

PREP GUIDE

MEAL #1

- ½ lemon, zested & juiced (2¼ teaspoons juice, 1 teaspoon zest) * *for the week*
- Cut vegetables:
 - ¼ pound green beans, cut into 2 inch pieces (¾ cup)

MEAL #2

- 4 ounces whole wheat pasta prepared according to package directions (2 cups) * *for the week*
- Steam broccoli * *see below*

MEAL #3

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ¼ bell pepper, diced (¼ cup)
 - ½ carrot, shredded (2½ Tablespoons)
 - ½ cup chopped kale

MEAL #4

- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ½ bell pepper, diced (½ cup)
 - ½ cup chopped kale

MEAL #5

- Roasted sweet potatoes **see below*
- Cut vegetables:
 - ¼ yellow onion, diced (¼ cup)
 - ½ bell pepper, diced (½ cup)
 - 1½ cups chopped kale

Steamed Broccoli (Meal #2)

1 cup broccoli florets

Bring a 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.

Roasted Sweet Potatoes (Meal #5)

½ pound sweet potatoes, peeled & cubed

¾ teaspoon olive oil

pinch of kosher salt and pepper

Heat oven to 400°F. Toss ingredients together and put on baking sheet and cook about 20-25 minutes until tender.

MENU

MONDAY ①

HERB CHICKEN

Green Beans & Sweet Potatoes

TUESDAY ②

SALMON PESTO PASTA

WEDNESDAY ③

SHEPHERDS PIE

THURSDAY ④

MEDITERRANEAN CHICKEN PASTA

FRIDAY ⑤

FAJITA HASH



FOR ONE December 29, 2017

Shopping List

(1) Herb Chicken (2) Salmon Pesto Pasta (3) Shepherds Pie (4) Mediterranean Chicken Pasta (5) Fajita Hash

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	chicken thighs	3/4 pound	<i>boneless, skinless</i>	3
2	salmon fillets	1/4 pound		2.5
3	lean ground beef	1/4 pound		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2	lemon	1		0.5
1,3,5	sweet potatoes	1-1/4 pounds		2
1	green beans	1/4 pound		1
2	broccoli florets	1 small head		2
2,4	fresh basil	1 bunch	<i>need 1/4 cup chopped</i>	1.5
3,4,5	yellow onion	1		1
3,4,5	bell pepper	2	<i>any color</i>	2
3	carrots	1		0.5
3,4,5	kale	1 bunch		2
3,5	cilantro	1 bunch	<i>need 2 Tablespoons chopped</i>	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,5	goat cheese	1-1/2 ounces		1.5
5	eggs	2		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
2,5	pine nuts	2 Tablespoons		1
3	diced tomatoes	1 (15 oz) can		1.5
4	sundried tomatoes	2 Tablespoons		1
4	green olives	1/2 Tablespoon	<i>optional</i>	1

Fresh 20 Grocery Est \$28.00
 Cost Per Dinner \$5.60
 Cost Per Serving \$5.60

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	1/8 teaspoon
	grapeseed oil		herbes de provence	1/2 teaspoon
	balsamic vinegar		ground cumin	1/2 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	1/3 cup (3 fl oz)	organic tomato paste	
	garlic	2 cloves	Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	
	black pepper	1/2 teaspoon	whole grain pasta	4 ounces
	cayenne pepper	1/8 teaspoon	long grain brown rice	
paprika	1/4 teaspoon	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 CHICKEN

green beans & sweet potatoes

OVEN TEMPERATURE: 375°F

MADE AHEAD

- ¼ lemon, zested & juiced (2¼ teaspoons juice, ¾ teaspoon zest)
- Cut vegetables: green beans

DIRECTIONS

For herb chicken

1. Preheat oven to 375°F.
2. In a bowl, combine oil, garlic, paprika, Herbes, salt, pepper, and lemon. Add chicken and toss gently to coat.
3. Put chicken on a baking sheet and bake for about 35 minutes.
4. Save half for Meal #4. Serve remaining chicken with sweet potatoes and green beans.

Meanwhile

For mashed sweet potatoes

1. Put sweet potatoes in a pot of salted water and bring to a boil. Cook for about 10-12 minutes until tender.
2. Drain well and return to pot. Add broth, oil, salt, and pepper and mash to desired consistency.
3. Save half for Meal #3, serve remaining potatoes with chicken and green beans.

For green beans

1. Heat a non-stick skillet over medium-high heat and add oil.
2. When oil is hot add beans, salt and pepper and sauté about 3-4 minutes until lightly browned.

