

PREP GUIDE**MEAL #1**

- 4 sweet potatoes, baked * *see below*
- Cut vegetables:
 - 1 bunch kale, chopped (6 cups)
 - 1 yellow onion, chopped (1 cup)
 - 3 zucchini, sliced (6 cups)

MEAL #2

- 3 cups cooked lentils prepared according to package directions
- 7 cups cooked brown rice prepared according to package directions * *for the week*
- Cut vegetable:
 - ½ yellow onion, diced (½ cup)
 - 8 ounces mushrooms, diced (3 cups)
 - 1 bunch kale, chopped (6 cups)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 4 carrots, diced (2 cups)
 - 4 stalks celery, diced (2 cups)
 - 2 zucchini, diced (4 cups)

MEAL #4

- 2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables:
 - 1 yellow onion, sliced (1 cup)
 - 2 bell peppers, sliced (2 cups)
 - 4 ounces mushrooms, sliced (1½ cups)

MEAL #5

- Cut vegetables:
 - 6 ounces mushrooms, sliced (2 cups)
 - 1 bell pepper, sliced (1 cup)

Baked Sweet Potatoes

Heat oven to 400°F. Pierce potatoes with a fork and place on a foil lined baking sheet. Bake about one hour until tender.

MENU**MONDAY ①**

BBQ BEAN FILLED POTATOES
Zucchini

TUESDAY ②

LENTILS WITH MUSHROOMS
Brown Rice

WEDNESDAY ③

VEGGIE MINISTRONE SOUP

THURSDAY ④

VEGETABLE FRIED RICE

FRIDAY ⑤

ENGLISH BREAKFAST
for dinner



Shopping List

(1) BBQ Bean Filled Potatoes (2) Lentils with Mushrooms (3) Minestrone Soup (4) Vegetable Fried Rice (5) English Breakfast for Dinner

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2	kale	2 bunches		4
1,3	sweet potatoes	6 (8 oz) potatoes		5
1,2,3,4	yellow onion	4		4
1,3	zucchini	5		5
2,4,5	mushrooms	1-1/4 pounds	<i>brown or button</i>	6
2,3	fresh basil	1 bunch	<i>need 6 Tablespoons chopped</i>	1.5
3	carrots	4		1
3	celery	4 stalks		1
3,5	pears	8		4
4	fresh ginger	2"	<i>need 1 Tablespoon grated</i>	1
4	shelled edamame	4 cups	<i>frozen</i>	4
4,5	bell pepper (any color)	3		3

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	plain Greek yogurt	1/2 cup		1
3	parmesan cheese, grated	1/4 cup		2
4,5	eggs	10		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3	navy beans	5 (15 oz) cans		7.5
1	chili powder	1/2 teaspoon		0.5
1	Worcestershire sauce	1 Tablespoon		1
2	lentils (green or brown)	1-1/2 cups		3
2,4	crushed red pepper flakes	1-1/4 teaspoons	<i>optional</i>	0.5
3,5	diced tomatoes	2 (15 oz) cans		3

Fresh 20 Grocery Est \$62.00
 Cost Per Dinner \$12.40
 Cost Per Serving \$3.10

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	6 Tablespoons	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	
	balsamic vinegar	3 Tablespoons	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	3 Tablespoons
	veggie broth: low sodium	5-1/2 cups (44 fl oz)	organic tomato paste	3 Tablespoons
	garlic	7 cloves	Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	1 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	3-1/2 cups
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) BBQ BEAN FILLED POTATOES

zucchini

MADE AHEAD

- 4 baked sweet potatoes * *see prep guide*
- Cut vegetables: kale, onion, zucchini

DIRECTIONS

For potatoes

1. Heat oil in a skillet over medium heat and add garlic. Add kale and sauté 3-4 minutes.
2. Cut open top of sweet potatoes. Fill first with kale and then beans. Top with yogurt. Serve with a side of zucchini.

For BBQ beans

1. Heat a medium pot over medium heat and add oil.
2. Add onion and garlic and sauté for 1 minute.
3. Add beans with liquid, tomato paste, vinegar, maple syrup, chili powder, salt, and pepper, and Worcestershire sauce.
4. Heat on low simmer for about 5-10 minutes, adding a little water if needed.
5. Save half for Meal #5, serve remaining beans in sweet potatoes with zucchini.

For zucchini

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add zucchini, salt, and pepper and sauté for 2-3 minutes.

INGREDIENTS

For BBQ bean filled potatoes

1 Tablespoon olive oil
1 clove garlic, minced
1 bunch kale, chopped (6 cups)
4 baked sweet potatoes, warmed
BBQ beans (see below)
½ cup plain Greek yogurt

For BBQ beans

1 Tablespoon grapeseed oil
1 yellow onion, chopped (1 cup)
1 clove garlic, minced
3 (15 ounce) cans navy beans, rinsed and drained, saving 1 cup liquid
3 Tablespoons tomato paste
2 Tablespoon balsamic vinegar
3 Tablespoons maple syrup
½ teaspoon chili powder
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 Tablespoon Worcestershire sauce

For zucchini

1 Tablespoon olive oil
3 zucchini, sliced (6 cups)
dash of salt and pepper

Filled potatoes: 420kcal, 16g Protein, 75g Carb, 200mg Sodium, 16g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 22g Sugar, 20% Calcium, 20% Iron

Zucchini: 70kcal, 2g Protein, 6g Carb, 85mg Sodium, 1g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 3g Sugar, 2% Calcium, 6% Iron



(2) LENTILS WITH MUSHROOMS

brown rice

MADE AHEAD

- 3 cups cooked lentils prepared according to package directions
- 4 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, mushrooms, kale

DIRECTIONS

For lentils with mushrooms

1. Heat a large non-stick skillet over medium-high heat.
2. Add oil and onion and cook for 2-3 minutes. Add garlic and cook for 1 minute.
3. Add mushrooms and lentils and cook for 2 minutes then add kale, red pepper, and salt and cook for 2-3 minutes. Stir in vinegar.
4. Toss in basil and serve over warm brown rice.

