

PREP GUIDE**MEAL #1**

- 2½ cups cooked green or brown lentils prepared according to package directions * *for the week*
- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ½ bell pepper, diced (½ cup)
 - 1½ ounces mushrooms, quartered (½ cup)

MEAL #2

- 4 ounces whole wheat pasta prepared according to package directions (2 cups cooked) * *for the week*
- 2 cups roasted butternut squash (see below) * *for the week*
- ¼ lemon, zested & juiced (2¼ teaspoons juice, ¾ teaspoon zest) * *for the week*
- Cut vegetable:
 - ¼ yellow onion, minced (¼ cup)
 - ¼ bunch kale, chopped (1½ cups)

MEAL #3

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ½ carrot, small diced (¼ cup)
 - ½ stalk celery, small diced (¼ cup)
 - ¼ bell pepper, chopped (¼ cup)
 - ¾ cup chopped kale

MEAL #4

- Cut vegetables:
 - ¼ yellow onion, chopped (¼ cup)
 - ½ carrot, chopped (¼ cup)
 - ½ stalk celery, chopped (¼ cup)
 - ¼ bell pepper, chopped (¼ cup)
 - 1½ ounces mushrooms, chopped (½ cup)

MEAL #5

- Cut vegetables:
 - ½ bunch kale, chopped (2¼ cups)

For Roast Butternut Squash (*make ahead for Meals #2 & #5*)

½ medium butternut squash, peeled, seeded and cubed

½ Tablespoon olive oil

¼ teaspoon kosher salt

¼ teaspoon black pepper

In a bowl, combine oil, salt, pepper. Add squash and toss well to coat. Spread out in an even layer on a large baking sheet. Bake at 400°F for about 20 minutes under just tender.

MENU**MONDAY ①**

TURKEY CACCIATORE
Lentils

TUESDAY ②

SHRIMP BUTTERNUT SAUTE

WEDNESDAY ③

TURKEY LENTIL SOUP

THURSDAY ④

BEEF LASAGNA SKILLET

FRIDAY ⑤

BUTTERNUT LENTIL SALAD



FOR ONE October 6, 2017

Shopping List

(1) Turkey Caccaitore (2) Shrimp Butternut Saute (3) Turkey Lentil Soup (4) Beef Lasagna Skillet (5) Butternut Lentil Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	ground turkey	1/2 pound		3
2	shrimp, medium	1/3 pound	peeled & deveined	3
4	ground beef	1/4 pound		2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
2,5	butternut squash	1 medium		2.5
1,2,3,4	yellow onion	1		1
1,3,4	bell peppers (any color)	1		1
1,4	brown mushrooms	3 ounces		1
1,3	rosemary	few sprigs	need 1/2 teaspoon chopped	1
2,3,5	kale	1 bunch		2
2,5	lemon	1		0.5
3,4	carrots	1		0.5
3,4	celery	1 stalk		0.5
4	fresh basil	1 bunch	optional - need 1 Tablespoon chopped	1.5
5	apples	1		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,4	parmesan cheese	2 Tablespoons		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,4	crushed tomatoes	1 (15 oz) can		1.5
1,3,5	green or brown lentils	1-1/4 cups		1.5
5	nuts (your choice)	2 Tablespoons		1

Fresh 20 Grocery Est \$25.00
 Cost Per Dinner \$5.00
 Cost Per Serving \$5.00

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	1/4 teaspoon
	grapeseed oil		herbes de provence	3/4 teaspoon
	balsamic vinegar	1/2 Tablespoon	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	1-1/4 cups (10 fl oz)	organic tomato paste	1 teaspoon
	garlic	3 cloves	Dijon mustard or brown mustard	1/4 teaspoon
	kosher salt	1/2 teaspoon	soy sauce or Braggs liquid amino acid	
	black pepper	1/2 teaspoon	whole grain pasta	4 ounces
	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) TURKEY CACCIATORE

lentils

MADE AHEAD

- $\frac{3}{4}$ cup cooked lentils prepared according to package directions
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For turkey cacciatore

1. Heat a pot over medium heat and add oil.
2. When oil is hot add onion and garlic and cook for 1 minute.
3. Add the turkey and cook about 2-3 minutes, crumbling the meat as it cooks.
4. Add bell peppers, mushrooms, crushed tomatoes, tomato paste, balsamic vinegar, Herbes, rosemary, salt, and pepper.
5. Simmer for about 8-10 minutes until peppers are tender.
6. Serve over warmed lentils with parmesan.

