

## PREP GUIDE

### MEAL #1

- 4 ounces whole wheat pasta prepared according to package directions (2 cups cooked) \* *for the week*
- ¼ lemon, zested & juiced (1 teaspoon juice, ¼ teaspoon zest) \* *for the week*
- Cut vegetables:
  - 3 ounces mushrooms, sliced (1 cup)
  - ¼ yellow onion, sliced (¼ cup)
  - 3 ounces brussels sprouts, shredded (¾ cup)

### MEAL #2

- Cut vegetable:
  - ¼ head broccoli, florets (1 cup)

### MEAL #3

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - ½ bell peppers, diced (½ cup)
  - 1 ounce spinach, chopped (¾ cup)

### MEAL #4

- ¾ cup cooked brown rice prepared according to package directions
- 1" fresh ginger, grated (1 Tablespoon) \* *for the week*
- Cut vegetables:
  - ¼ yellow onion, sliced (¼ cup)
  - 1 ounce mushrooms, sliced (⅓ cup)
  - ¼ head broccoli, chopped (1 cup)

### MEAL #5

- Cut vegetables:
  - ¼ yellow onion, sliced thin (¼ cup)

## MENU

### MONDAY ①

SMOTHERED STEAK  
Pasta & Brussels Sprouts

### TUESDAY ②

CASHEW FISH  
Sweet Potatoes & Broccoli

### WEDNESDAY ③

HAM MAC & CHEESE

### THURSDAY ④

GINGER BEEF STIR FRY

### FRIDAY ⑤

SWEET POTATO SAAG



FOR ONE November 24, 2017

# Shopping List

(1) Smothered Steak (2) Cashew Fish (3) Ham Mac & Cheese (4) Ginger Beef Stir Fry (5) Sweet Potato Saag

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	cube steak	1/2 pound		2.5
2	fish fillets	1/3 pound	<i>your choice</i>	2.5
3	ham	3 ounces		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	mushrooms	1/4 pound	<i>brown or button</i>	1.5
1,3,4,5	yellow onion	1		1
1	brussels sprouts	3 ounces		1
1,5	lemon	1		0.5
2,5	sweet potatoes	3/4-1 pound		1.5
2,4	broccoli	1 head		2
3	bell peppers	1	<i>any color</i>	1
3,5	spinch	1/3 pound		1.5
3	cilantro	1 small bunch	<i>optional - need 1 Tablespoon chopped</i>	1.5
4,5	fresh ginger	1-2"	<i>need about 1 Tablespoon grated</i>	1

Recipe #	Dairy	Quantity	Notes	Est Cost *
3,5	cream cheese	1-1/2 ounces		1
5	eggs	1		0.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2,5	cashews	1/4 cup		1.5
3	chili powder	pinch	<i>optional</i>	0.5
5	mild curry powder	3/4 teaspoon		0.5

Fresh 20 Grocery Est                   \$23.00  
 Cost Per Dinner                         \$4.60  
 Cost Per Serving                         \$4.60

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

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://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) SMOTHERED STEAK

## pasta & brussels sprouts

### MADE AHEAD

- 2 ounces whole wheat pasta prepared according to package directions (1 cup cooked)
- ¼ lemon, zested (¾ teaspoon)
- Cut vegetables: mushrooms, onion, brussels sprouts

### DIRECTIONS

#### *For smothered steak*

1. In a shallow dish, combine salt, pepper, paprika, and flour.
2. Dip steak in flour mixture evenly coating both sides.
3. Heat a nonstick skillet over medium heat and add oil.
4. When oil is hot add steak and cook for about 2-3 minutes on each side.
5. Remove steak from pan and keep warm. Add mushrooms and onions to pan and cook for about 2-3 minutes.
6. Add broth and simmer 2 minutes.
7. Add steak back to pan and simmer another 2 minutes. Serve with pasta and brussels sprouts.

#### Meanwhile

#### *For pasta & brussels sprouts*

1. Heat a non-stick skillet over medium heat and add oil.
2. Add sprouts, salt, and pepper and cook for about 2-3 minutes.
3. Add pasta and lemon zest and stir to warm through.

**Dairy Free:**

**Gluten Free:** *Replace whole wheat pasta with garbanzo pasta. Use gluten free flour and broth.*

**Vegetarian:** *Omit above, prepare Pasta & Brussels Sprouts as follows: Heat 1 teaspoon oil in a skillet over medium heat and add 1 minced garlic clove and a pinch of red pepper flakes. Add ¾ cup shredded Brussels sprouts, ½ cup white beans and a pinch of salt and pepper – cook 2-3 minutes. Add 1 cup cooked pasta, 2 Tablespoons vegetable broth, and a pinch of lemon zest. Serve topped with 1 Tablespoon parmesan cheese.*

### INGREDIENTS

#### *For smothered steak*

¼ pound cube steak  
Pinch of kosher salt  
Pinch of black pepper  
Pinch of paprika  
½ Tablespoon whole wheat flour  
¾ teaspoon grapeseed oil  
3 ounces mushrooms, sliced (1 cup)  
¼ yellow onion, sliced (¼ cup)  
¼ cup low-sodium chicken broth

