

PREP GUIDE**MEAL #1**

- 8 ounces whole wheat pasta prepared according to package direction (4 cups)
- Cut vegetables:
 - ½ yellow onion, diced (½ cup)
 - 1 pound brussels sprouts, shaved (4 cups)

MEAL #2

- Roasted sweet potatoes **see below*
- Cut vegetable:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 1 small head broccoli, small florets (3½ cups)

MEAL #3

- 7 cups cooked quinoa prepared according to package directions ** for the week*
- 1-2" fresh ginger, grated (1 Tablespoon), optional
- Cut vegetables:
 - 1 yellow onion, chopped (1 cup)
 - 3 carrots, diced small (1½ cups)
 - ½ small cabbage, shredded (3 cups)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 pound brussels sprouts, shaved (4 cups)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 carrots, diced small (1 cups)
 - 1 small head broccoli, chopped (3½ cups)
 - ½ small head cabbage, shredded (3 cups)
 - 4 ounces brown mushrooms, sliced (1½ cups)

For Roast Sweet Potatoes (make ahead for Meals #2, #4 & #5)

3½ pounds sweet potatoes, cubed

2 Tablespoons olive oil

¾ teaspoon kosher salt

½ teaspoon black pepper

In a large bowl, combine oil, salt, pepper. Add potatoes and toss well to coat. Spread out in an even layer on a large baking sheet. Bake at 400°F for 20-25 minutes until just tender.

MENU**MONDAY ①**

BRUSSELS SPROUTS PASTA

TUESDAY ②

CURRIED SWEET POTATO STEW

WEDNESDAY ③

QUINOA FRIED RICE

THURSDAY ④

VEGETABLE HASH

FRIDAY ⑤

VEGGIE QUINOA



VEGETARIAN October 13, 2017

Shopping List

(1) Brussels Sprouts Pasta (2) Curried Sweet Potato Stew (3) Quinoa Fried Rice (4) Vegetable Hash (5) Veggie Quinoa

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
2,4,5	sweet potatoes	3-1/2 pounds		
1,2,3,4,5	yellow onion	5		
1,4	brussels sprouts	2 pounds		
1,2	parsley	1 bunch	<i>optional</i>	
2	bell peppers (any color)	2		
2,5	broccoli florets	2 sm heads		
3	fresh ginger	1-2"	<i>optional, need 1 Tablespoon grated</i>	
3,5	carrots	5		
3,5	green cabbage	1 small head		
3	edamame (frozen, shelled)	3 cups		
3	corn kernels	2 cups		
4	rosemary	few sprigs	<i>need 1 teaspoon chopped</i>	
4	pears	4		
5	brown mushrooms	4 ounces		

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	parmesan cheese	1/4 cup		
3,4	eggs	6		

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	crushed red pepper flakes	1/4 teaspoon	<i>optional</i>	
1	garbanzo beans	1 (15 oz) can	<i>organic</i>	
1,2,5	cashews	1 cup		
2,4	black beans	3 (15 oz) cans	<i>organic</i>	
2	curry powder	1 Tablespoon		
2	low fat coconut milk	1 (14 oz) can	<i>organic</i>	
3,5	quinoa	3-1/2 cups		

Fresh 20 Grocery Est \$0.00
 Cost Per Dinner \$0.00
 Cost Per Serving \$0.00

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar	1-1/2 Tablespoons	ground cumin	2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	4-1/4 cups	organic tomato paste	
	garlic	7 cloves	Dijon mustard or brown mustard	
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	1-1/2 teaspoons	whole grain pasta	8 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) BRUSSELS SPROUTS PASTA

MADE AHEAD

- 8 ounces whole wheat pasta prepared according to package directions (4 cups)
- Cut vegetables: onion, brussels sprouts

DIRECTIONS

For brussels sprouts pasta

1. Heat oil in a large non-stick skillet over medium heat.
2. Add crushed red pepper, onion, and garlic and cook for 2 minutes.
3. Add brussels sprouts and cook for 2-3 minutes. Stir in pasta, beans, broth, salt, and pepper
4. Cook for about 5 minutes.
5. Serve topped with parmesan, cashews, and parsley.

INGREDIENTS

For brussels sprouts pasta

- 2 Tablespoons olive oil
- ¼ teaspoon crushed red pepper, optional
- ½ yellow onion, diced (½ cup)
- 2 cloves garlic, minced
- 1 pound brussels sprouts, shaved (4 cups)
- 4 cups cooked whole wheat pasta
- 1 (15 oz) can organic garbanzo beans, drained and rinsed
- ¼ cup low sodium vegetable broth
- ¼ teaspoon kosher salt
- dash of black pepper
- ¼ cup grated parmesan cheese
- ½ cup cashews, lightly toasted and chopped
- ¼ cup chopped parsley, optional

Brussels Pasta: 490kcal, 22g Protein, 63g Carb, 330mg Sodium, 13g Fiber, 5mg Cholesterol, 18g Fat, 3g Saturated, 6g Sugar, 15% Calcium, 20% Iron



(2) CURRIED SWEET POTATO STEW

MADE AHEAD

- 1¼ pounds roasted sweet potatoes * *see prep guide*
- Cut vegetables: onion, bell pepper, broccoli

DIRECTIONS

For curried sweet potato stew

1. Heat oil in a Dutch oven over medium heat and add onion, garlic, and bell peppers; cook for 2 minutes.
2. Add broccoli and cook for an additional minute. Stir in beans, seasonings, broth, and coconut milk.
3. Bring to a gentle simmer for 10 minutes. Stir in sweet potatoes.
4. Serve topped with parsley and cashews.

