

## PREP GUIDE

### MEAL #1

- Cut vegetables:
  - 3 medium zucchini, sliced (6 cups)

### MEAL #2

- 5 cups cooked brown rice prepared according to package directions
- 1 lemon, zested (1 Tablespoon zest)
- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 3 carrots, grated (1 cup)
  - 4 ounces mushrooms, chopped (1½ cups)

### MEAL #3

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 10 ounces mushrooms, quartered (4 cups)
  - 6 ounces spinach, chopped (4 cups)

### MEAL #4

- Cut vegetables:
  - 1 bell pepper, sliced thin (1 cup)
  - 1 zucchini, small strips (2 cups)
  - 1 small head green cabbage, shredded (6 cups)

### MEAL #5

- Cut vegetables:
  - 12 ounces spinach, chopped (8 cups)

## MENU

### MONDAY ①

HERB ROASTED PORK TENDERLOIN  
Maple Sweet Potatoes & Zucchini

### TUESDAY ②

FISH STICKS  
Veggie Rice

### WEDNESDAY ③

SAUSAGE MUSHROOM SAUTE

### THURSDAY ④

PORK TACOS  
Warm Slaw

### FRIDAY ⑤

SWEET POTATO BURGERS  
Bruschetta Sauté



GLUTEN FREE November 10, 2017

# Shopping List

(1) Herb Roasted Pork Tenderloin (2) Fish Sticks (3) Sausage Mushroom Saute (4) Pork Tacos (5) Sweet Potato Burger

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	pork tenderloin	2 pounds		12
2	fresh white fish fillets	1-1/4 pounds	<i>your choice, cod works well</i>	10
3	gluten free sausage (Italian or turkey)	1 pound	<i>bulk or links removed from casings</i>	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	fresh rosemary	few sprigs	<i>optional, need 1 Tablespoon chopped</i>	1
1,3,5	sweet potatoes	4 pounds		6
1,4	zucchini	4 medium		4
2	lemon	1		0.5
2,3	yellow onion	2		2
2	carrots	3		1
2,3	mushrooms	1 pound	<i>brown or button</i>	5
2,5	tomatoes	7		3.5
2,3,5	fresh basil	1 bunch		1.5
3,4,5	spinach	1-1/4 pounds		5
4	bell peppers (any color)	1		1
4	green cabbage	1 small head		2

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

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2,4,5	almonds	1 cup		5
2	old fashioned oats	1/2 cup		1
4	corn tortillas	8		2

Fresh 20 Grocery Est                   \$68.50  
 Cost Per Dinner                         \$13.70  
 Cost Per Serving                         \$3.43

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	
	grapeseed oil		herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	4 Tablespoons
	gluten free chicken/veg broth: low sodium	1 cup (8 fl oz)	gluten free organic tomato paste	
	garlic	10 cloves	gluten free Dijon mustard or brown mustard	2 Tablespoons
	kosher salt	3 teaspoons	gluten free soy sauce or Braggs liquid aminos	
	black pepper	2 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	2-1/2 cups
paprika	1/2 teaspoon	gluten free flour		

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) HERB ROASTED PORK TENDERLOIN

maple sweet potatoes & zucchini

OVEN TEMPERATURE: 375°F

## MAKE AHEAD

- Cut vegetables: zucchini

## DIRECTIONS

### *For herb roasted pork tenderloin*

1. Heat oven to 375°F.
2. Combine oil, garlic, rosemary, Dijon, salt, and pepper and spread all over pork.
3. Put on a baking sheet and roast about 20-25 minutes or until internal temperature reaches 145°F.
4. Let rest 5 minutes before slicing. Save half the pork for Meal #4, serve remaining pork with sweet potatoes and zucchini.

### *For maple sweet potatoes*

1. Put potatoes in a large pot of salted water and bring to a boil. Cook 8-10 minutes until tender, drain, and set aside.
2. Put pot back on stove on medium heat and add oil and garlic. When garlic is starting to brown add the chicken broth.
3. Add potatoes back to the pot with cream cheese, salt, and maple syrup; mash together.
4. Save half the mash for Meal #5, serve remaining potatoes with pork and zucchini.

### *For zucchini*

1. Heat a large non-stick skillet over medium-high heat and add half the oil.
2. Add half the zucchini and sauté until just tender, not mushy. Repeat with remaining oil and zucchini. Season with salt and pepper.

