

PREP GUIDE

MEAL #1

- 6 cups cooked green or brown lentils prepared according to package directions * *for the week*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 pound green beans, cut into 2 inch pieces (3 cups)

MEAL #2

- Steam broccoli * *see below*
- 4 cups cooked quinoa prepared according to package directions
- ½ lemon, zested (½ Tablespoon zest)
- 1 bunch kale, shredded (4 cups)

MEAL #3

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 6 ounces mushrooms, diced (2 cups)
 - 1 bell pepper, diced (1 cup)
 - 2 carrots, shredded (¾ cup)
 - ½ bunch kale, chopped (2 cups)

MEAL #4

- 8 ounces whole wheat pasta prepared according to package directions (4 cups cooked)
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - ½ bunch kale, chopped (2 cups)

MEAL #5

- Roasted sweet potatoes **see below*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 1½ bunches kale, chopped (6 cups)

Steamed Broccoli (Meal #2)

1 small head broccoli, florets (3½ cups)

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)

1½ pounds sweet potatoes, peeled & cubed
 1 Tablespoon olive oil
 dash 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

GREEN BEANS & LENTILS
 Sweet Potatoes

TUESDAY ②

PESTO QUINOA

WEDNESDAY ③

LENTIL SHEPHERDS PIE

THURSDAY ④

MEDITERRANEAN PASTA

FRIDAY ⑤

FAJITA HASH



Shopping List

(1) Green Beans & Lentils (2) Pesto Quinoa (3) Shepherds Pie (4) Mediterranean Pasta (5) Fajita Hash

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
2	broccoli	1 small head		2
1,3,5	sweet potatoes	4-1/2 pounds		7
1,3,4,5	yellow onion	4		4
1	green beans	1 pound		2
2,3,4,5	kale	4 bunches		8
2,4	basil	1 bunch		1.5
2	lemon	1		0.5
3	mushrooms	6 ounces	<i>brown or button</i>	3
3,4,5	bell peppers	5	<i>any color</i>	5
3	carrots	2		1
3,5	cilantro	1 bunch	<i>need 1/2 cup chopped</i>	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
2,4,5	goat cheese	10 ounces		8
5	eggs	8		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3	green or brown lentils (dry)	3 cups		4.5
2,4	white beans, organic	2 (15 oz) cans		3
2	quinoa (dry)	2 cups		2
2,5	pine nuts	1/3 cup		2
3	diced tomatoes	1 (15 oz) can		1.5
4	sun dried tomatoes	1/2 cup		2
4	green olives	2 Tablespoons	<i>optional</i>	1

Fresh 20 Grocery Est \$63.50
 Cost Per Dinner \$12.70
 Cost Per Serving \$3.18

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	1/2 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	1-1/4 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	1-1/2 cups (12 fl oz)	organic tomato paste	
	garlic	8 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/2 teaspoons	whole grain pasta (dry)	8 ounces
	cayenne pepper	1/8 teaspoon	long grain brown rice (dry)	
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) GREEN BEANS & LENTILS

sweet potatoes

MADE AHEAD

- 3 cups cooked green or brown lentils prepared according to package directions
- Cut vegetables: onion, green beans

DIRECTIONS

For mashed sweet potatoes

1. Put sweet potatoes in a large pot of salted water and bring to a boil. Cook for about 10-15 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 green beans and lentils.

For green beans & lentils

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add onions and garlic and cook 2-3 minutes.
3. Add beans, lentils, salt, and pepper and sauté about 3-5 minutes.
4. Serve with mashed sweet potatoes.

INGREDIENTS

For mashed sweet potatoes

3 pounds sweet potatoes, peeled,
large chunks
 $\frac{3}{4}$ cup low-sodium vegetable broth
1 Tablespoon olive oil
 $\frac{1}{4}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon black pepper

For green beans & lentils

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 garlic cloves, minced
1 pound green beans, cut into 2 inch
pieces (3 cups)
3 cups cooked green or brown lentils
dash of kosher salt and pepper

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

Beans & Lentils:280kcal, 16g Protein, 39g Carb, 75mg Sodium, 15g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 7g Sugar, 6% Calcium, 35% Iron



(2) PESTO QUINOA

MADE AHEAD

- Steamed broccoli * *see prep guide*
- 4 cups cooked quinoa prepared according to package directions
- ½ lemon, zested (½ Tablespoon zest)
- Cut vegetables: kale

DIRECTIONS

For pesto quinoa

1. Heat a large non-stick skillet over medium heat and add oil and garlic; sauté for 1 minute.
2. Add broccoli, beans, kale, salt, and pepper; stir to combine.
3. Add quinoa and broth and stir until heated through.
4. Turn off heat and add basil, zest, pine nuts, and goat cheese.