Dairy Free:

Gluten Free: *Use gluten free broth.*

Vegetarian: *Omit chicken. Prepare mashed potatoes as above. For green beans, sauté ¼ cup diced onion in oil for 1 minute before adding green beans, ¾ cup cooked green or brown lentils, salt, and pepper.*

INGREDIENTS

For herb chicken

¾ teaspoon olive oil
1 garlic clove, minced
¼ teaspoon paprika
½ teaspoon Herbes de Provence
⅛ teaspoon kosher salt
⅛ teaspoon black pepper
2¼ teaspoons lemon juice
¾ teaspoon lemon zest
¾ pound chicken thighs, boneless skinless

For mashed sweet potatoes

¾ pound sweet potatoes, peeled, large chunks
3 Tablespoons low-sodium chicken broth
¾ teaspoon olive oil
Pinch of kosher salt
Pinch of black pepper

For green beans

¾ teaspoon olive oil
¼ pound green beans, cut into 2 inch pieces (¾ cup)
pinch of kosher salt and pepper

Chicken:220kcal, 33g Protein, 0g Carb, 310mg Sodium, 0g Fiber, 160mg Cholesterol, 9g Fat, 2g Saturated, 0g Sugar, 0% Calcium, 6 % Iron

Sweet Potato:170kcal, 4g Protein, 35g Carb, 140mg Sodium, 6g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 11g Sugar, 6% Calcium, 6% Iron

Green Beans:60kcal, 2g Protein, 7g Carb, 75mg Sodium, 3g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 2g Sugar, 4% Calcium, 6% Iron



(2) SALMON PESTO PASTA

MADE AHEAD

- Steamed broccoli * *see prep guide*
- 2 ounces whole wheat pasta prepared according to package directions (1 cup cooked)
- ¼ lemon, zested, (¼ teaspoon zest)

DIRECTIONS

For salmon pesto pasta

1. Heat a non-stick skillet over medium heat and add oil and garlic; sauté for 20-30 seconds.
2. Add salmon and cook for 2-3 minutes then add broccoli, salt, and pepper; stir to combine.
3. Add pasta and broth and stir until heated through.
4. Turn off heat and add basil, zest, pine nuts, and goat cheese.

Dairy Free: Omit goat cheese

Gluten Free: Use gluten free pasta (garbanzo, bean, or lentil) and broth.

*Vegetarian: Omit above, prepare Pesto Quinoa:
Heat a skillet over medium heat and add 1 teaspoon oil and ½ minced garlic clove; sauté 15 seconds. Add 1 cup steamed broccoli, ½ cup white beans, 1 cup shredded kale, and a pinch of salt and pepper. Stir to combine. Add 1 cup cooked quinoa and 1 Tablespoon broth, stir until heated through. Turn off heat, stir in 3 Tablespoons chopped basil, pinch of lemon zest, 1 Tablespoon pine nuts, and 2-3 Tablespoons goat cheese.*

INGREDIENTS

For salmon pesto pasta

¾ teaspoon olive oil
½ clove garlic, minced
¼ pound salmon fillets, cut into cubes
(sub ¼ pound chicken breast, cut into cubes)
1 cup steamed broccoli * *see prep guide*
Pinch of kosher salt
Pinch of black pepper
1 cup cooked whole wheat pasta
1 Tablespoon low sodium chicken broth
3 Tablespoons basil, chopped
¼ teaspoon lemon zest
½ Tablespoon pine nuts, toasted
½ ounce goat cheese, crumbled
(2 Tablespoons)

Pasta: 450kcal, 36g Protein, 39g Carb, 310mg Sodium, 7g Fiber, 70mg Cholesterol, 19g Fat, 4.5g Saturated, 2g Sugar, 8% Calcium, 15% Iron

OVEN TEMPERATURE: Medium Broil

MADE AHEAD

- $\frac{3}{4}$ cup mashed sweet potatoes * *from Meal #1*
- Cut vegetables: onion, bell pepper, carrots, kale

DIRECTIONS

For shepherds pie

1. Heat a skillet over medium heat and add oil, onion, and garlic and cook for 30 seconds.
2. Add ground beef, crumbling as it cooks. Cook 2-4 minutes until cooked through.
3. Add bell peppers, carrots, kale, cumin, cayenne, salt, and pepper and cook for 2-3 minutes.
4. Add in tomatoes and cilantro and simmer for 2 minutes.
5. Put ground beef mixture in a small, lightly oiled baking dish or mini loaf pan. Spread mashed sweet potatoes in an even layer on top.
6. Broil for 6-7 minutes until lightly browned.

