

## PREP GUIDE

### MEAL #1

- 8 cups cooked quinoa prepared according to package directions  
\* *for the week*
- Cut vegetables:
  - 1 small yellow onion, minced ( $\frac{3}{4}$  cup)
  - 2 carrots, shredded ( $\frac{2}{3}$  cup)
  - 6 ounces mushrooms, chopped (2 cups)
  - 4 bell peppers, cut in half lengthwise and seeded

### MEAL #2

- Cut vegetables:
  - 2 butternut squash, peeled & cut into cubes (about 10 cups)
  - 1 bunch kale, chopped (6 cups)

### MEAL #3

- Cut vegetables:
  - 1 small yellow onion, chopped ( $\frac{3}{4}$  cup)
  - 1 head broccoli, chopped (4 cups)

### MEAL #4

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 bell peppers, diced small (2 cups)
  - 8 ounces mushrooms, chopped (3 cups)
  - 1 bunch kale, chopped (6 cups)

### MEAL #5

- 6 eggs, hardboiled
- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 1½ bunches kale, chopped (9 cups)
  - 4 ounces mushrooms, sliced (1½ cups)

## MENU

### MONDAY ①

STUFFED PEPPERS  
Roast Potatoes

### TUESDAY ②

BUTTERNUT SQUASH & KALE  
Polenta

### WEDNESDAY ③

QUINOA BROCCOLI CHEESE BAKE

### THURSDAY ④

BLACK BEAN POTATO SOUP

### FRIDAY ⑤

BUTTERNUT QUINOA



# Shopping List

(1) Stuffed Peppers (2) Butternut Squash & Kale (3) Broccoli Cheese Bake (4) Black Bean Potato Soup (5) Butternut Quinoa

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,4,5	yellow onion	4		4
1	carrots	2		1
1,4,5	mushrooms	1-1/4 pounds	<i>brown or button</i>	6
1,4	bell peppers	6	<i>any color</i>	6
1,4	russet potatoes	2-1/2 pounds		2.5
2,5	butternut squash	2 medium	<i>about 3 pounds each</i>	4
2,4	rosemary	few sprigs	<i>need 3-1/2 teaspoons chopped</i>	1
2,4,5	kale	4 bunches		8
3	broccoli	1 head		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,2,5	egg	11		4
2	2% milk	1/2 cup		1
3	shredded cheese	1/2 cup	<i>your choice</i>	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,4	black beans	3 (15 oz) cans		4.5
1,3,5	quinoa	4 cups		4
1,3	panko bread crumbs	1/2 cup		2
1,4	crushed tomatoes	2 (15 oz) cans	<i>unsalted or low sodium</i>	3
2,3	white beans	2 (15 oz) cans		3
2	cornmeal	1 cup	<i>medium or coarse grind</i>	1

Fresh 20 Grocery Est \$59.00  
 Cost Per Dinner \$11.80  
 Cost Per Serving \$2.95

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	dried oregano	
	grapeseed oil		herbes de provence	2 teaspoons
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	veggie broth: low sodium	8 cups (64 fl oz)	organic tomato paste	2 Tablespoons
	garlic	10 cloves	Dijon mustard or brown mustard	
	kosher salt	2-1/2 teaspoons	soy sauce or Braggs liquid amino acid	1 Tablespoon
	black pepper	2 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://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) STUFFED PEPPERS

## roast potatoes

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- 2 cups cooked quinoa prepared according to package directions
- Cut vegetables: onion, carrots, mushrooms, bell peppers

### DIRECTIONS

#### *For stuffed peppers*

1. Heat oven to 400°F.
2. Combine all ingredients except tomatoes and peppers.
3. Fill each pepper half with bean-quinoa mixture and put in a baking dish.
4. Pour crushed tomatoes over peppers and cover with foil.
5. Bake about 25 minutes.

