

**PREP GUIDE**

**MEAL #1**

- 2 lemons, zested & juiced (3 Tablespoons juice, 2 Tablespoons zest) \* *for the week*
- Cut vegetables:
  - 1 pound green beans, trimmed (3 cups)

**MEAL #2**

- Cut vegetable:
  - 3 bell peppers, sliced thin (3 cups)
  - ¾ pound brussels sprouts, trimmed and sliced thin (3 cups)

**MEAL #3**

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 4 carrots, diced (2 cups)
  - 4 stalks celery, diced (2 cups)
  - 3 ounces spinach, chopped (2 cups)

**MEAL #4**

- Cut vegetables:
  - 1 small yellow onion, small diced (¾ cup)
  - 3 stalks celery, small dice (1½ cups)
  - 12 ounces mushrooms, diced (4½ cups)
  - 1 pound green beans, trimmed (3 cups)

**MEAL #5**

- Cut vegetables:
  - ¾ pound brussels sprouts, trimmed and sliced thin (3 cups)
  - 2 bell peppers, sliced thin (2 cups)

**MENU**

**MONDAY ①**

ROAST CHICKEN  
Mashed Potatoes & Green Beans

**TUESDAY ②**

BLACKENED SHRIMP TACOS

**WEDNESDAY ③**

CHICKEN SOUP

**THURSDAY ④**

TURKEY DINNER

**FRIDAY ⑤**

MASHED POTATO STACK



*Happy Thanksgiving!*

*There are TWO shopping lists this week.*

*Choose the correct list for your needs depending on whether you are making The Fresh 20 Thursday meal or your own Thanksgiving meal.*



Use this shopping list if you ARE making Meal #4

GLUTEN FREE November 17, 2017

# Shopping List

(1) Roast Chicken (2) Blackened Shrimp Tacos (3) Chicken Soup (4) Turkey Dinner (5) Mashed Potato Stack

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	split chicken breasts	8	about 2 pounds total	10
2	medium shrimp	1-1/4 pounds		12
4	split bone-in turkey breast	1 to 1-1/2 lbs		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	lemon	2		1
1,3	russet potatoes	4 pounds		4
1,4	green beans	2 pounds		4
2,5	bell peppers (any color)	5		5
2,5	brussels sprouts	1-1/2 pounds		3
3,4	yellow onion	2		2
3	carrots	4		1.5
3,4	celery	7 stalks		1.5
3	spinach	3 ounces		2
4	fresh sage	1 sm bunch	<i>need 2.5 Tablespoons chopped</i>	1.5
4	fresh whole cranberries	1 cup		2
4	mushrooms	12 ounces	<i>brown or button</i>	4

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,4,5	butter	8 Tablespoons		2
1	low fat milk	1 cup		1
5	egg	8		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2	corn tortillas	8		2
2	hot sauce	to taste	<i>optional</i>	0.5
4	apple cider	1/2 cup	<i>not juice or vinegar</i>	3
2,3,4	white beans	3 (15 oz) cans		4.5

Fresh 20 Grocery Est \$74.00  
 Cost Per Dinner \$14.80  
 Cost Per Serving \$3.70

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup + 1 Tblspn	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	1/2 teaspoon
	balsamic vinegar		ground cumin	dash
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	gluten free chicken/veg broth: low sodium	5-1/2 cups (44 fl oz)	gluten fre organic tomato paste	
	garlic	5 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	2-1/2 teaspoons	gluten free soy sauce or Braggs liquid aminos	
	black pepper	2 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	
	paprika	1/4 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.



GLUTEN FREE November 17, 2017

Use this shopping list if you are NOT making Meal #4

# Shopping List

(1) Roast Chicken (2) Blackened Shrimp Tacos (3) Chicken Soup (4) Thanksgiving Dinner (5) Mashed Potato Stack

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	split chicken breasts	8	about 2 pounds total	10
2	medium shrimp	1-1/4 pounds		12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	lemon	1		0.5
1,3	russet potatoes	4 pounds		4
1	green beans	1 pound		2
2,5	bell peppers (any color)	5		5
2,5	brussels sprouts	1-1/2 pounds		3
3	yellow onion	1		1
3	carrots	4		1
3	celery	4 stalks		1
3	spinach	3 ounces		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,5	butter	5 Tablespoons		2
1	low fat milk	1 cup		1
5	egg	8		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2	corn tortillas	8		2
2	hot sauce	to taste	<i>optional</i>	0.5
2,3	white beans	2 (15 oz) cans		3

Fresh 20 Grocery Est \$51.00  
 Cost Per Dinner \$12.75  
 Cost Per Serving \$3.19

