

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1½ carrots, large dice (¾ cup)
 - 1½ parsnips, large dice (¾ cup)
 - ½ small butternut squash, large dice (1 cup)

MEAL #2

- 4 ounces whole wheat pasta prepared according to package directions (2 cups cooked)
- ½ lemon, juiced and zested (1½ Tablespoons juice, ¾ teaspoon zest) * *for the week*
- Cut vegetable:
 - 1 ounce mushrooms, sliced (⅓ cup)
 - ¼ bunch kale, chopped (1½ cups)

MEAL #3

- 1¾ cups cooked quinoa prepared according to package directions * *for the week*
- Cut vegetables:
 - ¾ cup broccoli florets
 - ⅓ cup shredded butternut squash

MEAL #4

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - 2 ounces mushrooms, sliced (¾ cup)
 - ¼ cup chopped broccoli, chopped

MEAL #5

- Cut vegetables:
 - ¼ bunch kale, chopped (1½ cups)

MENU

MONDAY ①

ROAST CHICKEN
Root Veggie Medley

TUESDAY ②

SALMON PASTA

WEDNESDAY ③

CHICKEN BROCCOLI QUINOA SKILLET

THURSDAY ④

BEEF STROGANOFF

FRIDAY ⑤

FALL QUINOA SALAD



FOR ONE November 3, 2017

Shopping List

(1) Roast Chicken (2) Salmon Pasta (3) Chicken Broccoli Quinoa Skillet (4) Beef Stroganoff (5) Fall Quinoa Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	split chicken breasts	2	<i>about 1/2 pound</i>	2.5
2	salmon	1 (4-5 oz) fillet		2.5
4	ground beef	1/4 pound		2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	carrots	2		0.5
1	sweet potatoes	1 small	<i>about 6 ounces</i>	0.5
1	parsnips	2		1
1,3	butternut squash	1 small	<i>about 3/4 pound</i>	2
2,5	fresh dill	1 small bunch	<i>need 1/2 Tablespoon chopped</i>	1.5
2,5	lemon	1		0.5
2,4	mushrooms	1/4 pound	<i>brown or button</i>	1
2,5	kale	1 bunch		2
3,4	broccoli	1 head	<i>need about 1 cup florets</i>	2
4	yellow onion	1		1
4	fresh parsley	1 small bunch	<i>optional - need 1/2 Tablespoon chopped</i>	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,4	sour cream	1/4 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
3,5	quinoa	1 cup		1
3,5	pumpkin seeds	2 Tablespoons		1
4	worcestershire sauce	1 teaspoon	<i>optional</i>	1
1,5	dried cranberries	1 Tablespoon		2

Fresh 20 Grocery Est \$26.50
 Cost Per Dinner \$5.30
 Cost Per Serving \$5.30

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	1 teaspoon
	chicken or veggie broth: low sodium	1/4 cup (2 fl oz)	organic tomato paste	
	garlic	1 clove	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	1 teaspoon	

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) ROAST CHICKEN

root veggie medley

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: carrots, parsnips, butternut squash

DIRECTIONS

For roast chicken

1. Heat oven to 375°F.
2. Put chicken on a lined baking sheet, drizzle with oil, then season with salt and pepper.
3. Cook for about 30-40 minutes until juices run clear.
4. Save 1 chicken breast for Meal #3. Serve remaining chicken with root vegetables.

Meanwhile

For root veggie medley

1. Toss all ingredients together (except cranberries) and put on a baking sheet.
2. Bake at 375°F for about 20-30 minutes until parsnips and carrots are tender.
3. Save 1/3 for Meal #5, toss remaining vegetables with cranberries and serve with chicken.

