

PREP GUIDE

MEAL #1

- 8 cups cooked brown rice prepared according to package directions* *for the week*
- 4 eggs, hardboiled
- Cut vegetables:
 - ½ yellow onion, diced (½ cup)
 - 2 carrots, diced (1 cup)
 - 2 stalks celery, diced (1 cup)
 - 6 ounces mushrooms, chopped (2 cups)

MEAL #2

- Steamed broccoli * *see below*
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetable:
 - 1 yellow onion, thinly sliced (1 cup)
 - 1 bell pepper, thinly sliced (1 cup)
 - 4 Portobello mushroom caps, sliced

MEAL #3

- 3 cups cooked green or brown lentils prepared according to package directions
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - 1 zucchini, diced (2 cups)
 - 8 ounces mushrooms, quartered (3 cups)

MEAL #4

- 3 cups cooked quinoa prepared according to package directions
- Steamed broccoli * *see below*
- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, diced (1 cup)
 - 2 carrots, diced (1 cup)
 - 2 carrots, shredded (¾ cup)
 - 2 stalks celery, diced (1 cup)

MEAL #5

- Cut vegetables:
 - 1 yellow onion, diced (1 cup)
 - 1 bell pepper, diced (1 cup)
 - 2 zucchini, diced (4 cups)

Steamed Broccoli (Meal #2 & #4)

1 large head broccoli, florets (5 cups)

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

DIRTY RICE

TUESDAY ②

PORTOBELLO MELT
Broccoli

WEDNESDAY ③

LENTIL CACCIATORE
Brown Rice

THURSDAY ④

STIR FRY QUINOA
Broccoli Salad

FRIDAY ⑤

VEGGIE FRITATTA



Shopping List

(1) Dirty Rice (2) Portobello Melt (3) Lentil Cacciatore (4) Stir Fry Quinoa (5) Veggie Frittata

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,3,4,5	yellow onion	5		5
1,4	carrots	6		2
1,4	celery	4 stalks		2
1,3	mushrooms	1 pound	<i>brown or button</i>	6
2	Portobello mushroom caps	4 large		6
1,3	fresh rosemary	few sprigs	<i>need 1 teaspoon chopped</i>	1
1,2,5	apples	8	<i>any kind, choose your favorite</i>	4
2,3,4,5	bell peppers	5	<i>any color</i>	5
2,4	broccoli	1 large head		2.5
2	lemon	1		0.5
3,5	zucchini	3		3

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,5	eggs	12		4
2,5	swiss cheese	6 ounces		5
4	plain Greek yogurt	1/4 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,4	kidney beans	2 (15 oz) cans		3
2	whole wheat rolls	4		2
3	brown or green lentils	1-1/2 cups		3
3	crushed tomatoes	1 (15 oz) can		1.5
4	quinoa	1-1/2 cups		1.5
4	raisins	1/4 cup		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	1/2 cup + 1 Tblspn	dried oregano	1 teaspoon
	grapeseed oil		herbes de provence	1 teaspoon
	balsamic vinegar	2 Tablespoons	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	veggie broth: low sodium	1/2 cup (4 fl oz)	organic tomato paste	1 Tablespoon
	garlic	2 cloves	Dijon mustard or brown mustard	2 Tablespoons
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/2 teaspoons	whole grain pasta	
	cayenne pepper	dash	long grain brown rice	4 cups
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) DIRTY RICE

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 4 eggs, hardboiled
- Cut vegetables: onion, carrots, celery, mushrooms

DIRECTIONS

For dirty rice

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onions, carrots, and celery and sauté for about 3-5 minutes.
3. Add mushrooms, beans, rosemary, salt, and pepper and cook for 3 minutes.
4. Add rice and broth and stir until warmed through.
5. Slice eggs and serve over rice with a side of apples.

INGREDIENTS

For dirty rice

- 2 Tablespoons olive oil
- ½ yellow onion, diced (½ cup)
- 2 carrots, diced (1 cup)
- 2 stalks celery, diced (1 cup)
- 6 ounces mushrooms, chopped (2 cups)
- 1 (15 oz) can organic kidney beans, drained and rinsed
- ½ teaspoon chopped rosemary
- ¼ teaspoon kosher salt
- dash of black pepper
- 3 cups cooked brown rice
- ¼ cup low-sodium vegetable broth
- 4 eggs, hardboiled

- 2 apples, sliced

Rice: 410kcal, 18g Protein, 56g Carb, 270mg Sodium, 12g Fiber, 180mg Cholesterol, 13g Fat, 2.5g Saturated, 5g Sugar, 8% Calcium, 15% Iron

Apples: 40kcal, 0g Protein, 10g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 8g Sugar, 0% Calcium, 0% Iron



(2) PORTOBELLO MELT broccoli

OVEN TEMPERATURE: 400°F

MADE AHEAD

- Steamed broccoli * see prep guide
- 1 lemon, juiced (3 Tablespoons)
- Cut vegetables: onion, bell pepper, mushrooms

DIRECTIONS

For Portobello melt

1. Heat oven to 400°F.
2. Heat a medium skillet over medium heat and add oil. When oil is hot add onions and bell peppers and sauté for 2-3 minutes.
3. Add mushrooms and continue to cook for another 4-5 minutes.
4. Add salt, pepper, paprika, and cayenne.
5. Place sliced rolls on a baking sheet.
6. Top one side of rolls with Dijon and then mushroom mixture.
7. Add cheese to the other side and heat for 2 minutes.
8. Put sandwiches together and serve with broccoli and apples.