Dairy Free: Omit parmesan cheese.

Gluten Free: Use gluten free tomato paste.

Vegetarian: Omit turkey. Add the lentils with mushrooms in step 4. Serve over $\frac{3}{4}$ cup warm brown rice.

INGREDIENTS

For turkey cacciatore

- $\frac{3}{4}$ teaspoon olive oil
- $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
- $\frac{1}{2}$ clove garlic, minced
- $\frac{1}{4}$ pound ground turkey
- $\frac{1}{2}$ bell pepper, diced ($\frac{1}{2}$ cup)
- $1\frac{1}{2}$ ounces brown mushrooms, quartered ($\frac{1}{2}$ cup)
- $\frac{1}{4}$ (15 oz) can crushed tomatoes
- $\frac{3}{4}$ teaspoon tomato paste
- $\frac{1}{2}$ Tablespoon balsamic vinegar
- $\frac{1}{4}$ teaspoon Herbes de Provence
- $\frac{1}{4}$ teaspoon chopped rosemary
- Pinch of kosher salt and black pepper

$\frac{3}{4}$ cup cooked lentils, warmed

1 Tablespoon grated parmesan cheese

Chicken:300kcal, 31g Protein, 18g Carb, 330mg Sodium, 5g Fiber, 65mg Cholesterol, 13g Fat,2.5 g Saturated, 8g Sugar,10 % Calcium, 10% Iron
Lentils:170kcal, 13g Protein, 30g Carb, 0mg Sodium, 12g Fiber, 0mg Cholesterol, 0.5g Fat, 0g Saturated,3 g Sugar, 2% Calcium, 30% Iron



(2) SHRIMP BUTTERNUT SAUTE

MADE AHEAD

- 1 cup roasted butternut squash * *see prep guide*
- 2 ounces whole wheat pasta cooked according to package directions (1 cup cooked)
- ¼ lemon, zested (¾ teaspoon)
- Cut vegetables: onion, kale

DIRECTIONS

For shrimp butternut sauté

1. Heat a non-stick skillet over medium heat.
2. Add oil, onion, garlic, and kale and cook for 1-2 minutes.
3. Add shrimp, salt, and pepper and cook for 2 minutes.
4. Add in squash and pasta and cook until heated through.
5. Garnish with lemon zest.

Dairy Free:

Gluten Free: *Use gluten free pasta such as garbanzo pasta.*

Vegetarian: *Omit shrimp, add ½ can white beans in step 2.*

INGREDIENTS

For shrimp butternut sauté

- ½ Tablespoon olive oil
- ¼ yellow onion, diced (¼ cup)
- ½ clove garlic, minced
- ¼ bunch kale, chopped (1½ cups)
- ⅓ pound medium peeled and deveined shrimp (sub ⅓ pound chicken tenders)
- Pinch of kosher salt
- Pinch of black pepper
- 1 cup roasted butternut squash * *see prep guide*
- 1 cup cooked whole wheat pasta
- ¾ teaspoon lemon zest

Shrimp butternut saute:450kcal, 32g Protein, 53g Carb, 730mg Sodium, 4g Fiber, 215mg Cholesterol, 14g Fat, 2g Saturated, 7g Sugar, 15% Calcium, 15% Iron



(3) TURKEY LENTIL SOUP

MADE AHEAD

- $\frac{3}{4}$ cup cooked lentils prepared according to package directions
- Cut vegetables: onion, carrots, celery, bell pepper, kale

DIRECTIONS

For turkey lentil soup

1. Heat a soup pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add carrots, celery, bell pepper, turkey, salt, and pepper and cook for 2-3 minutes.
4. Add rosemary, Herbes, broth, and kale and cook for 5 minutes.
5. Add lentils and serve.

Dairy Free:

Gluten Free: Use gluten free broth.

Vegetarian: Use vegetable broth. Omit turkey. Add 1 cup finely chopped cauliflower with bell peppers. Serve with 1 sliced apple.

