

PREP GUIDE**MEAL #1**

- Cut vegetables:
 - 2 carrots, diced (1 cup)
 - 1 parsnip, diced ($\frac{2}{3}$ cup)
 - $\frac{1}{2}$ small butternut squash, diced (1 $\frac{1}{2}$ cups)

MEAL #2

- 1 $\frac{1}{2}$ cups cooked brown rice prepared according to package directions* *for the week*
- $\frac{1}{2}$ lemon, zested & juiced (1 $\frac{1}{2}$ Tablespoons juice, $\frac{1}{2}$ Tablespoon zest) * *for the week*
- Cut vegetable:
 - 3 ounces spinach, chopped (2 cups)

MEAL #3

- Blanch broccoli**see below*
- Cut vegetables:
 - $\frac{1}{4}$ yellow onion, sliced thin ($\frac{1}{4}$ cup)

MEAL #4

- 1" fresh ginger, grated ($\frac{3}{4}$ teaspoon)
- Cut vegetables:
 - $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
 - 1 carrot, sliced ($\frac{1}{2}$ cup)
 - $\frac{1}{4}$ head broccoli, small florets (1 cup)

MEAL #5

- no prep needed

Blanched Broccoli (Meal #3)

$\frac{1}{4}$ head broccoli, florets (1 cup)

Heat pot of salted water to a boil. Add broccoli and cook for about 2-3 minutes, then transfer to a bowl of ice water. Drain well.

MENU**MONDAY ①**

SEARED STEAK
Root Veggies

TUESDAY ②

LEMON FISH
Greek rice

WEDNESDAY ③

FRENCH ONION SANDWICH
Broccoli

THURSDAY ④

CHICKEN BROCCOLI STIR FRY

FRIDAY ⑤

GRILLED CHEESE & VEGGIE SOUP



CLASSIC December 22, 2017

Shopping List

(1) Seared Steak (2) Lemon Fish (3) French Onion Sandwich (4) Chicken Broccoli Stir Fr (5) Grilled Cheese & Veggie Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	sirloin steak	8 ounce		3
2	fish fillets	1/3 pound	<i>your choice, choose a firm white fish</i>	3
4	chicken breast	1/4 pound		2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	fresh rosemary	few sprigs	<i>need 1/2 teaspoon chopped</i>	1
1,4	carrots	3		1
1	sweet potato	1 small	<i>about 6 ounces</i>	1
1	parsnips	1		0.5
1	butternut squash	1 small	<i>about 2 pounds</i>	2
2,3,4	lemon	1		0.5
2,3,5	spinach	1/4 pound		2
3,4	yellow onion	1		1
3,4	broccoli	1 head		2
4	fresh ginger	1"	<i>optional - need 3/4 teaspoon grated</i>	1

Recipe #	Dairy	Quantity	Notes	Est Cost *
2	feta cheese	1 Tablespoon		1
5	provolone cheese	1 ounce	<i>1 slice</i>	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
3,5	whole wheat rolls	2		1

Fresh 20 Grocery Est \$23.00
 Cost Per Dinner \$4.60
 Cost Per Serving \$4.60

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

root veggies

OVEN TEMPERATURE: 325°F

MADE AHEAD

- Cut vegetables: carrots, parsnips, butternut squash

DIRECTIONS

For seared steak

1. Combine oil, garlic, rosemary, salt, and pepper. Brush evenly steak.
2. Heat a stovetop grill pan to high heat and add steak. Cook 2-3 minutes until well seared. Reduce heat to medium and turn steak. Cook an additional 2-3 minutes, depending on thickness, to desired doneness. Let rest 2-3 minutes.
3. Save have the steak for Meal #3, serve remaining steak with veggies for dinner.

Meanwhile

For root veggies

1. Toss all ingredients together and put on a foil-lined baking sheet.
2. Put in 325°F oven for about 35 minutes.
3. Save half for Meal #5, serve remaining veggies with steak.

Dairy Free:

Gluten Free:

Vegetarian: *Omit steak, prepare veggies as above. Prepare Bean Burger: Heat 1 teaspoon oil in a skill over medium heat, add ¼ cup sliced onion and 1 minced garlic clove; cook 1 minute. Add ½ cup garbanzo beans and ¼ cup chopped spinach; cook until spinach wilts. Transfer to a food processor with the following: pinch of paprika, cumin, salt, and pepper, 2 Tablespoons bread crumbs, 2 teaspoons lemon juice, ½ teaspoon lemon zest. Process until almost smooth. Form into a burger patty, refrigerate for 30 minutes. Fry in an oiled skillet for 2-3 minutes per side.*