## INGREDIENTS

### *For herb roasted pork tenderloin*

2 pounds pork tenderloin  
2 Tablespoons olive oil  
3 cloves garlic, minced  
1 Tablespoon chopped rosemary  
1 Tablespoon Dijon mustard  
¾ teaspoon kosher salt  
½ teaspoon black pepper

### *For maple sweet potatoes*

3 pounds sweet potatoes, cut into large chunks  
1 Tablespoon olive oil  
2 cloves garlic, minced  
½ cup gluten free low-sodium chicken broth  
3 ounces cream cheese  
½ teaspoon kosher salt  
2 Tablespoon maple syrup

### *For zucchini*

3 medium zucchini, sliced (6 cups)  
1 Tablespoon olive oil, divided  
¼ teaspoon kosher salt  
¼ teaspoon black pepper

Pork: 170kcal, 25g Protein, 0g Carb, 320mg Sodium, 0g Fiber, 75mg Cholesterol, 6g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Maple Sweet Potatoes: 200kcal, 4g Protein, 39g Carb, 250mg Sodium, 6g Fiber, 10mg Cholesterol, 3.5g Fat, 2g Saturated, 15g Sugar, 6% Calcium, 6% Iron

Zucchini: 70kcal, 2g Protein, 5g Carb, 160mg Sodium, 1g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 3g Sugar, 2% Calcium, 6% Iron



## (2) FISH STICKS

### veggie rice

OVEN TEMPERATURE: 375°F

#### MAKE AHEAD

- 5 cups cooked brown rice prepared according to package directions
- 1 lemon, zested (1 Tablespoon zest)
- Cut vegetables: onion, carrots, mushrooms

#### DIRECTIONS

##### *For fish sticks*

1. Heat oven to 375°F.
2. Place old fashioned oats in a blender and pulse until coarse crumbs.
3. Combine salt, pepper, paprika, almonds, and oats in a shallow dish. Dip fish strips into mixture and press to coat.
4. Put on a lined baking sheet and bake for about 20 minutes.
5. Sprinkle with lemon zest before serving.

##### *For veggie rice*

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion, garlic, and carrots and cook for 2-3 minutes.
3. Add mushrooms and tomatoes and cook for 3-4 minutes.
4. Add in rice, basil, salt, and pepper.
5. Save 2 cups rice for Meal #5, serve remaining rice with fish sticks.

#### INGREDIENTS

##### *For fish sticks*

1¼ pounds fresh white fish fillets cut into strips (can sub 1¼ pounds chicken breast)  
½ cup old fashioned oats, ground  
¼ teaspoon kosher salt  
½ teaspoon black pepper  
½ teaspoon paprika  
½ cup almonds, ground  
1 Tablespoon lemon zest

##### *For veggie rice*

1 Tablespoon olive oil  
1 yellow onion, chopped (1 cup)  
2 cloves garlic, minced  
3 carrots, grated (1 cup)  
4 ounces mushrooms, chopped (1½ cups)  
4 tomatoes, chopped (3 cups)  
5 cups cooked brown rice  
½ cup chopped basil  
¼ teaspoon kosher salt  
dash of black pepper

Fish Sticks: 260kcal, 37g Protein, 10g Carb, 320mg Sodium, 4g Fiber, 80mg Cholesterol, 8g Fat, 0.5g Saturated, 2g Sugar, 6% Calcium, 10% Iron

Rice: 210kcal, 5g Protein, 40g Carb, 125mg Sodium, 5g Fiber, 0mg Cholesterol, 3.5g Fat, 0.5g Saturated, 6g Sugar, 4% Calcium, 6% Iron



## (3) SAUSAGE MUSHROOM SAUTE

### MADE AHEAD

- Cut vegetables: onion, mushrooms, spinach

### DIRECTIONS

#### *For sausage mushroom sauté*

1. Heat a very large nonstick skillet over medium heat and add oil.
2. Add sausage, sweet potatoes, and onion crumbling sausage as it cooks; about 5-7 minutes.
3. Add mushrooms, spinach, broth, salt, and pepper and cook for 3-4 minutes until sweet potatoes are tender.
4. Turn heat to low and stir in cream cheese and basil.

