

PREP GUIDE

MEAL #1

- 16 ounces medium whole wheat pasta shells or bowties prepared according to package directions (8 cups cooked)
- 1 lemon, zested & juiced (1½ Tablespoons juice, 1 Tablespoon zest) * *for the week*
- Cut vegetables:
 - ¾ pounds brussels sprouts, shredded (3 cups)

MEAL #2

- Cut vegetable:
 - 1 small head broccoli, florets (3½ cups)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 12 ounces spinach, chopped (8-9 cups)

MEAL #4

- 3 cups cooked brown rice prepared according to package directions
- 3-4" fresh ginger, grated (3½ Tablespoons) * *for the week*
- Cut vegetables:
 - 1 yellow onion, sliced (1 cup)
 - 8 ounces mushrooms, sliced (3 cups)
 - 1 small head broccoli, chopped (3½ cups)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, sliced thin (1 cup)

MENU

MONDAY ①

PASTA & BRUSSELS SPROUTS

TUESDAY ②

BROCCOLI FRITTATA
Sweet Potatoes

WEDNESDAY ③

PASTA & BEAN SOUP

THURSDAY ④

GINGER TOFU STIR FRY

FRIDAY ⑤

SWEET POTATO SAAG



VEGETARIAN November 24, 2017

Shopping List

(1) Pasta & Brussels Sprouts (2) Broccoli Frittata (3) Pasta & Bean Soup (4) Ginger Tofu Stir Fry (5) Sweet Potato Saag

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	brussels sprouts	3/4 pound		2
1,5	lemon	1		0.5
2,4	broccoli	2 small heads		4
2,3	fresh parsley	1 bunch	<i>need 1/2 cup chopped</i>	1.5
3,4,5	yellow onion	3		3
3,5	spinach	1-3/4 pounds		7
4,5	fresh ginger	3-4"	<i>need 3-1/2 Tablespoons grated</i>	3
4	mushrooms	8 ounces	<i>brown or button</i>	2.5
2,5	sweet potatoes	3-1/4 pounds		5

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,2,3	parmesan cheese	1 cup		3
2	butter	1 Tablespoon	<i>optional, can use olive oil</i>	0.5
2,5	eggs	12		4
5	cream cheese	3 ounces		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,2,3	crushed red pepper	1 teaspoon		0.5
1,3	white beans	4 (15 oz) cans		6
3	diced tomatoes	1 (15 oz) can		1.5
4	extra firm tofu	16 ounces		3
4,5	cashews	3/4 cup		4
5	mild curry powder	1 Tablespoon		0.5

Fresh 20 Grocery Est \$52.50
 Cost Per Dinner \$10.50
 Cost Per Serving \$2.63

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	1-1/2 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	8 cups (64 fl oz)	organic tomato paste	1-1/2 Tablespoons
	garlic	13 cloves	Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	3 Tablespoons
	black pepper	1-1/2 teaspoons	whole grain pasta (shells or bowties)	16 ounces
	cayenne pepper		long grain brown rice	1-1/2 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) PASTA & BRUSSELS SPROUTS

MADE AHEAD

- 8 ounces medium whole wheat pasta shells or bowties prepared according to package directions (4 cups cooked)
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: brussels sprouts

DIRECTIONS

For pasta & brussels sprouts

1. Heat a large non-stick skillet over medium heat and add oil, garlic and crushed pepper.
2. Add sprouts, beans, salt, and pepper and cook for about 3-4 minutes.
3. Add pasta, broth and lemon zest and stir to warm through.
4. Serve topped with cheese

INGREDIENTS

For pasta & brussels sprouts

1½ Tablespoons olive oil
3 cloves garlic, minced
½ teaspoon crushed red pepper
¾ pound brussels sprouts, shredded (3 cups)
1½ (15 oz) can organic white beans, drained and rinsed
¼ teaspoon kosher salt
dash of black pepper
4 cups cooked whole wheat pasta
½ cup low sodium vegetable broth
1 Tablespoon lemon zest
¼ cup grated parmesan cheese

Pasta & Brussels: 450kcal, 23g Protein, 61g Carb, 480mg Sodium, 14g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 5g Sugar, 20% Calcium, 20% Iron



(2) BROCCOLI FRITTATA

sweet potatoes

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Cut vegetables: broccoli

DIRECTIONS

For sweet potatoes & broccoli

1. Heat oven to 400°F.
2. Toss sweet potatoes with oil, salt, and pepper and place in a single layer on a baking sheet.
3. Roast for 25-30 minutes.
4. While potatoes cook, toss broccoli with oil, crushed pepper, garlic, salt, and pepper.
5. Place broccoli on a second baking sheet and put in oven with sweet potatoes for 12 minutes.

For frittata

1. Add butter to a 10-inch non-stick oven proof skillet.
2. When butter has melted add broccoli.
3. Wisk eggs with salt, pepper, parsley and a tablespoon of water. Pour eggs over broccoli and cook for 4 minutes.
4. Sprinkle parmesan over eggs and transfer to 400°F oven. Cook about 10 minutes until set.
5. Let rest for 3 minutes then slice into 4 pieces and serve with potatoes.