INGREDIENTS

For seared steak

8 ounce sirloin steak
¾ teaspoon olive oil
½ clove garlic, minced
½ teaspoon chopped rosemary
¼ teaspoon kosher salt
¼ teaspoon black pepper

For root veggies

2 carrots, diced (1 cup)
1 small sweet potato, diced (1 cup)
1 parsnip, diced (¾ cup)
½ small butternut squash, diced (1½ cups)
½ Tablespoon olive oil
¼ teaspoon kosher salt
¼ teaspoon black pepper

Steak: 320kcal, 49g Protein, 0g Carb, 280mg Sodium, 0g Fiber, 125mg Cholesterol, 13g Fat, 4g Saturated, 0g Sugar, 4% Calcium, 6% Iron

Root Veggies: 160kcal, 3g Protein, 30g Carb, 190mg Sodium, 7g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 9g Sugar, 6% Calcium, 6% Iron



(2) LEMON FISH Greek rice

MADE AHEAD

- $\frac{3}{4}$ cup cooked brown rice prepared according to package directions
- $\frac{1}{4}$ lemon, zested & juiced (2 $\frac{1}{4}$ teaspoons juice, $\frac{3}{4}$ teaspoon zest)
- Cut vegetables: spinach

DIRECTIONS

For lemon fish

1. Heat a small skillet over medium heat and add oil. When oil is hot add garlic and cook for 15-30 seconds.
2. Season fish with salt and pepper and cook about 2-3 minutes per side until firm and opaque (cook chicken 4-5 minutes per side, depending on thickness, until no longer pink in the center).
3. Drizzle with lemon and serve over Greek rice.

For Greek rice

1. Heat a non-stick skillet over medium heat and add oil and garlic; sauté for 30 seconds.
2. Add spinach and cook until wilted then add rice, salt, and pepper.
3. Stir until warmed through and garnish with feta cheese.

Dairy Free: *Omit feta cheese.*

Gluten Free:

Vegetarian: *Omit fish, prepare Greek Rice as follows: Heat a skillet over medium heat and add $\frac{1}{2}$ Tablespoon oil and $\frac{1}{4}$ cup diced onion; cook 1 minute. Add 2 cups chopped spinach and $\frac{1}{2}$ cup white beans and cook until spinach wilts. Add $\frac{3}{4}$ cup cooked brown rice and pinch of salt and pepper. Stir until warmed through. Remove from heat and add 2 teaspoons lemon juice and $\frac{1}{2}$ teaspoon lemon zest. Garnish with 2 Tablespoons feta cheese and 1 Tablespoon toasted pine nuts.*

INGREDIENTS

For lemon fish

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{4}$ garlic clove, minced
 $\frac{1}{2}$ pound fish fillet (sub $\frac{1}{2}$ pound chicken breast)
pinch of kosher salt and pepper
2 $\frac{1}{4}$ teaspoons lemon juice
 $\frac{3}{4}$ teaspoon lemon zest

For Greek rice

1 teaspoon olive oil
 $\frac{1}{2}$ garlic clove, minced
3 ounces spinach, chopped (2 cups)
 $\frac{3}{4}$ cup cooked brown rice
 $\frac{1}{8}$ teaspoon kosher salt
pinch of black pepper
1 Tablespoon crumbled feta cheese

Lemon Fish:190kcal, 32g Protein, 0g Carb, 190mg Sodium, 0g Fiber, 85mg Cholesterol, 6g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron

Greek Rice:270kcal, 8g Protein, 38g Carb, 430mg Sodium, 5g Fiber, 5mg Cholesterol, 8g Fat, 2g Saturated, 0g Sugar, 10% Calcium, 15% Iron



(3) OPEN-FACED FRENCH ONION SANDWICH

broccoli

MADE AHEAD

- ¼ pound cooked sirloin steak * *from Meal #1*
- Blanched broccoli * *see prep guide*
- ¼ lemon, zested (¾ teaspoon)
- Cut vegetables: onion

DIRECTIONS

For French onion sandwich

1. Heat a small skillet over medium heat and add oil, onions, salt, and pepper. Cook about 5 minutes until brown and caramelized.
2. Add both and bring to a simmer.
3. Add in beef slices and simmer just until warm.
4. Put beef and spinach on roll and serve the juice on the side for dipping.
5. Serve with a fork and knife.

Meanwhile

For broccoli

1. Heat a non-stick skillet over medium heat and add oil.
2. Add broccoli, salt, and pepper and stir until just heated through.
3. Garnish with lemon zest before serving.

