

PREP GUIDE

MEAL #1

- 2 ounces whole wheat pasta cooked according to package directions (1 cup cooked)
- 1 lemon, zested & juiced (2¼ teaspoons juice, ¼ teaspoon zest) * *for the week*
- Cut vegetables:
 - 1½ ounces mushrooms, sliced (½ cup)
 - ¼ bunch asparagus (4 spears), trimmed and cut in 1" pieces (¾ cup)

MEAL #2

- 1½ cups cooked brown rice prepared according to package directions * *for the week*
- 1" fresh ginger, grated (¾ teaspoon)
- Cut vegetables and fruit:
 - ¼ yellow onion, diced (¼ cup)
 - ½ bell pepper, diced (½ cup)
 - ½ cup diced pineapple with juice

MEAL #3

- Cut vegetables:
 - ¼ bunch asparagus, ends trimmed (4 spears)

MEAL #4

- Cut vegetables:
 - ¼ yellow onion, sliced (¼ cup)
 - ½ bell pepper, sliced (½ cup)
 - 1 ounce mushrooms, quartered (⅓ cup)

MEAL #5

- Cut fruit:
 - ½ cup sliced pineapple

MENU

MONDAY ①

CHICKEN AND ASPARAGUS PASTA

TUESDAY ②

SWEET & SOUR SHRIMP

WEDNESDAY ③

MONTE CRISTO
Roast Asparagus

THURSDAY ④

CHICKEN FAJITAS

FRIDAY ⑤

AVOCADO TOAST
Fried Eggs



FOR ONE March 16, 2018

Shopping List

(1) Chicken & Asparagus Pasta (2) Sweet & Sour Shrimp (3) Monte Cristo (4) Chicken Fajitas (5) Avocado Toast

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	chicken breast	1/2 pound	<i>boneless, skinless</i>	2.5
2	shrimp	1/3 pound	<i>peeled & deveined</i>	3
3	thin sliced deli ham	2 ounces		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	mushrooms	3 ounces	<i>brown or button</i>	1
1,3	asparagus	8 spears		1
1,5	lemon	1		0.5
2,4	yellow onion	1		1
2,4	bell peppers	1	<i>any color</i>	1
2	snow peas	1 ounce	<i>about 1/4 cup</i>	0.5
2,5	pineapple	1 small	<i>need about 1 cup diced/sliced</i>	2.5
2	fresh ginger	1"	<i>need 3/4 teaspoon grated</i>	1
3,5	tomatoes	2		1
4	lime	1		0.5
4,5	avocado	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	parmesan cheese	1 Tablespoon		1
3	guyere swiss cheese	1 ounce	1 thin slice	1
3,5	eggs	2		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
3,5	whole wheat rolls	2		1
4	black beans	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$23.50
 Cost Per Dinner \$4.70
 Cost Per Serving \$4.70

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 Tablespoon	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar		ground cumin	1/4 teaspoon
	white wine vinegar	1/2 Tablespoon	raw honey or 100% maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium	1 Tablespoon	organic tomato paste	1 teaspoon
	garlic	1 clove	Dijon mustard or brown mustard	
	kosher salt	1/4 teaspoon	soy sauce or Braggs liquid amino acid	1/2 Tablespoon
	black pepper	1/4 teaspoon	whole grain pasta	2 ounces
	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) CHICKEN & ASPARAGUS PASTA

MADE AHEAD

- 2 ounces whole wheat pasta cooked according to package directions (1 cup cooked)
- ¼ lemon, zested (¾ teaspoon)
- Cut vegetables: mushrooms, asparagus

DIRECTIONS

For chicken & asparagus pasta

1. Heat a skillet over medium-high heat and add oil.
2. Add chicken and sear until browned and almost cooked through.
3. Add garlic, mushrooms, asparagus, salt, and pepper and continue cooking for about 2-3 minutes.
4. Lower heat and add pasta and broth and stir until warmed through.
5. Garnish with lemon zest and parmesan cheese.

Dairy Free: Omit parmesan cheese.

Gluten Free: Replace whole wheat pasta with garbanzo pasta. Use gluten free broth.