INGREDIENTS

For curried sweet potato stew

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 1 clove garlic, minced
- 2 bell peppers, diced (2 cups)
- 1 small head broccoli, small florets (3½ cups)
- 2 (15 oz) cans organic black beans, drained and rinsed
- 2 teaspoons ground cumin
- 1 Tablespoon curry powder
- ¼ teaspoon kosher salt
- dash of black pepper
- 4 cups low sodium vegetable broth
- 1 (14 oz) can organic low-fat coconut milk
- 1¼ pounds roasted sweet potatoes* *see prep guide*
- ½ cup parsley, chopped, optional
- ¼ cup cashews, chopped

Stew: 540kcal, 19g Protein, 81g Carb, 610mg Sodium, 20g Fiber, 0mg Cholesterol, 16g Fat, 5g Saturated, 20g Sugar, 20% Calcium, 35% Iron



(3) QUINOA FRIED RICE

MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, carrots, cabbage

DIRECTIONS

For quinoa fried rice

1. Heat a large non-stick skillet over medium-high heat and add oil, onion, ginger, and garlic and sauté for 1 minute.
2. Add carrots and cabbage and cook for 2-3 minutes.
3. Add in edamame, corn, and quinoa and stir to heat through.
4. Whisk together eggs, soy sauce, and pepper and pour into the middle of pan.
5. Cook until eggs are mostly cooked, then stir through.

INGREDIENTS

For quinoa fried rice

- 1 Tablespoon grapeseed or sesame oil
- 1 yellow onion, chopped (1 cup)
- 1 Tablespoon grated ginger, optional
- 2 cloves garlic, minced
- 3 carrots, diced small (1½ cups)
- ½ small head cabbage, shredded (3 cups)
- 3 cups frozen edamame, thawed
- 2 cups corn, thawed if frozen
- 3 cups cooked quinoa
- 2 eggs
- 2 Tablespoons low-sodium soy sauce
- dash of black pepper

Pork Fried Quinoa: 480kcal, 25g Protein, 66g Carb, 140mg Sodium, 15g Fiber, 90mg Cholesterol, 13g Fat, 1.5g Saturated, 13g Sugar, 15% Calcium, 35% Iron



(4) VEGETABLE HASH

MADE AHEAD

- 1¼ pounds roasted sweet potatoes * *see prep guide*
- Cut vegetables: onion, brussels sprouts

DIRECTIONS

For vegetable hash

1. Heat a large non-stick skillet over medium-high heat and add 1 Tablespoon oil and onion; cook for 1 minute.
2. Add beans, salt, pepper, and rosemary and cook for about 2 minutes.
3. Add the brussels sprouts and cook for 2-3 minutes.
4. Add sweet potatoes and balsamic vinegar and stir to heat through.
5. In a separate pan, heat remaining oil and add eggs. Cook to desired doneness and serve on top of hash with a side of sliced pears.

INGREDIENTS

For vegetable hash

- 2 Tablespoons olive oil, divided
- 1 yellow onion, diced (1 cup)
- 1 (15 oz) can organic black beans, drained and rinsed
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon chopped rosemary
- 1 pound brussels sprouts, shaved (4 cups)
- 1¼ pounds roasted sweet potatoes
- 1½ Tablespoons balsamic vinegar

- 4 eggs

- 4 pears, sliced

Veggie Hash: 430kcal, 19g Protein, 56g Carb, 590mg Sodium, 15g Fiber, 180mg Cholesterol, 15g Fat, 2.5g Saturated, 14g Sugar, 10% Calcium, 20% Iron

Pear: 100kcal, 1g Protein, 26g Carb, 0mg Sodium, 6g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron

MADE AHEAD

- 4 cups cooked quinoa prepared according to package directions
- 1 pound roasted sweet potatoes * *see prep guide*
- Cut vegetables: onion, carrots, broccoli, cabbage, mushrooms

DIRECTIONS

For veggie quinoa

1. Heat a large non-stick skillet over medium-high heat and add oil, onions, and garlic and sauté for 1 minute.
2. Add carrots, broccoli, cabbage, and mushrooms and cook for 3-4 minutes.
3. Add sweet potatoes and quinoa and stir until warmed through.
4. Garnish with cashews.

INGREDIENTS

For veggie quinoa

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 carrots, diced small (1 cup)
- 1 small head broccoli, chopped (3½ cups)
- ½ small head cabbage, shredded (3 cups)
- 4 ounces brown mushrooms, sliced (1½ cups)
- 1 pound roasted sweet potatoes * *see prep guide*
- 4 cups cooked quinoa
- ¼ cup chopped cashews

Veggie Quinoa: 520kcal, 18g Protein, 88g Carb, 270mg Sodium, 18g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 19g Sugar, 15% Calcium, 35% Iron