Dairy Free:

Gluten Free: *For sandwich omit broth and roll. Serve beef, onion, and spinach on 2 corn tortillas.*

Vegetarian: *Omit above, serve Pasta with Beans & Broccoli: Heat a skillet over medium heat and add 1 teaspoon oil and ½ minced garlic clove; sauté 15 seconds. Add ½ cup white beans, 1 cup blanched broccoli florets (see prep guide), pinch of red pepper flakes, and ¾ teaspoon lemon zest. Cook 1 minute. Add 1 cup cooked whole wheat pasta and 1 Tablespoon broth and stir to warm. Top with 2 Tablespoon parmesan cheese and serve with 2 clementines.*

INGREDIENTS

For French onion sandwich

¾ teaspoon olive oil
¼ yellow onion, sliced thin (¼ cup)
pinch of kosher salt and pepper
2 Tablespoons low-sodium beef or chicken broth
¼ pound cooked sirloin steak, sliced thin * *from Meal #1*
½ a whole wheat roll
⅓ cup spinach

For broccoli

¾ teaspoon olive oil
1 cup blanched broccoli * *see prep guide*
pinch of kosher salt and pepper
¾ teaspoon lemon zest

Sandwich: 460kcal, 55g Protein, 17g Carb, 500mg Sodium, 1g Fiber, 125mg Cholesterol, 17g Fat, 4.5g Saturated, 4g Sugar, 10% Calcium, 15% Iron

Broccoli: 70kcal, 3g Protein, 8g Carb, 120mg Sodium, 4g Fiber, 0mg Cholesterol, 4g Fat, 0.5g Saturated, 2g Sugar, 4% Calcium, 6% Iron



(4) CHICKEN BROCCOLI STIR FRY

MADE AHEAD

- ¾ cup cooked brown rice prepared according to package directions
- 1" fresh ginger, grated (¾ teaspoon)
- ¼ lemon, juiced (2¼ teaspoons)
- Cut vegetables: onion, carrots, broccoli

DIRECTIONS

For chicken broccoli stir-fry

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add garlic, onion, and ginger and sauté for 1 minute. Add chicken and cook for 3-4 minutes until cooked through.
3. Add carrots and broccoli and cook for 2-3 minutes.
4. Add remaining ingredients and stir until heated through.

Dairy Free:

Gluten Free: *Use gluten free soy sauce.*

Vegetarian: *Replace chicken with ¼ pound extra firm tofu that has been drained, pressed, and cubed. Cook alone in oiled pan for 5-6 minutes until golden brown. Remove from pan and continue with recipe at step 1. Add back to pan with remaining ingredients in step 4.*

INGREDIENTS

For chicken broccoli stir Fry

¾ teaspoon grapeseed or sesame oil
½ garlic clove, minced
¼ yellow onion, diced (¼ cup)
¾ teaspoon grated ginger **optional*
¼ pound chicken breast, diced
1 carrot, sliced (½ cup)
¼ head broccoli, chopped (1 cup)
Pinch of black pepper
½ Tablespoon low sodium soy sauce
¾ teaspoon honey
2¼ teaspoons lemon juice
¾ cup cooked brown rice, warmed

Chicken Broccoli Stir Fry: 290kcal, 32g Protein, 27g Carb, 180mg Sodium, 8g Fiber, 65mg Cholesterol, 6g Fat, 0g Saturated, 14g Sugar, 8% Calcium, 10% Iron

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



(5) GRILLED CHEESE & VEGGIE SOUP

MADE AHEAD

- Roasted root veggies **from Meal #1*

DIRECTIONS

For veggie soup

1. In a small soup pot heat roasted veggies and broth.
2. Puree all or part of the soup to achieve desired consistency; add additional broth or water if needed.

For grilled cheese

1. Heat a non-stick skillet over medium heat.
2. Assemble sandwich with cheese and spinach.
3. Brush sandwich with olive oil and cook about 2 minutes per side until cheese has melted and bread is golden brown.

Dairy Free: Omit grilled cheese, add ¼ pound cooked crumbled sausage to soup after pureeing. Serve with side of fruit if desired.

Gluten Free: Garnish soup with 1 Tablespoon pumpkin seeds. Omit roll, prepare quesadilla using cheese, spinach and 2 corn tortillas.

Vegetarian:

INGREDIENTS

For veggie soup

Roasted veggies **from Meal #1*
1 cup low-sodium vegetable broth

For grilled cheese

1 whole wheat roll, sliced in half
1 ounce sliced provolone cheese (1 slice)
¼ cup spinach leaves
¾ teaspoon olive oil

Veggie Soup: 170kcal, 3g Protein, 33g Carb, 330mg Sodium, 7g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 11g Sugar, 8% Calcium, 6% Iron

Grilled Cheese: 290kcal, 15g Protein, 27g Carb, 660mg Sodium, 0g Fiber, 20mg Cholesterol, 13g Fat, 5g Saturated, 4g Sugar, 20% Calcium, 10% Iron