INGREDIENTS

For turkey lentil soup

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{2}$ carrot, small diced ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ stalk celery, small diced ($\frac{1}{4}$ cup)
 $\frac{1}{4}$ bell pepper, chopped ($\frac{1}{4}$ cup)
 $\frac{1}{4}$ pound ground turkey
Pinch of kosher salt
Pinch of black pepper
Pinch of chopped rosemary
 $\frac{1}{4}$ teaspoon Herbes de Provence
 $1\frac{1}{4}$ cups low-sodium chicken broth
 $\frac{3}{4}$ cup chopped kale
 $\frac{3}{4}$ cup cooked lentils

Soup: 450kcal, 41g Protein, 46g Carb, 440mg Sodium, 15g Fiber, 65mg Cholesterol, 12g Fat, 1.5g Saturated, 11g Sugar, 6% Calcium, 35% Iron

MADE AHEAD

- 2 ounces whole wheat pasta prepared according to package directions (1 cup)
- Cut vegetables: onion, carrots, celery, bell pepper, mushrooms

DIRECTIONS

For beef lasagna skillet

1. Heat a soup pot over medium heat.
2. Add oil, onion, and garlic and sauté for 1 minute.
3. Add carrots, celery, bell pepper, mushrooms, beef, salt, and pepper and cook for 2-3 minutes crumbling beef as it cooks.
4. Add Herbes, oregano, and tomatoes and cook for 5 minutes.
5. Add pasta and stir until warmed through.
6. Garnish with cheese and basil.

Dairy Free: Omit parmesan cheese.

Gluten Free: Use gluten free pasta such as garbanzo pasta.

Vegetarian: Omit ground beef, add ½ cup white beans with mushrooms. Serve with 1 sliced orange.

INGREDIENTS

For beef lasagna skillet

- ¾ teaspoon olive oil
- ¼ yellow onion, chopped (¼ cup)
- ½ clove garlic, minced
- ½ carrot, chopped (¼ cup)
- ½ stalk celery, chopped (¼ cup)
- ¼ bell pepper, chopped (¼ cup)
- 1½ ounces brown mushrooms, chopped (½ cup)
- ¼ pound ground beef
- Pinch of kosher salt
- Pinch of black pepper
- ¼ teaspoon Herbes de Provence
- ¼ teaspoon oregano
- ¼ (15 ounce) can crushed tomatoes
- 1 cup cooked whole wheat pasta
- 1 Tablespoon shredded parmesan cheese
- 1 Tablespoon chopped basil, optional

Beef Lasagna Skillet: 490kcal, 35g Protein, 48g Carb, 420mg Sodium, 5g Fiber, 80mg Cholesterol, 19g Fat, 6g Saturated, 10g Sugar, 15% Calcium, 30% Iron



(5) BUTTERNUT LENTIL SALAD

MADE AHEAD

- 1 cup roasted butternut squash * *see prep guide*
- $\frac{3}{4}$ cup cooked lentils prepared according to package directions
- $\frac{1}{4}$ lemon, juiced (2 $\frac{1}{4}$ teaspoons)
- Cut vegetables: kale

DIRECTIONS

For butternut lentil salad

1. Heat a non-stick skillet over medium heat and add oil, garlic, and kale and cook until just wilted, set aside to cool.
2. Toss cooled kale with squash, lentils, and nuts. Toss with dressing and serve with sliced apples.

For dressing

Whisk all ingredients together.

Dairy Free:

Gluten Free: Use gluten free Dijon mustard.

Vegetarian:

INGREDIENTS

For butternut lentil salad

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{3}$ bunch kale, chopped (2 $\frac{1}{4}$ cups)
1 cup roasted butternut squash
 $\frac{3}{4}$ cup cooked lentils
2 Tablespoons chopped nuts

For dressing

1 teaspoon olive oil
2 $\frac{1}{4}$ teaspoons lemon juice
 $\frac{1}{4}$ teaspoon Dijon mustard
Pinch of salt and pepper

$\frac{1}{2}$ apple, sliced

Salad: 450kcal, 18g Protein, 49g Carb, 170mg Sodium, 16g Fiber, 0mg Cholesterol, 22g Fat, 2.5g Saturated, 7g Sugar, 10% Calcium, 40% Iron

Apple Slices: 45kcal, 0g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 9g Sugar, 0% Calcium, 0% Iron