#### Meanwhile

#### *For roast potatoes*

1. Toss all ingredients together and put on a baking sheet.
2. Put in oven with peppers for about 25 minutes.
3. Save half for Meal #4, serve remaining potatoes with stuffed peppers.

### INGREDIENTS

#### *For stuffed peppers*

- 1 Tablespoon olive oil
- 1 small yellow onion, minced ( $\frac{3}{4}$  cup)
- 2 cloves garlic, minced
- 2 carrots, shredded ( $\frac{2}{3}$  cup)
- 6 ounces mushrooms, chopped (2 cups)
- 1 (15 oz) can organic black beans, drained and rinsed
- 2 cups cooked quinoa
- 1 egg
- 2 Tablespoons tomato paste
- 1 Tablespoon maple syrup
- 1 Tablespoon low-sodium soy sauce
- dash of kosher salt
- $\frac{1}{4}$  teaspoon black pepper
- 1 teaspoon Herbes de Provence
- $\frac{1}{4}$  cup panko bread crumbs
  
- 1 (15 oz) can crushed tomatoes
- 4 bell peppers, cut in half lengthwise and seeded

#### *For roast potatoes*

- 2½ Tablespoons olive oil
- 2½ pounds russet potatoes
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon black pepper

Stuffed Peppers: 370kcal, 16g Protein, 61g Carb, 200mg Sodium, 12g Fiber, 45mg Cholesterol, 7g Fat, 1g Saturated, 18g Sugar, 10% Calcium, 30% Iron

Potatoes: 150kcal, 3g Protein, 35g Carb, 150mg Sodium, 2g Fiber, 0mg Cholesterol, 4.5g Fat, 0.5g Saturated, 1g Sugar, 2% Calcium, 6% Iron



## (2) BUTTERNUT SQUASH & KALE with polenta & eggs

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- Cut vegetables: butternut squash, kale

### DIRECTIONS

#### *For squash & kale*

1. Heat oven to 400°F.
2. Toss the squash with olive oil, garlic, rosemary, salt, and pepper and put on a baking sheet.
3. Roast for about 20 minutes. Remove from oven and save half the squash for Meal #5.
4. Leave the remaining squash on the baking sheet, toss in the chopped kale and beans. Season with salt and pepper.
5. Turn oven down to 375°F.
6. Put pan back in the oven for about 10 minutes.
7. Serve squash and kale over polenta topped with an egg.

#### *For eggs*

1. Heat oil in a skillet over medium heat.
2. Add eggs and cook about 2 minutes per side or to desired doneness.

#### *For polenta*

1. Combine milk and broth in a saucepan. Bring the liquids to a boil and stir in salt and cornmeal.
2. Stir until well incorporated and then turn heat down to a simmer. Continue to stir until the mixture has thickened, about 10-12 minutes.
3. Stir in olive oil towards the end of cooking to smooth out the polenta.

### INGREDIENTS

#### *For squash & kale*

2 butternut squash, peeled & cut into cubes (10 cups)  
3 Tablespoons olive oil  
3 cloves garlic, minced  
1 Tablespoon chopped rosemary  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
1 bunch kale, chopped (6 cups)  
1 (15 oz) can organic white beans, drained and rinsed  
dash of kosher salt and pepper

#### *For eggs*

1 Tablespoon olive oil  
4 eggs

#### *For polenta*

½ cup 2% milk  
3½ cups low sodium vegetable broth  
¼ teaspoon kosher salt  
1 cup cornmeal (medium or coarse grind)  
½ Tablespoon olive oil

Squash and Kale:180kcal, 7g Protein, 23g Carb, 190mg Sodium, 7g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 3g Sugar, 0% Calcium, 10% Iron

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

Polenta:170kcal,4g Protein, 31g Carb, 280mg Sodium, 2g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 3g Sugar, 4% Calcium,10 % Iron



## (3) QUINOA BROCCOLI CHEESE BAKE

OVEN TEMPERATURE: Medium Broil

### MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: onion, broccoli

### DIRECTIONS

*For quinoa broccoli cheese bake*

1. Heat a large non-stick skillet over medium heat and add oil, onion, and garlic; sauté for 1 minute.
2. Add broccoli, beans, salt, and pepper and cook for another 3-4 minutes.
3. Stir in quinoa and transfer to a lightly oiled 11x7 or 9x9 baking dish.
4. Combine cheese, panko, and Herbes and sprinkle on top.
5. Broil about 5 minutes until topping is golden brown.