#### *For pasta & brussels sprouts*

1 teaspoon olive oil  
3 ounces brussels sprouts, shredded (¾ cup)  
Pinch of black pepper  
Pinch of kosher salt  
1 cup cooked whole wheat pasta  
¾ teaspoon lemon zest

Smothered steak: 270kcal, 33g Protein, 11g Carb, 250mg Sodium, 2g Fiber, 70mg Cholesterol, 10g Fat, 2.5g Saturated, 4g Sugar, 2% Calcium, 20% Iron

Pasta & Brussels: 230kcal, 10g Protein, 39g Carb, 160mg Sodium, 8g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 3g Sugar, 2% Calcium, 10% Iron



## (2) CASHEW FISH sweet potatoes & broccoli

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- Cut vegetables: broccoli

### DIRECTIONS

#### *For sweet potatoes & broccoli*

1. Heat oven to 400°F.
2. Toss sweet potatoes with oil, salt, and pepper and place on one half of a baking sheet.
3. Roast for 25-30 minutes total (add broccoli after 10 minutes).
4. While potatoes cook, toss broccoli with oil, garlic, salt, and pepper.
5. After potatoes have cooked 10 minutes, remove pan and place broccoli on the other half, return to oven and bake an additional 15 minutes.

#### *For cashew fish*

1. In a shallow dish, combine ground cashews, paprika, salt, and pepper.
2. Brush fish with Dijon then dredge in cashew mixture.
3. Heat a non-stick skillet over medium heat and add oil.
4. Sauté fish until flakey in the center, about 4-5 minutes per side (depending on thickness). Chicken will take slightly longer, cook until no longer pink in the middle.

**Dairy Free:**

**Gluten Free:** *Use gluten free Dijon mustard.*

**Vegetarian:** *Omit fish. Prepare broccoli and sweet potatoes as above. Prepare frittata: Heat a small oven proof skillet over medium heat and add 1 teaspoon butter and the roasted broccoli. Whisk 2 eggs with a pinch of salt and pepper. Pour eggs over broccoli and cook 2-3 minutes. Sprinkle with 2 Tablespoons parmesan cheese and transfer to 400° oven. Cook 6-8 minutes until set. Remove from oven and let rest 2 minutes. Serve with sweet potatoes.*

### INGREDIENTS

#### *For sweet potatoes*

½ pound sweet potatoes, diced  
¾ teaspoon olive oil  
Pinch of kosher salt  
Pinch of black pepper

#### *For broccoli*

¼ head broccoli, florets (1 cup)  
¾ teaspoon olive oil  
¼ clove garlic, minced  
Pinch of kosher salt  
Pinch of black pepper

#### *For cashew fish*

½ pound fish fillets (sub ½ pound chicken breast)  
1½ Tablespoons ground cashews  
Pinch of paprika  
Pinch of kosher salt and pepper  
½ Tablespoon Dijon mustard  
¾ teaspoon olive oil

Sweet potato & broccoli: 240kcal, 6g Protein, 39g Carb, 330mg Sodium, 9g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 11g Sugar, 8% Calcium, 10% Iron

Fish: 220kcal, 28g Protein, 3g Carb, 350mg Sodium, 0g Fiber, 70mg Cholesterol, 9g Fat, 1.5g Saturated, 1g Sugar, 2% Calcium, 6% Iron

#### MADE AHEAD

- 2 ounces whole wheat pasta prepared according to package directions (1 cup cooked)
- Cut vegetables: onion, bell peppers, spinach

#### DIRECTIONS

##### *For ham mac & cheese*

1. Heat a pot over medium heat and add oil. When oil is hot add onions and garlic and sauté for 1 minute.
2. Add bell pepper and ham and cook for 2-3 minutes.
3. Add in tomato paste, cumin, chili powder, and black pepper.
4. Stir in broth and cream cheese until smooth.
5. Add spinach and pasta and stir until heated through.
6. Stir in cilantro and serve.

*Dairy Free: Omit cream cheese, use 1-2 Tablespoons plain, full fat, dairy free yogurt such as coconut.*

*Gluten Free: Replace whole wheat pasta with gluten free pasta. Use gluten free broth and tomato paste.*

*Vegetarian: Omit above, prepare Pasta & Bean Soup: Heat 1 teaspoon oil in a pot over medium heat and add ¼ cup diced onion, 1 minced garlic clove, and pinch of red pepper flakes. Sauté 2 minutes. Add 1¼ cups vegetable broth, ½ can white beans, and ½ cup diced tomatoes. Cook 8-10 minutes. Add 2 cups chopped spinach, pinch of salt and pepper, and 1 cup cooked pasta; stir to heat through. Serve topped with 1 Tablespoon parmesan cheese.*