Dairy Free:

Gluten Free:

Vegetarian: *Omit chicken. Prepare root veggie medley as above. Serve over ¾ cup cooked lentils that have been tossed with ¾ teaspoon oil and ½ Tablespoon chopped parsley.*

INGREDIENTS

For roast chicken

- 2 split chicken breasts
- 1 teaspoon olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

For root veggie medley

- 2¼ teaspoons olive oil
- 1½ carrots, large dice (¾ cup)
- 1 small sweet potato, large dice (1 cup)
- 1½ parsnips, large dice (¾ cup)
- ½ small butternut squash, large dice (1 cup)
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ Tablespoon dried cranberries

Roast Chicken: 140kcal, 26g Protein, 0g Carb, 220mg Sodium, 0g Fiber, 65mg Cholesterol, 4g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Root Vegetables: 310kcal, 6g Protein, 55g Carb, 270mg Sodium, 12g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 20g Sugar, 10% Calcium, 10% Iron

MADE AHEAD

- 2 ounces whole wheat pasta cooked according to package directions (1 cup cooked)
- ¼ lemon, zested & juiced (2¼ teaspoons juice, ¾ teaspoon zest)
- Cut vegetables: mushrooms, kale

DIRECTIONS

For salmon pasta

1. Heat broiler to medium-high.
2. Put salmon on a baking sheet and season with salt, pepper, dill, and lemon zest.
3. Broil for about 8-10 minutes, until just flakey.
4. Meanwhile, heat a skillet over medium heat and add oil and garlic and sauté for 1 minute. Add mushrooms and cook for 2-3 minutes.
5. Add kale until just wilted. Stir in pasta, sour cream, and lemon juice until warmed through.
6. Break salmon into large flakes with a fork and add to pan. Stir gently to incorporate.

Dairy Free: *Omit sour cream or replace with plain, unsweetened dairy free yogurt such as almond or coconut.*

Gluten Free: *Replace whole wheat pasta with garbanzo pasta.*

Vegetarian: *Omit above, prepare Mushroom Pasta:
Heat ¾ teaspoon each oil and butter in a skillet over medium heat. Add ½ minced garlic clove and sauté 30 seconds. Add 1 cup sliced mushrooms, pinch of red pepper, and cook 2- 3 minutes. Add 1½ cups chopped kale until wilted. Add ½ cup white beans, 1 cup cooked whole wheat pasta, 1 Tablespoon vegetable broth, pinch of salt and pepper, ¾ teaspoon fresh dill, and 1 Tablespoon parmesan cheese. Stir until warmed through, serve with a sliced pear.*

INGREDIENTS

For salmon pasta

1 (4-5 oz) salmon fillet (sub ⅓ pound chicken breast)
Pinch of kosher salt
Pinch of black pepper
¾ teaspoon chopped fresh dill
¾ teaspoon lemon zest
1 teaspoon olive oil
½ clove garlic, minced
1 ounce mushrooms, sliced (⅓ cup)
¼ bunch kale, chopped (1½ cups)
1 cup cooked whole wheat pasta
1½ Tablespoons sour cream
2¼ teaspoons lemon juice

Salmon Pasta: 470kcal, 39g Protein, 36g Carb, 250mg Sodium, 5g Fiber, 75mg Cholesterol, 19g Fat, 4.5g Saturated, 2g Sugar, 10% Calcium, 15% Iron



(3) CHICKEN BROCCOLI QUINOA SKILLET

MADE AHEAD

- Cooked chicken breast * *from Meal #1*
- $\frac{3}{4}$ cup cooked quinoa prepared according to package directions
- Cut vegetables: broccoli, butternut squash

DIRECTIONS

For chicken broccoli quinoa skillet

1. Heat a non-stick skillet over medium heat and add oil and garlic; sauté for 30 seconds.
2. Add broccoli and cook for 1-2 minutes then add butternut squash, salt, and pepper and cook for another 2-3 minutes.
3. Add in quinoa, chicken, syrup, and seeds and serve.