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	1/2 teaspoon
	balsamic vinegar		ground cumin	dash
	white wine vinegar		raw honey or 100% maple syrup	
	gluten free chicken/veg broth: low sodium	5-1/2 cups (44 fl oz)	gluten fre organic tomato paste	
	garlic	5 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	2-1/2 teaspoons	gluten free soy sauce or Braggs liquid aminos	
	black pepper	2 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	
paprika	1/4 teaspoon	gluten free flour		

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# (1) ROAST CHICKEN

## mashed potatoes & green beans

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: green beans

### DIRECTIONS

#### *For roast chicken*

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

#### Meanwhile

#### *For mashed potatoes*

1. Put potatoes in a large pot of salted water and bring to a boil until very tender, about 10-15 minutes. Drain and set potatoes aside.
2. Put pot back on low heat and add butter and garlic and sauté for 1 minute. Add in milk and broth.
3. Add potatoes back in and mash.
4. Save half the potatoes for Meal #5, serve remaining potatoes with chicken and green beans.

#### *For green beans*

1. Heat a large non-stick skillet over medium-high heat.
2. Add oil then beans and toss frequently until slightly brown and just tender.
3. Add salt and pepper to taste.

### INGREDIENTS

#### *For roast chicken*

8 split chicken breasts (2 pounds)  
1½ Tablespoons olive oil  
1 Tablespoon lemon zest  
½ teaspoon kosher salt  
½ teaspoon black pepper

#### *For mashed potatoes*

3 pounds russet potatoes, cut into cubes  
3 Tablespoons butter  
2 cloves garlic, minced  
1 cup low fat milk  
½ cup gluten free low sodium chicken broth

#### *For green beans*

1 pound green beans, trimmed (3 cups)  
1½ Tablespoons olive oil  
dash of kosher salt and pepper

Roast Chicken: 170kcal, 32g Protein, 0g Carb, 240mg Sodium, 0g Fiber, 80mg Cholesterol, 4.5g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Potatoes: 180kcal, 4g Protein, 32g Carb, 20mg Sodium, 2g Fiber, 15mg Cholesterol, 4.5g Fat, 3g Saturated, 3g Sugar, 4% Calcium, 6% Iron

Green Beans: 90kcal, 2g Protein, 9g Carb, 80mg Sodium, 4g Fiber, 0mg Cholesterol, 6g Fat, 0g Saturated, 4g Sugar, 4% Calcium, 6% Iron



## (2) BLACKENED SHRIMP TACOS

brussels sprouts

### MADE AHEAD

- Cut vegetables: bell peppers, brussels sprouts

### DIRECTIONS

#### *For blackened shrimp tacos*

1. Toss shrimp with seasonings (salt through cumin).
2. Heat a large non-stick skillet over medium-high heat and add grapeseed oil.
3. When oil is hot add shrimp, tossing frequently, for about 3-4 minutes until pink and opaque (chicken may take a little longer, cook until no longer pink in the center).
4. Remove shrimp from skillet and keep warm. Add bell peppers to pan and cook for about 2-3 minutes until tender.
5. Serve shrimp and peppers in warm tortillas with hot sauce.

#### *For brussels sprouts*

1. Heat a large non-stick skillet over medium-high heat.
2. Add oil then brussels sprouts and toss occasionally until lightly browned.
3. Toss in white beans and continue to cook for 3-4 minutes.
4. Add salt and pepper to taste.

### INGREDIENTS

#### *For blackened shrimp tacos*

1¼ pounds medium shrimp, peeled and deveined (sub 1¼ pounds chicken tenders)  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
¼ teaspoon paprika  
2 cloves garlic, minced  
¼ teaspoon Herbes de Provence  
dash of cumin  
2 Tablespoons grapeseed oil  
3 bell peppers, sliced thin (3 cups)  
  
8 corn tortillas, warmed  
Hot sauce (your choice) \* *optional*

#### *For brussels sprouts*

1½ Tablespoons olive oil  
¾ pound Brussels sprouts, trimmed and sliced thin (3 cups)  
1 (15 oz) can organic white beans, drained and rinsed  
dash of kosher salt and pepper

Blackened Shrimp tacos: 290kcal, 22g Protein, 28g Carb, 670mg Sodium, 2g Fiber, 180mg Cholesterol, 10g Fat, 1g Saturated, 3g Sugar, 8% Calcium, 6% Iron

Brussels Sprout and White Beans: 160kcal, 8g Protein, 20 Carb, 115mg Sodium, 7g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 3g Sugar, 4% Calcium, 10% Iron

### MADE AHEAD

- Roasted chicken breast \* *from Meal #1*
- Cut vegetables: onion, carrots, celery, spinach

### DIRECTIONS

#### *For chicken soup*

1. Heat a large pot over medium heat and add oil, onion, and garlic and sauté for 1-2 minutes.
2. Add carrots, celery, and potatoes and cook for 2 minutes.
3. Add beans, broth, and chicken and bring to a simmer; cook until potatoes are tender.
4. Add salt, pepper, Herbes, and spinach and cook for 2 minutes until spinach wilts.