INGREDIENTS

For sweet potatoes

1¼ pounds sweet potatoes, diced
1 Tablespoon olive oil
dash of kosher salt
dash of black pepper

For broccoli

1 small head broccoli, florets (3½ cups)
1 Tablespoon olive oil
¼ teaspoon crushed red pepper
1 clove garlic, minced
dash of kosher salt
dash of black pepper

For frittata

1 Tablespoon butter or olive oil
Roasted broccoli (from above)
8 large eggs
dash of kosher salt and ground black pepper
¼ cup chopped parsley
½ cup grated parmesan cheese

Sweet potato: 160kcal, 3g Protein, 29g Carb, 125mg Sodium, 5g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 9g Sugar, 4% Calcium, 6% Iron

Frittata: 310kcal, 21g protein, 12g Carb, 580mg Sodium, 5g fiber, 375mg cholesterol, 20g Fat, 7g saturated, 2g sugar, 25% Calcium, 10% iron



(3) PASTA AND BEAN SOUP

MADE AHEAD

- 8 ounces medium whole wheat pasta shells or bowties prepared according to package directions (4 cups cooked)
- Cut vegetables: onion, spinach

DIRECTIONS

For pasta and bean soup

1. Heat a large pot over medium heat and add oil. When oil is hot add onions, garlic, and red pepper and sauté for 3-4 minute.
2. Add broth, beans, and tomatoes and cook for 10 minutes.
3. Add spinach, salt, pepper, and pasta and stir until heated through.
4. Stir in parsley and serve topped with cheese.

INGREDIENTS

For pasta and bean soup

- 1½ Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 4 cloves garlic, minced
- ¼ teaspoon crushed red pepper
- 5 cups low-sodium vegetable broth
- 2 (15 oz) cans organic white beans, drained and rinsed
- 1 (15 oz) can diced tomatoes
- 12 ounces spinach, chopped (8-9 cups)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 4 cups cooked whole wheat pasta
- ¼ cup chopped parsley
- ¼ cup freshly grated parmesan cheese

Pasta and Bean soup: 460kcal, 22g Protein, 73g Carb, 590mg Sodium, 15g Fiber, 5mg Cholesterol, 11g Fat, 2g Saturated, 10g Sugar, 25% Calcium, 45% Iron



(4) GINGER TOFU STIR FRY

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 2-3" fresh ginger, grated (2 Tablespoons)
- Cut vegetables: onion, mushrooms, broccoli

DIRECTIONS

For ginger tofu stir fry

1. Heat a large non-stick skillet over medium heat and add 1 Tablespoon grapeseed oil.
2. When oil is hot add onion, garlic, and ginger and sauté for 1 minute.
3. Add tofu and cook for 5-7 minutes. Set aside and keep warm.
4. Add remaining oil, mushrooms, and broccoli and cook for 2-3 minutes then add black pepper, soy sauce, and broth and cook until broccoli is tender.
5. Serve over warmed rice topped with cashews.

INGREDIENTS

For ginger tofu stir fry

- 1½ Tablespoons grapeseed oil, divided
- 1 yellow onion, sliced (1 cup)
- 2 cloves garlic, minced
- 2 Tablespoons grated ginger
- 16 ounces extra firm tofu, drained, pressed and cut into 1 inch pieces
- 8 ounces mushrooms, sliced (3 cups)
- 1 small head broccoli, chopped (3½ cups)
- ¼ teaspoon black pepper
- 3 Tablespoons low-sodium soy sauce
- 2 Tablespoons low-sodium vegetable broth
- ¼ cup chopped cashews

- 3 cups cooked brown rice, warmed

Ginger Tofu Stir Fry: 270kcal, 19g Protein, 21g Carb, 120mg Sodium, 6g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 7g Sugar, 10% Calcium, 15% Iron

Brown Rice: 160kcal, 3g Protein, 34g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 6% Iron

Saag, a traditional side dish from Northern India, is made with chopped or pureed greens and spices. When cheese and other ingredients are added it becomes a flavorful main dish.

MADE AHEAD

- ½ lemon, juiced (1½ Tablespoons juice)
- 2" fresh ginger, grated (1½ Tablespoons)
- Cut vegetables: onion

DIRECTIONS

For sweet potato saag

1. Heat a large skillet over medium heat and add oil, onion, garlic, and ginger and sauté for 3 minutes. Stir in curry powder.
2. Add in sweet potatoes, salt, pepper, tomato paste, and broth. Bring to a simmer and cook until potatoes are tender, about 10 minutes. Add more broth or water if needed.
3. Stir in cream cheese. Add spinach and cook until wilted, then stir in lemon juice. Serve topped with an egg and garnish with cashews.

For eggs

Heat a large skillet over medium heat and add oil. Crack eggs into skillet and cook to desired doneness. Serve over sweet potato saag.

INGREDIENTS

For sweet potato saag

- 1½ Tablespoons olive oil
- 1 yellow onion, sliced thin (1 cup)
- 3 cloves garlic, minced
- 1½ Tablespoons grated ginger
- 1 Tablespoon mild curry powder
- 2 pounds sweet potatoes, diced
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1½ Tablespoons tomato paste
- 2 cups low-sodium vegetable broth
- 3 ounces cream cheese (6 Tablespoons)
- 16 ounces spinach (10-12 cups)
- 1½ Tablespoons lemon juice
- ½ cup cashews, chopped

For eggs

- 1 Tablespoon olive oil
- 4 eggs

Sweet potato saag: 380kcal, 12g Protein, 42g Carb, 430mg Sodium, 9g Fiber, 20mg Cholesterol, 19g Fat, 6g Saturated, 15g Sugar, 15% Calcium, 35% Iron

Egg: 100kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 180mg Cholesterol, 8g Fat, 2g Saturated, 0g Sugar, 2% Calcium, 6% Iron