#### INGREDIENTS

##### *For ham mac & cheese*

1 teaspoon olive oil  
¼ yellow onion, diced (¼ cup)  
½ clove garlic, minced  
½ bell pepper, diced (½ cup)  
3 ounces diced ham  
¼-½ teaspoon tomato paste  
⅓ teaspoon cumin  
Pinch of chili powder, optional  
Pinch of black pepper  
2 Tablespoons low-sodium chicken broth  
1½ Tablespoons cream cheese  
1 ounce spinach, chopped (¾ cup)  
1 cup cooked whole wheat pasta  
1 Tablespoon chopped cilantro, optional

Ham Mac N Cheese: 450kcal, 26g Protein, 50g Carb, 730mg Sodium, 7g Fiber, 65mg Cholesterol, 17g Fat, 7g Saturated, 15g Sugar, 6% Calcium, 20% Iron



## (4) GINGER BEEF STIR FRY

### MADE AHEAD

- $\frac{3}{4}$  cup cooked brown rice prepared according to package directions
- $\frac{1}{2}$ -1" fresh ginger, grated ( $\frac{1}{2}$  Tablespoon)
- Cut vegetables: onion, mushrooms, broccoli

### DIRECTIONS

#### *For ginger beef stir fry*

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, and ginger and sauté for 1 minute.
3. Add steak and mushrooms and cook for 2-3 minutes.
4. Add broccoli and cook for 2 minutes then add black pepper, soy sauce, and broth and cook until broccoli is tender and steak is cooked through.
5. Serve over warmed rice.

*Dairy Free:*

*Gluten Free:* Use gluten free soy sauce (or Braggs Liquid Aminos) and broth.

*Vegetarian:* Replace steak with 4 ounces drained and pressed extra firm tofu (cubed) and double mushrooms to  $\frac{3}{8}$  cup. Top with 1 Tablespoon chopped cashews before serving.

### INGREDIENTS

#### *For ginger beef stir fry*

$\frac{3}{4}$  teaspoon grapeseed oil  
 $\frac{1}{4}$  yellow onion, sliced ( $\frac{1}{4}$  cup)  
 $\frac{1}{2}$  clove garlic, minced  
 $\frac{1}{2}$  Tablespoon grated ginger  
 $\frac{1}{4}$  pound cube steak, thin strips  
1 ounce mushrooms, sliced ( $\frac{1}{3}$  cup)  
 $\frac{1}{4}$  head broccoli, chopped (1 cup)  
Pinch of black pepper  
 $\frac{1}{2}$  Tablespoon low-sodium soy sauce  
 $\frac{1}{2}$  Tablespoon low-sodium chicken broth

$\frac{3}{4}$  cup cooked brown rice, warmed

Ginger Beef Stir Fry: 290kcal, 34g Protein, 15g Carb, 140mg Sodium, 5g Fiber, 70mg Cholesterol, 10g Fat, 2.5g Saturated, 5g Sugar, 6% Calcium, 20% Iron

Brown Rice: 160kcal, 3g Protein, 34g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 6% Iron

*Saag, a traditional side dish from Northern India, is made with chopped or pureed greens and spices. When cheese and other ingredients are added it becomes a flavorful main dish.*

### MADE AHEAD

- ½ lemon, juiced (1 teaspoon juice)
- ½" fresh ginger, grated (1 teaspoon)
- Cut vegetables: onion

### DIRECTIONS

#### *For sweet potato saag*

1. Heat a skillet over medium heat and add oil, onion, garlic, and ginger and sauté for 2-3 minutes. Stir in curry powder.
2. Add in sweet potatoes, salt, pepper, tomato paste, and broth. Bring to a simmer and cook until potatoes are tender, about 10 minutes. Add more broth or water if needed.
3. Stir in cream cheese. Add spinach and cook until wilted, then stir in lemon juice. Serve topped with an egg and garnish with cashews.

#### *For eggs*

Heat a small skillet over medium heat and add oil. Crack egg into skillet and cook to desired doneness. Serve over sweet potato saag.

*Dairy Free:*      *Replace cream cheese with plain, full fat dairy free yogurt such as coconut.*

*Gluten Free:*    *Use gluten free tomato paste and broth.*

*Vegetarian:*     *Use vegetable broth.*

### INGREDIENTS

#### *For sweet potato saag*

- 1 teaspoon olive oil
- ¼ yellow onion, sliced thin (¼ cup)
- ½ clove garlic, minced
- 1 teaspoon grated ginger
- ¾ teaspoon mild curry powder
- ½ pound sweet potatoes, diced
- Pinch of kosher salt
- Pinch of black pepper
- 1 teaspoon gluten free tomato paste
- ½ cup gluten free low-sodium vegetable or chicken broth
- 1½ Tablespoons cream cheese
- 4 ounces spinach (2½-3 cups)
- 1 teaspoon lemon juice
- 2 Tablespoons cashews, chopped

#### *For eggs*

- 1 teaspoon olive oil
- 1 egg

Sweet potato saag: 380kcal, 12g Protein, 42g Carb, 430mg Sodium, 9g Fiber, 20mg Cholesterol, 19g Fat, 6g Saturated, 15g Sugar, 15% Calcium, 35% Iron

Egg: 100kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 180mg Cholesterol, 8g Fat, 2g Saturated, 0g Sugar, 2% Calcium, 6% Iron