INGREDIENTS

For lentils with mushrooms

- 1½ Tablespoons olive oil
- ½ yellow onion, diced (½ cup)
- 2 cloves garlic, minced
- 8 ounces mushrooms, sliced (3 cups)
- 3 cups cooked lentils
- 1 bunch kale, chopped (6 cups)
- 1 teaspoon crushed red pepper
- ¼ teaspoon kosher salt
- 1 Tablespoon balsamic or red wine vinegar
- ¼ cup chopped basil

4 cups cooked brown rice, warmed

Lentils with Mushrooms: 260kcal, 15g Protein, 34g Carb, 150mg Sodium, 12g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 5g Sugar, 4% Calcium, 30% Iron

Rice: 220kcal, 5g Protein, 46g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 1.5g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 6% Iron



(3) VEGGIE MINISTRONE SOUP

MADE AHEAD

- Cut vegetables: onion, carrots, celery, zucchini

DIRECTIONS

For veggie minestrone

1. Heat a large pot over medium heat and add oil, onion, and garlic; sauté for 1 minute.
2. Add carrots and celery and cook for 2 minutes.
3. Add potatoes, zucchini, beans, broth, tomatoes, salt, and pepper and bring to simmer for 10-15 minutes.
4. Garnish with basil and cheese. Serve with a side of pears.

INGREDIENTS

For veggie minestrone

- 1 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 4 carrots, diced (2 cups)
- 4 stalks celery, diced (2 cups)
- 2 sweet potatoes, diced
- 2 zucchini, diced (4 cups)
- 2 (15 ounce) cans navy beans, rinsed and drained
- 5 cups low-sodium vegetable broth and/or water (40 fl oz)
- 1½ (15 ounce) cans diced tomatoes
- ¼ teaspoon kosher salt
- dash of black pepper
- 2 Tablespoons chopped basil
- ¼ cup freshly grated parmesan cheese

4 pears, sliced

Soup:430kcal, 19g Protein, 74g Carb, 600mg Sodium, 19g Fiber, 5mg Cholesterol, 6g Fat, 1.5g Saturated, 22g Sugar, 30% Calcium, 30% Iron

pears:100kcal, 1g Protein, 26g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron



(4) VEGETABLE FRIED RICE

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, bell peppers, mushrooms

DIRECTIONS

For vegetable fried rice

1. Heat a large skillet over medium heat and add oil, onion, garlic, ginger, and crushed red pepper and cook for 1 minute.
2. Add bell peppers, mushrooms, and edamame and cook for 2-3 minutes.
3. Add broth, soy sauce, and rice and cook for 2 minutes.
4. Make a well in the center of rice mixture. Beat eggs, pour into center of pan, and scramble. Once cooked, stir into rice to combine.

INGREDIENTS

For vegetable fried rice

- 1 Tablespoon grapeseed oil
- 1 yellow onion, sliced (1 cup)
- 1 clove garlic, minced
- 1 Tablespoon minced ginger
- ¼ teaspoon crushed red pepper
- 2 bell peppers, sliced (2 cups)
- 4 ounces mushrooms, sliced (1½ cups)
- 4 cups frozen shelled edamame, thawed
- ½ cup low-sodium vegetable broth
- 2 Tablespoons low-sodium soy sauce
- 3 cups cooked brown rice
- 2 eggs

Fried Rice: 470kcal, 25g Protein, 61g Carb, 135mg Sodium, 13g Fiber, 90mg Cholesterol, 13g Fat, 1g Saturated, 7g Sugar, 10% Calcium, 30% Iron



(5) ENGLISH BREAKFAST *for dinner*

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Baked beans * *from Meal #1*
- Cut vegetables: mushrooms, bell peppers

DIRECTIONS

For English breakfast

1. Heat oven to 400°F.
2. Combine beans and tomatoes and put into a 9x11 casserole dish. Crack the eggs on top of beans and put in oven for about 10-12 minutes depending on doneness of egg desired.
3. Season with pepper.

Meanwhile

1. Heat a skillet over medium heat and add oil.
2. Add mushrooms, bell peppers, salt, and pepper and cook about 3 minutes.
3. Serve with eggs and fruit.

INGREDIENTS

For English breakfast

Baked beans **see Meal #1*
½ (15 oz) can diced tomatoes
8 eggs
dash of pepper

1 Tablespoon olive oil
6 ounces mushrooms, sliced (2 cups)
1 bell pepper, sliced (1 cup)
dash of salt and pepper

4 pears, sliced

English Breakfast: 370kcal, 22g Protein, 38g Carb, 340mg Sodium, 10g Fiber, 360mg Cholesterol, 14g Fat, 3.5g Saturated, 10g Sugar, 15% Calcium, 20% Iron

Pears: 100kcal, 1g Protein, 26g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 2% Calcium, 0% Iron