Vegetarian: Omit chicken. Use vegetable broth. Add ½ cup white beans in step 3. Increase mushrooms to 1 cup.

INGREDIENTS

For chicken & asparagus pasta

- ¾ teaspoon olive oil
- ¼ pound boneless, skinless chicken breast, sliced thin
- ½ clove garlic, minced
- 1½ ounces mushrooms, sliced (½ cup)
- ¼ bunch asparagus (4 spears), cut in 1" pieces (¾ cup)
- Pinch of kosher salt
- Pinch of black pepper
- 1 cup cooked whole wheat pasta
- 1 Tablespoon low-sodium chicken broth or white wine
- ¾ teaspoon lemon zest
- 1 Tablespoon grated parmesan cheese

Chicken Asparagus Pasta: 380kcal, 39g Protein, 38g Carb, 360mg Sodium, 7g Fiber, 70mg Cholesterol, 9g Fat, 1.5g Saturated, 4g Sugar, 10% Calcium, 30% Iron



(2) SWEET AND SOUR SHRIMP

MADE AHEAD

- ¾ cup cooked brown rice prepared according to package directions
- 1" fresh ginger, grated (¾ teaspoon)
- Cut vegetables & fruit: onion, bell peppers, pineapple

DIRECTIONS

For sweet and sour shrimp

1. Heat a non-stick skillet over medium-high heat and add 1 teaspoon grapeseed oil. When oil is hot add shrimp and cook 1-2 minutes until almost done. Remove from pan and set aside.
2. Put skillet back on medium heat and add 1 teaspoon oil.
3. Add onion and bell peppers and sauté for 2 minutes.
4. Add snow peas, pineapple, ginger, tomato paste, vinegar, soy sauce, maple syrup, and pepper. Cook for about 2 minutes.
5. Add shrimp back to pan to heat through, about 1 minute.
6. Serve over warmed rice.

Dairy Free:

Gluten Free: Use gluten free tomato paste and soy sauce.

Vegetarian: Replace shrimp with ¼ pound pressed and sliced tofu.

INGREDIENTS

For sweet and sour shrimp

2 teaspoons grapeseed oil, divided
⅓ pound peeled and deveined shrimp (sub ⅓ pound chicken tenders)
¼ yellow onion, diced (¼ cup)
½ bell pepper, diced (½ cup)
1 ounce snow peas (¼ cup)
½ cup diced pineapple with juice
¾ teaspoon grated ginger, optional
¾ teaspoon tomato paste
½ Tablespoon white vinegar
1 teaspoon low-sodium soy sauce
½ Tablespoon maple syrup
pinch of black pepper

¾ cup cooked brown rice, warmed

Shrimp: 290kcal, 22g Protein, 36g Carb, 830mg Sodium, 3g Fiber, 180mg Cholesterol, 7g Fat, 1g Saturated, 30g Sugar, 8% Calcium, 10% Iron

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



(3) MONTE CRISTO

roasted asparagus

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: asparagus

DIRECTIONS

For monte cristo

1. Heat a nonstick skillet over medium heat.
2. Layer ham, cheese, and tomato in sliced roll.
3. Whisk egg and pepper together. Dip sandwich in egg then transfer to skillet to cook about 2-3 minutes per side until light crust forms.
4. Serve with roasted asparagus

Meanwhile

For roasted asparagus

1. Heat oven to 375°F.
2. Lay asparagus on a baking sheet and drizzle with oil, salt, and pepper.
3. Roast for about 6-9 minutes, depending on thickness, until just tender and lightly browned.

Dairy Free: Omit cheese or use dairy free alternative.

Gluten Free: Omit roll. Prepare asparagus as above. Using the same quantities as above, prepare Frittata:
Place roasted asparagus in oven safe skillet. Combine ham, cheese, pepper, and **2** whisked eggs and pour over asparagus. Bake at 375°F for 15-20 minutes until eggs are set. Serve with sliced tomato.

Vegetarian: Prepare asparagus as above. For sandwich, omit ham. Fry the egg and place on roll with cheese and tomato. Place sandwich in skillet and cook 2 minutes per side.