### INGREDIENTS

*For quinoa broccoli cheese bake*

- 2 Tablespoons olive oil
- 1 small yellow onion, chopped ( $\frac{3}{4}$  cup)
- 2 cloves garlic, minced
- 1 head broccoli, chopped (4 cups)
- 1 (15 oz) can organic white beans, drained and rinsed
- $\frac{1}{4}$  teaspoon kosher salt
- dash of black pepper
- 3 cups cooked quinoa
- $\frac{1}{2}$  cup shredded cheese (your choice)
- 3 Tablespoons panko bread crumbs
- 1 teaspoon Herbes de Provence

Broccoli Cheese Bake: 450kcal, 19g Protein, 60g Carb, 260mg Sodium, 14g Fiber, 15mg Cholesterol, 16g Fat, 4g Saturated, 7g Sugar, 15% Calcium, 30% Iron



## (4) BLACK BEAN POTATO SOUP

### MADE AHEAD

- Roasted potatoes *\*from Meal #1*
- Cut vegetables: onion, bell pepper, mushrooms, kale

### DIRECTIONS

*For black bean potato soup*

1. Heat a large pot over medium heat and add oil, garlic, and onion; cook 2-3 minutes.
2. Add bell pepper and mushrooms and cook for about 3-4 minutes.
3. Add broth and bring to a simmer for 2-3 minutes.
4. Add remaining ingredients and cook until kale has wilted, 4-5 minutes.

### INGREDIENTS

*For black bean potato soup*

- 2 Tablespoons olive oil
- 1 garlic clove, minced
- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced small (2 cups)
- 8 ounces mushrooms, chopped (3 cups)
- 4 cups low-sodium vegetable broth
- 2 (15 oz) cans organic black beans, drained and rinsed
- 1 (15 oz) can crushed or diced tomatoes
- ¼ teaspoon black pepper
- ¼ teaspoon kosher salt
- ½ teaspoon chopped rosemary
- Roasted potatoes *\*from Meal #1*
- 1 bunch kale, chopped (6 cups)

Black Bean Soup: 480kcal, 18g Protein, 73g Carb, 340mg Sodium, 14g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 12g Sugar, 15% Calcium, 35% Iron

### MADE AHEAD

- Roasted butternut squash \* *from Meal #2*
- 3 cups cooked quinoa prepared according to package directions
- 6 eggs, hardboiled
- Cut vegetables: onion, kale, mushrooms

### DIRECTIONS

#### *For butternut quinoa*

1. Heat a large non-stick skillet over medium heat and add oil, onion, and garlic and cook for 2 minutes.
2. Add kale and mushrooms and cook for 2-3 minutes.
3. Add salt, pepper, squash, and quinoa. Remove from heat.
4. Mix in chopped egg and serve.

### INGREDIENTS

#### *For butternut quinoa*

2 Tablespoons olive oil  
1 yellow onion, chopped (1 cup)  
2 cloves garlic, minced  
1½ bunches kale, chopped (9 cups)  
4 ounces mushrooms, sliced (1½ cups)  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
Roasted butternut squash  
\**from Meal #2*  
3 cups cooked quinoa  
6 hardboiled eggs, chopped

Butternut Quinoa: 460kcal, 19g Protein, 47g Carb,  
270mg Sodium, 8g Fiber, 270mg Cholesterol, 22g Fat,  
4g Saturated, 6g Sugar, 10% Calcium, 20% Iron