### INGREDIENTS

#### *For sausage mushroom sauté*

- 1 Tablespoon olive oil
- 1 pound sausage, no casings
- 2 medium (8 oz) sweet potatoes, cut into small cubes
- 1 yellow onion, diced (1 cup)
- 10 ounces mushrooms, quartered (4 cups)
- 6 ounces spinach, chopped (4 cups)
- ½ cup gluten free low-sodium chicken broth
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 ounces cream cheese
- ¼ cup chopped basil

Sauté: 480kcal, 19g Protein, 25g Carb, 980mg Sodium, 6g Fiber, 80mg Cholesterol, 33g Fat, 13g Saturated, 7g Sugar, 10% Calcium, 10% Iron

## MADE AHEAD

- Cut vegetables: bell pepper, cabbage, zucchini

## DIRECTIONS

### *For sandwich*

1. Toss pork slices with maple syrup and Dijon and warm.
2. Add spinach to each tortilla and top with pork.
3. Serve with a bit of slaw on each taco and serve the additional slaw on the side.

### *For warm slaw*

1. Heat a large non-stick skillet over medium heat and add oil and bell pepper. Sauté for 1-2 minutes.
2. Add zucchini and cabbage and cook for 2-3 minutes.
3. Add salt, pepper, syrup, and vinegar; cook for 1-2 minutes.
4. Toss in almonds before serving.

## INGREDIENTS

### *For pork tacos*

- 1 pound pork tenderloin, sliced \* *from Meal #1*
- 1 Tablespoon maple syrup
- 1 Tablespoon Dijon mustard
- 2 ounces spinach (1½ cups)
- 8 corn tortillas, warmed

### *For warm slaw*

- 1 Tablespoon olive oil
- 1 bell pepper, sliced thin (1 cup)
- 1 zucchini, into small strips (2 cups)
- 1 small head green cabbage, shredded (6 cups)
- dash of kosher salt and pepper
- 1 Tablespoon maple syrup
- 2 Tablespoons white or red wine vinegar
- ¼ cup chopped almonds

Pork Tacos: 310kcal, 27g Protein, 27g Carb, 430mg Sodium, 0g Fiber, 75mg Cholesterol, 7g Fat, 1g Saturated, 3g Sugar, 2% Calcium, 10% Iron

Slaw: 130kcal, 4g Protein, 17g Carb, 120mg Sodium, 6g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 11g Sugar, 8% Calcium, 6% Iron



## (5) SWEET POTATO BURGERS

### bruschetta sauté

OVEN TEMPERATURE: 425°F

#### MADE AHEAD

- Mashed sweet potatoes \*from Meal #1
- 2 cups veggie brown rice \*from Meal #2
- Cut vegetables: spinach

#### DIRECTIONS

##### *For sweet potato burgers*

1. Preheat the oven to 425°F.
2. Line a baking sheet with parchment.
3. Combine all the ingredients and form 4 patties.
4. Place on a baking sheet and cook about 20 minutes, turning once.
5. Serve with bruschetta sauté.

##### *For bruschetta sauté*

1. Heat a large non-stick skillet to medium heat and add oil and garlic and sauté for 1 minute.
2. Add tomatoes and spinach and sauté for about 3-4 minutes. Add salt, pepper, basil, and balsamic vinegar and stir to combine. Serve with sweet potato burgers.

#### INGREDIENTS

##### *For sweet potato burgers*

Mashed sweet potatoes \*from Meal #1  
2 cups veggie brown rice \*from Meal #2  
¼ cup ground almonds

##### *For bruschetta sauté*

2 Tablespoon olive oil  
3 cloves garlic, minced  
3 tomatoes, diced (2¼ cups)  
12 ounces spinach, chopped (8 cups)  
¼ teaspoon kosher salt  
dash of black pepper  
¼ cup chopped basil  
2 Tablespoon balsamic vinegar

Burgers:340kcal, 10g Protein, 56g Carb, 310mg Sodium, 9g Fiber, 10mg Cholesterol, 8g Fat, 2.5g Saturated, 18g Sugar, 8% Calcium, 10% Iron

Bruschetta:160kcal, 9g Protein, 24g Carb, 170mg Sodium, 7g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 4g Sugar, 10% Calcium, 20% Iron