

PREP GUIDE

MEAL #1

- Marinate tofu 20 minutes
- 2 lemons, juiced (¼ cup) * *for the week*
- Cut vegetables:
 - 3 medium zucchini, sliced (6 cups)

MEAL #2

- 4 cups cooked brown rice prepared according to package directions
- Cut vegetables:
 - 2 yellow onions, diced (2 cups)
 - 3 bell peppers, diced (3 cups)
 - 1 jalapeno, seeded and diced
 - 3 carrots, grated (1 cup)
 - 4 ounces mushrooms, chopped (1½ cups)

MEAL #3

- Cut vegetables:
 - ½ yellow onion, thinly sliced (½ cup)
 - 10 ounces mushrooms, sliced (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 TOFU
Maple Sweet Potatoes & Zucchini

TUESDAY ②

STEWED BEANS
Veggie Rice

WEDNESDAY ③

MUSHROOM OMELET
Sweet Potatoes

THURSDAY ④

BLACK BEAN TACOS
Warm Slaw

FRIDAY ⑤

SWEET POTATO BURGER
Bruschetta Sauté



Shopping List

(1) Roasted Tofu (2) Stewed beans (3) Mushroom Omelet (4) Black Bean Tacos (5) Sweet Potato Burger

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2	lemon	2		1
1,3	sweet potatoes	4-1/2 pounds		7
1,4	zucchini	4 medium		4
2,3	yellow onion	3		3
2,4	bell peppers (any color)	4		4
2	jalapeno pepper	1	<i>optional</i>	0.5
2	carrots	3		1
2,5	tomatoes	10		3
2,3,5	fresh basil	1 bunch		1.5
2,3	mushrooms	1 pound	<i>brown or button</i>	4
3,4,5	spinach	1-1/4 pounds		3
4	avocado	1		1
4	green cabbage	1 small head		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	cream cheese	3 ounces		1.5
3	eggs	8		4
3	goat cheese crumbles	1/4 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	extra firm tofu	1 pound		3
2,4	black beans	3 (15 oz) cans		4.5
3	cinnamon	1 teaspoon		0.5
4	corn tortillas	8		2
4,5	almonds	1/2 cup		2.5
5	garbanzo beans	1 (15 oz) can	<i>optional, can use black beans</i>	1.5

Fresh 20 Grocery Est \$56.50
 Cost Per Dinner \$11.30
 Cost Per Serving \$2.83

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	dried oregano	
	grapeseed oil		herbes de provence	2 teaspoons
	balsamic vinegar	2 Tablespoons	ground cumin	1 teaspoon
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	3 Tablespoons
	veggie broth: low sodium	3/4 cup	organic tomato paste	
	garlic	11 cloves	Dijon mustard or brown mustard	1 Tablespoon
	kosher salt	2-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	2 cups
paprika		whole wheat flour		

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) HERB ROASTED TOFU

maple sweet potatoes & zucchini

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Marinade tofu for 20 minutes
- 1 lemon, juiced (2 Tablespoons)
- Cut vegetables: zucchini

DIRECTIONS

For herb roasted tofu

1. Heat oven to 400°F.
2. Slice tofu into 1½ to 2-inch-thick slices. Combine remaining ingredients and add tofu. Let tofu sit in marinade for at least 20 minutes.
3. Put on foil lined baking sheet and roast about 20 minutes, turning once halfway through.

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 broth.
3. Add potatoes back to the pot with cream cheese, salt, and maple syrup; mash together.
4. Save half of mash for Meal #5, serve remaining potatoes with tofu 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 tofu

1 pound extra firm tofu, drained and pressed
2 Tablespoons olive oil
2 Tablespoons lemon juice
2 cloves garlic, minced
2 teaspoons Herbes de Provence
1 Tablespoon Dijon mustard
¼ teaspoon kosher salt
½ teaspoon black pepper

For maple sweet potatoes

3 pounds sweet potatoes, cut into large chunks
1 Tablespoon olive oil
2 garlic cloves, minced
½ cup low-sodium vegetable 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

Tofu :190kcal, 12g Protein, 3g Carb, 150mg Sodium, 0g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 0g Sugar, 6% Calcium, 10% 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) STEWED BEANS

veggie rice

MAKE AHEAD

- 1 lemon, juiced (2 Tablespoons)
- 4 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, peppers, jalapeno, carrots, mushrooms

DIRECTIONS

For stewed beans

1. Heat oil in a skillet over medium heat and add garlic and onions. Cook for 2-3 minutes.
2. Add bell peppers, jalapeno, cumin, and tomatoes and cook for 5 minutes.
3. Add beans, broth, salt, and pepper and simmer for 10 minutes. Remove from heat and stir in lemon juice.
4. Reserve 2/3 for Meal #4. Serve remaining beans with veggie rice.