### INGREDIENTS

#### *For chicken soup*

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 1 clove garlic, minced
- 4 carrots, diced (2 cups)
- 4 stalks celery, diced (2 cups)
- 2 (6-8 oz) russet potatoes, diced small
- 1 (15 oz) can organic white beans, drained and rinsed
- 5 cups gluten free low-sodium chicken broth
- Roasted chicken breasts, meat diced \* *from Meal #1*
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon Herbes de Provence
- 3 ounces spinach, chopped (2 cups)

Soup: 450kcal, 43g Protein, 40g Carb, 590mg Sodium, 9g Fiber, 80mg Cholesterol, 12g Fat, 1g Saturated, 9g Sugar, 8% Calcium, 20% Iron



## (4) TURKEY DINNER

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon zest)
- Cut vegetables: onion, celery, mushrooms, green beans

### DIRECTIONS

#### *For turkey*

1. Heat oven to 375°F.
2. Mix butter with sage, salt, and pepper. Rub under and on turkey skin.
3. Roast turkey skin side up about 65 minutes or until juices run clear.
4. Let rest before slicing against the grain.

#### Meanwhile

#### *For dressing*

1. Heat a large skillet over medium heat and add butter, onion, celery, beans and mushrooms; sauté for about 5 minutes.
2. Stir in salt, pepper and sage.

#### *For cranberries*

1. Heat a saucepan over medium heat and add all ingredients.
2. When cranberries begin to pop, lower heat to low and cook until slightly thickened, about 10-15 minutes.

#### *For green beans*

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. Add beans and toss frequently until slightly brown and just tender.
3. Add salt and pepper to taste.

Turkey:140kcal, 28g Protein, 0g Carb, 250mg Sodium, 0g Fiber, 50mg Cholesterol, 3g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Dressing:180kcal, 9g Protein, 21g Carb, 210mg Sodium, 5g Fiber, 15mg Cholesterol, 6g Fat, 3.5g Saturated, 5g Sugar, 6% Calcium, 10% Iron

Cranberries:40kcal, 0g Protein, 10g Carb, 0mg Sodium, 1g Fiber, 0 mg Cholesterol, 0g Fat, 0g Saturated, 8g Sugar, 0% Calcium, 0% Iron

Green Beans:90kcal, 2g Protein, 9g Carb, 75mg Sodium, 4g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 4g Sugar, 4% Calcium, 6% Iron

### INGREDIENTS

#### *For turkey*

- 1 split bone in turkey breast (about 1-1½ pounds)
- 1 Tablespoon butter
- 1 Tablespoon chopped sage (or 1 teaspoon Herbes de Provence)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

#### *For dressing*

- 2 Tablespoons butter
- 1 small yellow onion, diced small (¾ cup)
- 3 stalks celery, diced small (1½ cups)
- 1 (15 oz) can organic white beans, drained and rinsed
- 12 ounces mushrooms, diced (4½ cups)
- ¼ teaspoon kosher salt
- dash of black pepper
- 1½ Tablespoons chopped sage (or 1½ teaspoons Herbes de Provence)

#### *For cranberries (can be made ahead)*

- 1 cup fresh whole cranberries
- ½ cup apple cider
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- 1-2 Tablespoons maple syrup

#### *For green beans*

- 1½ Tablespoons olive oil
- 1 pound green beans, trimmed (3 cups)
- dash of kosher salt and pepper



## (5) MASHED POTATO STACK

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- Mashed potatoes \*from Meal #1
- Cut vegetables: brussels sprouts, bell peppers

### DIRECTIONS

#### *For mashed potato stack*

1. Heat oven to 375°F.
2. Form mashed potatoes into 8 small patties and put on a lined baking sheet.
3. Cook for about 10-15 minutes until heated through.

#### Meanwhile

1. Heat a large non-stick skillet over medium-high heat.
2. Add oil then Brussels sprouts and bell peppers and toss frequently until slightly brown and just tender.
3. Add salt and pepper to taste, remove from pan, and set aside.
4. Put skillet back on heat and add butter.
5. Crack eggs into skillet and cook until desired doneness.
6. To serve, top mashed potato patties with Brussels sprouts, bell peppers, and cooked eggs.

### INGREDIENTS

#### *For mashed potato stack*

Leftover mashed potatoes \* from meal #1

1 Tablespoon olive oil  
¾ pound Brussel sprouts, trimmed and slice thin (3 cups)  
2 bell peppers, sliced thin (2 cups)  
¼ teaspoon kosher salt  
¼ teaspoon black pepper

1½ Tablespoons butter  
8 eggs

Potato Stack: 450kcal, 21g Protein, 44g Carb, 340mg Sodium, 7g Fiber, 385mg Cholesterol, 21g Fat, 9g Saturated, 7g Sugar, 10% Calcium, 20% Iron