Dairy Free:

Gluten Free:

Vegetarian: *Omit beef, add $\frac{1}{2}$ cup diced mushrooms with bell pepper in step 3. Add $\frac{3}{4}$ cup cooked green or brown lentils with diced tomatoes in step 4.*

INGREDIENTS

For shepherds pie

- $\frac{3}{4}$ teaspoon olive oil
- $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
- $\frac{1}{2}$ clove garlic, minced
- $\frac{1}{4}$ pound lean ground beef
- $\frac{1}{4}$ bell pepper, diced ($\frac{1}{4}$ cup)
- $\frac{1}{2}$ carrot, shredded (2 $\frac{1}{2}$ Tablespoons)
- $\frac{1}{2}$ cup chopped kale
- $\frac{1}{4}$ teaspoon cumin
- Pinch of cayenne
- $\frac{1}{8}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{4}$ (15 ounce) can diced tomatoes
- 1 Tablespoon chopped cilantro
- $\frac{3}{4}$ cup mashed sweet potatoes * *from Meal #1*

Shepard's Pie: 450kcal, 30g Protein, 50g Carb, 430mg Sodium, 9g Fiber, 60mg Cholesterol, 11g Fat, 2.5g Saturated, 20g Sugar, 10% Calcium, 20% Iron



(4) MEDITERRANEAN CHICKEN PASTA

MADE AHEAD

- ½ pound cooked chicken * *from Meal #1*
- 2 ounces whole wheat pasta prepared according to package directions (1 cup cooked)
- Cut vegetables: onion, bell pepper, kale

DIRECTIONS

For Mediterranean chicken pasta

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and garlic and sauté for 30 seconds.
3. Add bell pepper and kale and cook for 1 minute.
4. Add chicken, salt, pepper, oregano, tomatoes, and broth and cook until heated through.
5. Add pasta, basil and olives; stir until warm and serve.

Dairy Free:

Gluten Free: Use gluten free broth and pasta.

Vegetarian: Omit chicken, use vegetable broth. Add ½ cup white beans in step 4. Top with 3 Tablespoons goat cheese.

INGREDIENTS

For Mediterranean chicken pasta

¾ teaspoon olive oil
¼ yellow onion, diced (¼ cup)
½ clove garlic, minced
½ bell pepper, diced (½ cup)
½ cup chopped kale
½ pound cooked chicken, diced *
from Meal #1
Pinch of kosher salt
Pinch of black pepper
⅓ teaspoon dried oregano
2 Tablespoons sun-dried tomatoes, soaked* and chopped
2 Tablespoons low-sodium chicken broth
1 cup cooked whole wheat pasta
1 Tablespoon chopped basil
½ Tablespoon chopped green olives, optional

** place sundried tomatoes in a glass bowl and cover with hot water. Let sit 10 minutes until softened, drain, and chop*

Pasta: 490kcal, 42g Protein, 47g Carb, 560mg Sodium, 7g Fiber, 160mg Cholesterol, 15g Fat, 3g Saturated, 9g Sugar, 4% Calcium, 20% Iron

MADE AHEAD

- Roasted sweet potatoes **see prep guide*
- Cut vegetables: onion, bell pepper, kale

DIRECTIONS

For fajita hash

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot add onions and bell peppers and sauté for 1-2 minutes.
3. Add kale, salt, and pepper and cook for 2 minutes until kale begins to wilt.
4. Add sweet potatoes and cumin and stir to heat through.
5. Turn heat off and add cilantro.
6. Top with goat cheese, pine nuts, and fried eggs.

Meanwhile

For fried eggs

1. Heat a non-stick skillet over medium high heat and add oil.
2. When oil is hot add eggs and cook until desired doneness.
3. Serve over fajita hash.

Dairy Free: *Omit cheese.*

Gluten Free:

Vegetarian:

INGREDIENTS

For fajita hash

$\frac{3}{4}$ teaspoon olive oil
 $\frac{1}{4}$ yellow onion, diced ($\frac{1}{4}$ cup)
 $\frac{1}{2}$ bell pepper, diced ($\frac{1}{2}$ cup)
 $1\frac{1}{2}$ cups chopped kale
Pinch of kosher salt
Pinch of black pepper
 $\frac{1}{3}$ pound roasted sweet potatoes
**see prep guide*
Pinch of cumin
1 Tablespoon chopped cilantro
1 ounce goat cheese, crumbled ($\frac{1}{4}$ cup)
1 Tablespoon pine nuts, toasted

For fried eggs

$\frac{3}{4}$ teaspoon olive oil
2 eggs

Fajita Hash: 340kcal, 11g Protein, 45g Carb, 370mg Sodium, 9g Fiber, 35mg Cholesterol, 15g Fat, 5g Saturated, 16g Sugar, 10% Calcium, 10% Iron

Eggs: 170kcal, 12g Protein, 2g Carb, 130mg Sodium, 0g Fiber, 360mg Cholesterol, 13g Fat, 3g Saturated, 0g Sugar, 4% Calcium, 6% Iron