For veggie rice

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

INGREDIENTS

For stewed beans

3 Tablespoons olive oil
2 cloves garlic, minced
1 yellow onion, diced (1 cup)
3 bell peppers, diced (3 cups)
1 jalapeno, seeded and diced, optional
1 teaspoon ground cumin
3 tomatoes, diced (2¼ cups)
3 (15 oz) cans organic black beans, drained and rinsed
¼ cup low sodium vegetable broth
½ teaspoon kosher salt
½ teaspoon black pepper
2 Tablespoons lemon juice

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)
4 cups cooked brown rice
½ cup chopped basil
¼ teaspoon kosher salt
dash of black pepper

Stewed Beans: 270kcal, 13g Protein, 35g Carb, 250mg Sodium, 12g Fiber, 0mg Cholesterol, 9g Fat, 1g Saturated, 6g Sugar, 10% Calcium, 15% 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) MUSHROOM OMELET

sweet potatoes

OVEN TEMPERATURE: 425°F

MADE AHEAD

- Cut vegetables: onion, mushrooms, spinach

DIRECTIONS

For mushroom omelet

1. Preheat oven to 425°F (start sweet potatoes first).
2. Heat a large ovenproof nonstick skillet over medium heat and add oil, onion, and mushrooms. Sauté 4-5 minutes. Add spinach and stir until wilted.
3. Meanwhile, whisk egg with salt and pepper and pour into mushroom mixture. Top with basil and goat cheese.
4. Transfer to the oven when the sides are set and cook for 5-7 minutes.
5. Allow to cool slightly, then invert and slice into 4 pieces. Serve with sweet potatoes.

For sweet potatoes

Toss sweet potatoes with oil and cinnamon. Place on a baking sheet in a single layer and cook for 10-12 minutes per side.

INGREDIENTS

For mushroom omelet

1 Tablespoon olive oil
½ yellow onion, thinly sliced (½ cup)
10 ounces mushrooms, sliced (4 cups)
6 ounces spinach, chopped (4 cups)
8 eggs, beaten
dash each salt and black pepper
¼ cup chopped basil
¼ cup crumbled goat cheese, optional

For sweet potatoes

3 medium (6-8 oz) sweet potatoes, cut into rounds
1 Tablespoon olive oil
1 teaspoon ground cinnamon

Omelet :260kcal, 16g Protein, 8g Carb, 270mg Sodium, 2g Fiber, 370mg Cholesterol, 18g Fat, 4.5g Saturated, 2g Sugar, 8% Calcium, 15% Iron

Sweet Potatoes: 180kcal, 4g Protein, 31g Carb, 55mg Sodium, 5g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 10g Sugar, 4% Calcium, 6% Iron



(4) BLACK BEAN TACOS

MADE AHEAD

- Black beans * *from Meal #2*
- Cut vegetables: bell pepper, zucchini, cabbage

DIRECTIONS

For black beans tacos

1. Warm tortillas and black beans if desired.
2. Layer spinach on tortillas.
3. Top with warmed beans and avocado.
4. Serve with slaw.

For warm slaw

1. Heat a large non-stick skillet over medium heat and add oil and bell pepper.
2. Add zucchini and cabbage and cook for 2-3 minutes.
3. Add salt, pepper, syrup, and vinegar and cook for 1-2 minutes.
4. Toss in almonds and serve with black bean tacos.

INGREDIENTS

For black bean tacos

8 corn tortillas
2 ounces spinach (1½ cups)
Black beans, warmed **from Meal #2*
1 avocado, diced

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

Black Bean Tacos: 300kcal, 11g Protein, 41g Carb, 130mg Sodium, 8g Fiber, 0mg Cholesterol, 11g Fat, 41g Saturated, 3g Sugar, 4% Calcium, 10% Iron

Slaw: 140kcal, 6g Protein, 17g Carb, 120mg Sodium, 6g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 11g Sugar, 8% Calcium, 6% Iron



(5) SWEET POTATO BURGER

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 burger

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 baking sheet and cook about 20 minutes, turning once.
5. Serve with 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, beans, and spinach and cook for about 3-4 minutes. Add salt, pepper, basil, and balsamic vinegar.
3. Serve with sweet potato burger.

INGREDIENTS

For sweet potato burger

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

For bruschetta sauté

1 Tablespoon olive oil
3 cloves garlic, minced
3 tomatoes, diced (2¼ cups)
1 (15 oz) can organic garbanzo or black beans, drained and rinsed
12 ounces spinach, chopped (8 cups)
dash of 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

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