Dairy Free:

Gluten Free:

Vegetarian: *Omit chicken, replace with 1 cup cooked green or brown lentils.*

INGREDIENTS

For chicken broccoli quinoa skillet

- 1 teaspoon olive oil
- $\frac{1}{4}$ garlic clove, minced
- $\frac{3}{4}$ cup broccoli florets
- $\frac{1}{2}$ cup shredded butternut squash
- Pinch of kosher salt and pepper
- $\frac{3}{4}$ cup cooked quinoa
- 1 cooked chicken breast, diced * *from Meal #1*
- $\frac{3}{4}$ teaspoon maple syrup
- $\frac{1}{2}$ Tablespoon pumpkin seeds

Chicken Broccoli Skillet: 470kcal, 37g Protein, 50g Carb, 350mg Sodium, 10g Fiber, 65mg Cholesterol, 15g Fat, 2g Saturated, 8g Sugar, 8% Calcium, 30% Iron



(4) BEEF STROGANOFF

MADE AHEAD

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

DIRECTIONS

For beef stroganoff

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add garlic and onion and sauté for 30 seconds.
3. Add beef and crumble as it cooks (2-3 minutes) then add salt, pepper, and mushrooms and cook 1-2 minutes.
4. Add flour and stir for 1 minute. Stir in broth, broccoli, parsley, and Worcestershire sauce to heat through.
5. Turn off heat and stir in sour cream.
6. Serve over warmed pasta.

Dairy Free: Replace sour cream with plain, unsweetened nondairy yogurt such as coconut or almond.

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

Vegetarian: Omit above, prepare White Bean Quinoa Chili: Heat a soup pot over medium heat and add 1 teaspoon oil. When oil is hot add ½ minced garlic clove and ¼ cup diced onion and sauté 30 seconds. Add 1 diced carrot, ½ diced celery stalk, and 1 cup sliced mushrooms – cook 3-4 minutes. Add ½ can white beans, ¾ cup cooked quinoa, and pinch of salt, pepper, chili powder, and cumin, 1 cup vegetable broth, and 1½ cups chopped kale. Simmer 10 minutes. Serve topped with 1 Tablespoon each chopped parsley and sour cream.

INGREDIENTS

For beef stroganoff

1 teaspoon olive oil
¼ garlic clove, minced
¼ yellow onion, diced (¼ cup)
¼ pound lean ground beef
Pinch of kosher salt
Pinch of black pepper
2 ounces mushrooms, sliced (¾ cup)
1 teaspoon whole wheat flour
¼ cup low-sodium chicken broth
¼ cup chopped broccoli
½ Tablespoon chopped parsley
1 teaspoon Worcestershire sauce, optional
2 Tablespoons sour cream
1 cup cooked whole wheat pasta, warmed

Beef Stroganoff: 460kcal, 33g Protein, 46g Carb, 330mg Sodium, 7g Fiber, 75mg Cholesterol, 17g Fat, 6g Saturated, 6g Sugar, 6% Calcium, 20% Iron

MADE AHEAD

- 1 cup cooked quinoa prepared according to package directions
- Roasted Vegetables * *from Meal #1*
- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables: kale

DIRECTIONS

For fall quinoa salad

Toss all ingredients together with dressing.

Dairy Free:

Gluten Free: *Use gluten free Dijon mustard.*

Vegetarian:

INGREDIENTS

For fall quinoa salad

1 cup cooked quinoa
Roasted veggies **from Meal #1*
¼ bunch kale, chopped (1½ cups)
1 Tablespoon pumpkin seeds
½ Tablespoon dried cranberries

For dressing

2¼ teaspoons lemon juice
½ Tablespoon olive oil
¼ teaspoon Dijon mustard
pinch of salt and pepper
¾ teaspoon chopped fresh dill

Fall Quinoa Salad: 470kcal, 17g Protein, 76g Carb, 180mg Sodium, 14g Fiber, 0mg Cholesterol, 12g Fat, 2g Saturated, 15g Sugar, 10% Calcium, 30% Iron

Dressing: 70kcal, 0g Protein, 0g Carb, 105mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron