped (4 cups)
 - ½ red onion, thinly sliced (½ cup)
 - 2 ears corn, kernels removed (1½ cups)

MEAL #5

- 3 cups cooked rice prepared according to package directions
- Cut fruit & vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 2 stalks celery, chopped (1 cup)

MENU

MONDAY ①

WHITE BEAN CHILI

TUESDAY ②

AVOCADO TOAST MELT

WEDNESDAY ③

END OF SUMMER PENNE

THURSDAY ④

SOUTHWEST QUINOA SALAD

FRIDAY ⑤

SWEET POTATO RICE



Shopping List

(1) White Bean Chili (2) Avocado Melt (3) End of Summer Penne (4) Southwest Quinoa Salad (5) Sweet Potato Rice

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,4,5	onion	5	4 yellow and 1 red	5
1	poblano chili	1		1
1,2,4	fresh corn	8 ears		4
1,2,3,4,5	tomatoes	10		5
2,4	avocado	2		2
2,3	fresh basil	1 bunch	need 1/2 cup chopped	1.5
3	zucchini	3		3
3	Portobello mushroom caps	3 large		4.5
4	lime	1		0.5
4,5	spinach	12 ounces		3
5	sweet potatoes	3 (4-5 oz)		2
5	celery	2 stalks		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,4,5	plain Greek yogurt	2-1/4 cups		2.5
1,2	Monterey jack cheese, shredded	1 cup	about 4 ounces	1.5
2	eggs	4		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3	white beans	3 (15 oz) cans		4.5
1	chili powder	1/2 teaspoon	optional	0.5
2	hearty whole grain bread	4 slices		2
2,3,4	crushed red pepper flakes	1/2 teaspoon	optional	1
3	pine nuts	1/2 cup		2
4	quinoa	1-1/2 cups		1.5
4,5	black beans	2 (15 oz) cans		3

Fresh 20 Grocery Est \$53.00
 Cost Per Dinner \$10.60
 Cost Per Serving \$2.65

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	
	grapeseed oil		herbes de provence	1 teaspoon
	balsamic vinegar		ground cumin	1-1/4 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	5-1/2 cups (44 fl oz)	organic tomato paste	
	garlic	4 cloves	Dijon mustard or brown mustard	2 Tablespoons
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2-1/2 teaspoons	whole grain pasta	8 ounces penne
	cayenne pepper		long grain brown rice	1-1/2 cups
	paprika		whole wheat flour	2 Tablespoons

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) WHITE BEAN CHILI

MAKE AHEAD:

- Cut vegetables: onion, poblano, corn

DIRECTIONS

For white bean chili

1. Heat olive oil in a large skillet over medium heat.
2. Add onions and poblano chili and cook 3-4 minutes until soft.
3. Add beans, corn, cumin, salt, pepper, and chili powder. Cook 2-3 minutes.
4. In a large stockpot, heat oil or butter over low heat. Add flour and whisk constantly for 1-2 minutes. Gradually add broth whisking until smooth.
5. Bring to a boil, reduce to a simmer, cook 3-5 minutes until slightly thickened.
6. Add bean mixture and cook over low heat for 10-15 minutes.
7. Fold in yogurt, stir until heated through, and serve immediately garnished with tomatoes and cheese.

INGREDIENTS

For white bean chili

- 2 Tablespoons olive oil
- 2 yellow onions, finely chopped (2 cups)
- 1 poblano chili, seeded and minced
- 2 (15 oz) cans white beans, drained and rinsed
- 2 ears of corn, kernels removed (1½ cups)
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt
- 1 teaspoon black pepper
- ½ teaspoon chili powder, optional
- 1 Tablespoon olive oil or butter
- 2 Tablespoons whole wheat flour
- 4 cups low sodium vegetable broth
- 1 cup plain Greek yogurt
- 2 tomatoes, chopped (1½ cups)
- ½ cup shredded Monterey jack cheese

Chili: 470kcal, 24g Protein, 60g Carb, 590mg Sodium, 12g Fiber, 15mg Cholesterol, 17g Fat, 3g Saturated, 14g Sugar, 20% Calcium, 20% Iron



(2) AVOCADO TOAST MELT

OVEN TEMPERATURE: 450°F

DIRECTIONS

For eggs

1. Heat oil in a medium non-stick, oven safe, skillet over medium heat.
2. Add eggs and cook 2-3 minutes on each side or until desired doneness.

For avocado toast melt

1. Preheat oven to 450°F.
2. Spread mustard on each slice of bread. Add sliced tomatoes and avocado.
3. Top with cooked eggs and cheese.
4. Return to skillet and place in preheated oven for about 1 minute, just until cheese melts.
5. Top immediately with basil and red pepper flakes and serve with corn on the side.