For broccoli

1. Toss broccoli with oil, salt, and pepper.
2. Put on a baking sheet in 400° oven and cook for about 5-7 minutes.
3. Toss with lemon juice before serving.

INGREDIENTS

For Portobello melt

- 1 Tablespoon olive oil
- 1 yellow onion, thinly sliced (1 cup)
- 1 bell pepper, thinly sliced (1 cup)
- 4 Portobello mushroom caps, sliced
- ¼ teaspoon kosher salt
- dash of black pepper
- dash of paprika
- dash of cayenne
- 4 whole wheat rolls, sliced in half
- 2 Tablespoons Dijon mustard
- 3 ounces sliced swiss cheese

For broccoli

- ½ large head broccoli, florets, steamed (2½ cups)
- 1 Tablespoon olive oil
- dash of kosher salt and pepper
- 3 Tablespoons lemon juice
- 2 apples, sliced

Portobello Melt: 330kcal, 17g Protein, 36g Carb, 560mg Sodium, 3g Fiber, 20mg Cholesterol, 11g Fat, 4.5g Saturated, 9g Sugar, 25% Calcium, 10% Iron

Broccoli: 70kcal, 2g Protein, 7g Carb, 115mg Sodium, 3g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 1g Sugar, 4% Calcium, 6% Iron

Apples: 40kcal, 0g Protein, 10g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 8g Sugar, 0% Calcium, 0% Iron



(3) LENTIL CACCIATORE

brown rice

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 3 cups cooked green or brown lentils prepared according to package directions
- Cut vegetables: onion, bell peppers, zucchini, mushrooms

DIRECTIONS

For lentil cacciatore

1. Heat a large pot over medium heat and add oil.
2. When oil is hot add onions, bell peppers, zucchini, mushrooms, lentils, and garlic and cook for 3-4 minutes.
3. Add rosemary, oregano, tomatoes, tomato paste, vinegar, and water and bring to simmer.
4. Cover and reduce heat to low. Cook about 15 minutes.
5. Season with salt and pepper and serve over brown rice.

INGREDIENTS

For lentil cacciatore

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 1 zucchini, diced (2 cups)
- 8 ounces mushrooms, quartered (3 cups)
- 3 cups cooked green or brown lentils
- 2 cloves garlic, minced
- ½ teaspoon chopped rosemary
- 1 teaspoon oregano
- 1 (15 oz) can crushed tomatoes
- 1 Tablespoon tomato paste
- 2 Tablespoons balsamic vinegar
- 3 Tablespoons water
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

3 cups cooked brown rice, warmed

Chicken Cacciatore: 320kcal, 17g Protein, 46g Carb, 190mg Sodium, 15g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 13g Sugar, 6% Calcium, 40% Iron

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



(4) STIR FRY QUINOA broccoli salad

MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- Steamed broccoli * *see prep guide*
- Cut vegetables: onion, pepper, carrots, celery

DIRECTIONS

For stir fry quinoa

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion, bell pepper, carrots, and celery and cook 2-3 minutes. Add beans, quinoa, salt, pepper, paprika and broth and cook for 5 minutes until combined.
3. Serve with broccoli salad.

For broccoli salad

Toss ingredients together.

INGREDIENTS

For stir fry quinoa

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
1 bell pepper, diced (1 cup)
2 carrots, diced (1 cup)
2 stalks celery, diced (1 cup)
1 (15 oz) can organic kidney beans, drained and rinsed
3 cups cooked quinoa
¼ teaspoon kosher salt
¼ teaspoon ground black pepper
dash of ground paprika
¼ cup low sodium vegetable broth

For broccoli salad

½ large head broccoli, florets, steamed (2½ cups)
¼ cup raisins
2 carrots, shredded (¾ cup)
¼ cup plain Greek yogurt
dash of black pepper
1 Tablespoon maple syrup

Stir Fry Quinoa: 350kcal, 13g Protein, 53g Carb, 220mg Sodium, 14g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 8g Sugar, 8% Calcium, 15% Iron

Broccoli Salad: 110kcal, 5g Protein, 23g Carb, 70mg Sodium, 5g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 15g Sugar, 6% Calcium, 6% Iron



(5) VEGGIE FRITTATA

OVEN TEMPERATURE: 350°F

MADE AHEAD

- 2 cups cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell pepper, zucchini

DIRECTIONS

For veggie frittata

1. Heat oven to 350°F.
2. Heat a large non-stick skillet over medium heat and add oil, onion, bell pepper, and zucchini and cook for 3-4 minutes.
3. Add salt, pepper, Herbes, and rice and stir once. Let rice slightly brown on the bottom.
4. Mix eggs and cheese together then pour in skillet.
5. Let cook about 3-5 minutes then put in oven to finish for about 10 minutes.
6. Serve with sliced apples.

INGREDIENTS

For veggie frittata

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 1 bell pepper, diced (1 cup)
- 2 zucchini, diced (4 cups)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- 2 cups cooked brown rice
- 8 eggs, beaten
- 3 ounces diced or shredded swiss cheese

- 4 apples, sliced

Veggie Frittata:400kcal, 22g Protein, 34g Carb, 300mg Sodium, 4g Fiber, 385mg Cholesterol, 19g Fat, 7g Saturated, 6g Sugar, 20% Calcium, 15% Iron

Apple:80kcal, 0g Protein,21 g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron