# GLUTEN FREE November 3, 2017

**PREP GUIDE**

**MEAL #1**

- Cut vegetables:
  - 6 carrots, large dice (3 cups)
  - 6 parsnips, large dice (3 cups)
  - 1½ small butternut squash, large dice (4 cups)

**MEAL #2**

- 16 ounces garbanzo pasta prepared according to package directions (8 cups cooked)
- 2 lemons, juiced and zested (6 Tablespoons juice, 1 Tablespoon zest) * *for the week*
- Cut vegetable:
  - 4 ounces mushrooms, sliced (1½ cups)
  - 1 bunch kale, chopped (6 cups)

**MEAL #3**

- 7 cups cooked quinoa prepared according to package directions * *for the week*
- Cut vegetables:
  - ¾ large head broccoli, small florets (3 cups)
  - ½ butternut squash, shredded (1½ cups)

**MEAL #4**

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 8 ounces mushrooms, sliced (3 cups)
  - ¼ large head broccoli, chopped (1 cup)

**MEAL #5**

- Cut vegetables:
  - 1 bunch kale, chopped (6 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

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# 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 | 8 | *about 2 pounds* | 8 |
| 2 | salmon | 1-1/4 pounds | | 8 |
| 4 | ground beef | 1 pound | | 6 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost * |
|---|---|---|---|---|
| 1 | carrots | 6 | | 2 |
| 1 | sweet potatoes | 3 (8 oz) potatoes | | 1.5 |
| 1 | parsnips | 6 | | 3 |
| 1,3 | butternut squash | 2 medium | *about 1 pound each* | 4 |
| 2,5 | fresh dill | 1 small bunch | *need 2 Tablespoons chopped* | 1.5 |
| 2,5 | lemon | 2 | | 1 |
| 2,4 | mushrooms | 3/4 pound | *brown or button* | 4 |
| 2,5 | kale | 2 bunches | | 4 |
| 3,4 | broccoli | 1 head | | 2 |
| 4 | yellow onion | 1 | | 1 |
| 4 | fresh parsley | 1 small bunch | *optional - need 2 Tablespoons chopped* | 1.5 |
| | | | | |

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

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost * |
|---|---|---|---|---|
| 3,5 | quinoa | 3-1/2 cups | | 3.5 |
| 3,5 | pumpkin seeds | 1/2 cup | | 3 |
| 4 | gluten free worcestershire sauce | 1.5 Tablespoons | *optional* | 1 |
| 1,5 | dried cranberries | 1/4 cup | | 2 |
| | | | | |

| | |
|---|---|
| Fresh 20 Grocery Est | $58.00 |
| Cost Per Dinner | $11.60 |
| Cost Per Serving | $2.90 |

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|---|---|---|---|---|
| | olive oil | 3/4 cup | dried oregano | |
| | grapeseed oil | | herbes de provence | |
| | balsamic vinegar | | ground cumin | |
| | white wine vinegar | | raw honey or 100% maple syrup | 1 Tablespoon |
| | gluten free chicken/veg broth: low sodium | 1 cup (8 fl oz) | gluten free organic tomato paste | |
| | garlic | 4 cloves | gluten free Dijon mustard or brown mustard | 1 teaspoon |
| | kosher salt | 2 teapsoons | gluten free soy sauce or Braggs liquid aminos | |
| | black pepper | 2 teaspoons | gluten free pasta | 16 oz garbanzo pasta |
| | cayenne pepper | | long grain brown rice | |
| | paprika | | gluten free flour | 1-1/2 Tablespoons |

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 4 breasts for Meal #3. Serve remaining chicken with root vegetables.