INGREDIENTS

For monte cristo

1 whole wheat roll, sliced in half
2 ounces thin sliced deli ham
1 ounce guyere swiss cheese, sliced thin (1 slice)
½ tomato, sliced thin
dash of pepper
1 egg, whisked

For roasted asparagus

¼ bunch asparagus, trimmed (4 spears)
1 teaspoon olive oil
pinch of salt and pepper

Monte Cristo: 400kcal, 30g Protein, 37g Carb, 850mg Sodium, 1g Fiber, 145mg Cholesterol, 14g Fat, 7g Saturated, 13g Sugar, 30% Calcium, 15% Iron

Asparagus: 70kcal, 2g Protein, 4g Carb, 40mg Sodium, 2g Fiber, 0mg Cholesterol, 5g Fat, 0.5g Saturated, 2g Sugar, 2% Calcium, 10% Iron

MADE AHEAD

- $\frac{3}{4}$ cup cooked brown rice prepared according to package directions
- Cut vegetables: onion, bell pepper, mushrooms

DIRECTIONS

For chicken fajitas

1. Heat a skillet over medium-high heat and add oil.
2. When oil is hot add chicken, salt, pepper, and cumin. Sauté until chicken is cooked through, about 5 minutes. Set aside.
3. Put skillet back on heat and add onions, bell peppers, and mushrooms; sauté for about 3 minutes until tender. Stir in beans.
4. Add chicken back to skillet. Serve over warmed rice with a squeeze of lime. Top with sliced avocado.

Dairy Free:

Gluten Free:

Vegetarian: *Omit chicken. Prepare recipe as above increasing beans to $\frac{1}{2}$ can. Serve over $\frac{3}{4}$ cup cooked quinoa.*

INGREDIENTS

For chicken fajitas

- $\frac{3}{4}$ teaspoon grapeseed oil
- $\frac{1}{4}$ pound boneless, skinless chicken breast, sliced thin
- Pinch of kosher salt
- Pinch of black pepper
- $\frac{1}{4}$ teaspoon cumin
- $\frac{1}{4}$ yellow onion, sliced ($\frac{1}{4}$ cup)
- $\frac{1}{2}$ bell pepper, sliced ($\frac{1}{2}$ cup)
- 1 ounce mushrooms, quartered ($\frac{1}{3}$ cup)
- $\frac{1}{4}$ (15 oz) can organic black beans, rinsed and drained
- 1 lime wedge
- $\frac{1}{4}$ avocado, sliced
- $\frac{3}{4}$ cups cooked brown rice, warmed

Chicken Fajitas: 310kcal, 33g Protein, 21g Carb, 260mg Sodium, 8g Fiber, 65mg Cholesterol, 11g Fat, 1g Saturated, 3g Sugar, 4% Calcium, 15% Iron

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

MADE AHEAD

- 1 lemon, juiced (2¼ teaspoons)
- Cut fruit: pineapple

DIRECTIONS

For avocado toast

1. Toast roll in oven or toaster.
2. Mash avocado with salt, pepper, and lemon.
3. Spread on roll and top with sliced tomato.
4. Serve with fried egg on top and a side of sliced pineapple.

For fried egg

1. Heat a medium non-stick skillet over medium-high heat and add oil.
2. When oil is hot add egg and cook until desired doneness. Serve on avocado toast.

Dairy Free:

Gluten Free: *Omit rolls, hard boil the egg. To serve, layer avocado, tomato and sliced egg on a plate. Top with 1 Tablespoon parmesan and a pinch of salt and pepper. Drizzle with 1 teaspoon oil and 2¼ teaspoons lemon juice. Serve with pineapple.*

Vegetarian:

INGREDIENTS

For avocado toast

1 whole wheat roll, sliced in half
½ avocado, peeled & diced
Salt & pepper to taste
2¼ teaspoons lemon juice
½ tomato, sliced

For fried egg

1 teaspoon olive oil
1 egg

½ cup sliced pineapple

Avocado Toast:400kcal, 18g Protein, 38g Carb, 460mg Sodium, 6g Fiber, 180mg Cholesterol, 21g Fat, 4g Saturated, 8g Sugar, 10% Calcium, 15% Iron

Pineapple:70kcal, 1g Protein, 17g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 16g Sugar, 0% Calcium, 0% Iron