INGREDIENTS

For pesto quinoa

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 3½ cups steamed broccoli * *see prep guide*
- 1 (15 oz) can organic white beans, drained and rinsed
- 1 head kale, shredded (4 cups)
- ¼ teaspoon kosher salt
- dash of black pepper
- 4 cups cooked quinoa
- ¼ cup low sodium vegetable broth
- ¾ cup basil, chopped
- ½ Tablespoon lemon zest
- 2 Tablespoons pine nuts, toasted
- 3 ounces goat cheese, crumbled (¾ cup)

Quinoa: 520kcal, 26g Protein, 67 Carb, 370mg Sodium, 14g Fiber, 20mg Cholesterol, 19g Fat, 6g Saturated, 6g Sugar, 40% Calcium, 35% Iron



(3) LENTIL SHEPHERDS PIE

OVEN TEMPERATURE: Medium Broil

MADE AHEAD

- 3 cups cooked green or brown lentils prepared according to package directions
- 3 cups mashed sweet potatoes * *from Meal #1*
- Cut vegetables: onion, mushrooms, bell pepper, carrots, kale

DIRECTIONS

For lentil shepherds pie

1. Heat a large skillet over medium heat and add oil, onion, and garlic and cook for 1 minute.
2. Add mushrooms, bell peppers, carrots, kale, cumin, cayenne, salt, and pepper and cook for 3-4 minutes.
3. Add in lentils, tomatoes, and cilantro and simmer for 2-3 minutes.
4. Put lentil mixture in a lightly oiled 8x8 or 8x10 casserole dish. Spread mashed sweet potatoes in an even layer on top.
5. Broil for 10 minutes until lightly browned.

INGREDIENTS

For lentil shepherds pie

1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
6 ounces mushrooms, diced (2 cups)
1 bell pepper, diced (1 cup)
2 carrots, shredded ($\frac{2}{3}$ cup)
 $\frac{1}{2}$ bunch kale, chopped (2 cups)
1 teaspoon cumin
dash of cayenne
 $\frac{1}{4}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon black pepper
3 cups cooked green or brown lentils
1 (15 ounce) can diced tomatoes
 $\frac{1}{4}$ cup chopped cilantro
3 cups mashed sweet potatoes * *from Meal #1*

Shepard's Pie: 450kcal, 20g Protein, 80g Carb, 340mg Sodium, 21g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 24g Sugar, 10% Calcium, 40% Iron



(4) MEDITERRANEAN PASTA

MADE AHEAD

- 8 ounces whole wheat pasta prepared according to package directions (4 cups cooked)
- Cut vegetables: onion, bell pepper, kale

DIRECTIONS

For Mediterranean pasta

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

INGREDIENTS

For Mediterranean pasta

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 bell peppers, diced (2 cups)
- ½ bunch kale, chopped (2 cups)
- 1 (15 oz) can organic white beans, drained and rinsed
- ¼ teaspoon kosher salt
- dash of black pepper
- ½ teaspoon dried oregano
- ½ cup sun-dried tomatoes, soaked* and chopped
- ½ cup low-sodium vegetable broth
- 4 cups cooked whole wheat pasta
- ¼ cup chopped basil
- 3 ounces crumbled goat cheese (¾ cup)
- 2 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: 460kcal, 18g Protein, 63g Carb, 380mg Sodium, 11g Fiber, 25mg Cholesterol, 15g Fat, 4.5g Saturated, 10g Sugar, 8% Calcium, 20% Iron

MADE AHEAD

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

DIRECTIONS

For fajita hash

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onions and bell peppers and sauté for 2-3 minutes.
3. Add kale, salt, and pepper and cook for 2-3 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 large 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.

INGREDIENTS

For fajita hash

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 1½ bunches kale, chopped (6 cups)
- ¼ teaspoon kosher salt
- dash of black pepper
- 1½ pound roasted sweet potatoes
**see prep guide*
- ¼ teaspoon cumin
- ¼ cup chopped cilantro
- 4 ounces goat cheese, crumbled (1 cup)
- 3 Tablespoons pine nuts, toasted

For fried eggs

- 1 Tablespoon olive oil
- 8 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