Meanwhile

*For root veggie medley*

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

INGREDIENTS

*For roast chicken*

8 split chicken breasts
1½ Tablespoons olive oil
½ teaspoon kosher salt
½ teaspoon black pepper

*For root veggie medley*

3 Tablespoons olive oil
6 carrots, large dice (3 cups)
3 sweet potatoes, large dice (4½ cups)
6 parsnips, large dice (3 cups)
1½ small butternut squash, large dice (4 cups)
½ teaspoon kosher salt
½ teaspoon black pepper
2 Tablespoons dried cranberries

Roast Chicken:140kcal, 26g Protein, 0g Carb, 220mg Sodium, 0g Fiber, 65mg Cholesterol,4 g 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

# (2) SALMON PASTA

MADE AHEAD

- 8 ounces garbanzo pasta cooked according to package directions (4 cups cooked)
- 1 lemon, zested & juiced (3 Tablespoons juice, 1 Tablespoon 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 large skillet over medium heat and add oil and garlic and sauté for 1 minute. Add mushrooms and cook for 3-4 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.

INGREDIENTS

*For salmon pasta*

1¼ pound salmon fillets (sub 1¼ pounds chicken breast)
¼ teaspoon kosher salt
dash of black pepper
1 Tablespoon chopped fresh dill
1 Tablespoon lemon zest
1½ Tablespoons olive oil
2 cloves garlic, minced
4 ounces mushrooms, sliced (1½ cups)
1 bunch kale, chopped (6 cups)
4 cups cooked garbanzo pasta
⅓ cup sour cream
3 Tablespoons lemon juice

Salmon Pasta:490kcal, 46g Protein, 36g Carb, 240mg Sodium, 7g Fiber, 75mg Cholesterol, 20g Fat, 4.5g Saturated, 6g Sugar, 10% Calcium, 40% Iron

# (3) CHICKEN BROCCOLI QUINOA SKILLET

MADE AHEAD

- Cooked chicken breast * *from Meal #1*
- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: broccoli, butternut squash

DIRECTIONS

*For chicken broccoli quinoa skillet*

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add broccoli and cook for 2-3 minutes then add butternut squash, salt, and pepper and cook for another 3-4 minutes.
3. Add in quinoa, chicken, syrup, and seeds and serve.

INGREDIENTS

*For chicken broccoli quinoa skillet*

1½ Tablespoons olive oil
1 garlic clove, minced
¾ large head broccoli, small florets (3 cups)
½ butternut squash, shredded (1½ cups)
dash of kosher salt and pepper
3 cups cooked quinoa
4 cooked chicken breasts, diced * *from Meal #1*
1 Tablespoon maple syrup
2 Tablespoons 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

- 8 ounces garbanzo pasta prepared according to package directions (4 cups cooked)
- Cut vegetables: onion, broccoli, mushrooms

DIRECTIONS

*For beef stroganoff*

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add garlic and onion and sauté for 1 minute.
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.

INGREDIENTS

*For beef stroganoff*

1½ Tablespoons olive oil
1 garlic clove, minced
1 yellow onion, diced (1 cup)
1 pound lean ground beef
¼ teaspoon kosher salt
¼ teaspoon black pepper
8 ounces mushrooms, sliced (3 cups)
1½ Tablespoons gluten free flour
1 cup gluten free low-sodium chicken broth
¼ large head broccoli, chopped (1 cup)
2 Tablespoons chopped parsley
1½ Tablespoons gluten free Worcestershire sauce, optional
½ cup sour cream
4 cups cooked garbanzo pasta, warmed

Beef Stroganoff: 480kcal, 41g Protein, 46g Carb, 320mg Sodium, 11g Fiber, 75mg Cholesterol, 18g Fat, 6g Saturated, 10g Sugar, 8% Calcium, 45% Iron

# (5) FALL QUINOA SALAD

MADE AHEAD

- 4 cups cooked quinoa prepared according to package directions
- Roasted Vegetables * *from Meal #1*
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: kale

DIRECTIONS

*For fall quinoa salad*

Toss all ingredients together with dressing.

INGREDIENTS

*For fall quinoa salad*

4 cups cooked quinoa
Roasted veggies **from Meal #1*
1 bunch kale, chopped (6 cups)
¼ cup pumpkin seeds
2 Tablespoons dried cranberries

*For dressing*

3 Tablespoons lemon juice
2 Tablespoons olive oil
1 teaspoon gluten free Dijon mustard
dash of salt and pepper
1 Tablespoon 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