INGREDIENTS

For eggs

1 Tablespoon olive oil or butter
4 eggs

For avocado toast melt

4 slices hearty whole grain bread
2 Tablespoons Dijon mustard
2 tomatoes, sliced
1 avocado, sliced
4 eggs, fried

½ cup Monterey jack cheese
¼ cup basil, julienned
⅛ teaspoon crushed red pepper,
optional

4 ears fresh corn, boiled (5-6 minutes
in a large pot of salted water)

Avocado Toast: 360kcal, 17g Protein, 25g Carb,
320mg Sodium, 5g Fiber, 240mg Cholesterol, 23g
Fat, 7g Saturated, 4g Sugar, 15% Calcium, 15% Iron

Corn: 140kcal, 5g Protein, 33g Carb, 5mg Sodium, 4 g
Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 5g
Sugar, 0% Calcium, 6% Iron



(3) END OF SUMMER PENNE

MADE AHEAD

- 8 ounces whole wheat penne prepared according to package directions (4 cups cooked)
- Cut vegetables: onion, zucchini, mushrooms

For end of summer penne

1. Heat oil in a large skillet over medium heat. Add onion, garlic, and red pepper flakes and cook for 3 minutes.
2. Add zucchini and mushrooms and cook for another 3-4 minutes. Stir in tomatoes and cook for another minute.
3. Add beans and broth. Let simmer for about 3 minutes and then stir in pasta, salt, and pepper.
4. Serve topped with herbs and pine nuts.

INGREDIENTS

For end of summer penne

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 3 garlic cloves, minced
- ¼ teaspoon crushed red pepper flakes, optional
- 3 zucchini, diced (6 cups)
- 3 large Portobello mushroom caps, diced (3 cups)
- 2 tomatoes, diced (1½ cups)
- 1 (15 oz) can organic white beans, drained and rinsed
- ½ cup low sodium vegetable broth
- 4 cups cooked whole wheat penne
- ¼ teaspoon of kosher salt
- ¼ teaspoon black pepper
- ¼ cup fresh basil, julienned
- ½ cup pine nuts, lightly toasted

Penne: 460kcal, 18g Protein, 55g Carb, 210mg Sodium, 7g Fiber, 0mg Cholesterol, 21g Fat, 2g Saturated, 8g Sugar, 6% Calcium, 30% Iron



(4) SOUTHWEST QUINOA SALAD

MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 1 lime, juiced (2 Tablespoons)
- Cut vegetables: spinach, onion, corn

DIRECTIONS

For Southwest quinoa salad

1. To make dressing, whisk yogurt with lime juice, olive oil, salt, cumin, and crushed pepper until well blended.
2. In a large salad bowl combine quinoa, spinach, beans, onion, corn, and tomatoes.
3. Add dressing, toss to combine, and top with avocado.

INGREDIENTS

For Southwest quinoa salad

¼ cup plain Greek yogurt
2 Tablespoons lime juice
2 Tablespoons olive oil
dash of kosher salt
¼ teaspoon ground cumin
pinch of crushed red pepper flakes, optional
3 cups cooked quinoa
6 ounces spinach, thinly chopped (4 cups)
1 (15 oz) can black beans, drained & rinsed
½ red onion, thinly sliced (½ cup)
2 ears corn, kernels removed (1½ cups)
2 tomatoes, diced
1 avocado, sliced

Southwest Salad: 480kcal, 18g Protein, 68g Carb, 150mg Sodium, 15g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 6g Sugar, 10% Calcium, 35% Iron



(5) SWEET POTATO RICE

side salad

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, celery

DIRECTIONS

For sweet potato rice

1. In a saucepan, heat vegetable broth, garlic, and Herbes. Bring to a boil and add cubed sweet potatoes. Cook 5-6 minutes until tender. Drain, set aside, and *reserve any cooking liquid*.
2. Heat olive oil in a large skillet. Add onion and celery and cook 2-3 minutes until tender.
3. Add cooked sweet potato, rice, beans, salt, and pepper. Stir to warm through. Add reserved cooking liquid if needed.
4. Serve topped with ¼ cup yogurt, if desired

For side salad

Divide spinach into four salad bowls and top with tomatoes. Serve with pantry dressing. Feel free to add any leftover vegetables from the week!

INGREDIENTS

For sweet potato rice

- 3 small (4-5 oz) sweet potatoes, diced into ½" cubes
- ¾ cup low sodium vegetable broth
- 1 garlic clove, minced
- 1 teaspoon Herbes de Provence
- 2 Tablespoons olive oil
- 1 yellow onion, chopped (1 cup)
- 2 stalks celery, chopped (1 cup)
- 3 cups cooked brown rice
- 1 (15 oz) can black beans, drained and rinsed
- 1 teaspoon kosher salt
- 1 teaspoon black pepper

1 cup Greek yogurt, optional

For side salad

- 6 ounces spinach (4 cups)
- 2 tomatoes, cut in wedges
- Pantry dressing
(www.thefresh20.com/pantrydressings)

Sweet potato rice: 460kcal, 18g Protein, 77 g Carb, 260mg Sodium, 11 g Fiber, 5mg Cholesterol, 9g Fat, 1g Saturated, 10g Sugar, 10 % Calcium, 10 % Iron

Salad (undressed): 25kcal, 2g Protein, 5g Carb, 10mg Sodium, 1g Fiber, 0mg Cholesterol, 0g fat, 0g Saturated, 3g Sugar, 2% Calcium, 0% Iron,