

PREP GUIDE

MEAL #1

- 8 ounces garbanzo pasta cooked according to package directions (4 cups cooked)
- 1 lemon, zested & juiced (1½ Tablespoons juice, 1 Tablespoon zest)
* *for the week*
- Cut vegetables:
 - 6 ounces mushrooms, sliced (2 cups)
 - 1 bunch asparagus (16 spears), trimmed and cut in 1" pieces (3 cups)

MEAL #2

- 6 cups cooked brown rice prepared according to package directions
* *for the week*
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables and fruit:
 - 1 yellow onion, diced (1 cup)
 - 2 bell peppers, diced (2 cups)
 - ½ small pineapple, cored & diced with juice (about 2 cups)

MEAL #3

- Cut vegetables:
 - 1 bunch asparagus, ends trimmed (16 spears)

MEAL #4

- Cut vegetables:
 - 1 yellow onion, sliced (1 cup)
 - 2 bell peppers, sliced (2 cups)
 - 4 ounces mushrooms, quartered (1½ cups)

MEAL #5

- 4 eggs, hard boiled
- Cut fruit:
 - ½ small pineapple, cored & sliced

MENU

MONDAY ①

CHICKEN AND ASPARAGUS PASTA

TUESDAY ②

SWEET & SOUR SHRIMP

WEDNESDAY ③

ASPARAGUS HAM FRITTATA

THURSDAY ④

CHICKEN FAJITAS

FRIDAY ⑤

AVOCADO SALAD



GLUTEN FREE March 16, 2018

Shopping List

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

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	chicken breast	2 pounds	<i>boneless, skinless</i>	10
2	shrimp	1-1/4 pounds	<i>peeled & deveined</i>	12.5
3	thin sliced deli ham	8 ounces		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4	mushrooms	2/3 pound	<i>brown or button</i>	3
1,3	asparagus	2 bunches	<i>about 16 spears/bunch</i>	4
1,5	lemon	1		0.5
2,4	yellow onion	2		2
2,4	bell peppers	4	<i>any color</i>	4
2	snow peas	1/4 pound		1.5
2,5	pineapple	1 small		2.5
2	fresh ginger	1-2"	<i>need 1 Tablespoon grated</i>	1
3,5	tomatoes	5		2.5
4	lime	1		0.5
4,5	avocado	3		3

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,5	parmesan cheese	1/2 cup		3
3	guyere swiss cheese	4 ounces	4 thin slices	2
3,5	eggs	12		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
5	hemp or sesame seeds	1/2 cup		4
4	black beans	1 (15 oz) can		1.5

Fresh 20 Grocery Est \$65.50
 Cost Per Dinner \$13.10
 Cost Per Serving \$3.28

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

- 8 ounces garbanzo pasta cooked according to package directions (4 cups cooked)
- 1 lemon, zested (1 Tablespoon)
- Cut vegetables: mushrooms, asparagus

DIRECTIONS

For chicken & asparagus pasta

1. Heat a large 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.

INGREDIENTS

For chicken & asparagus pasta

- 1 Tablespoon olive oil
- 1 pound boneless, skinless chicken breast, sliced thin
- 2 cloves garlic, minced
- 6 ounces mushrooms, sliced (2 cups)
- 1 bunch asparagus, cut in 1" pieces (3 cups)
- ¼ teaspoon kosher salt
- dash of black pepper
- 4 cups cooked garbanzo pasta
- ¼ cup gluten free low-sodium chicken broth or white wine
- 1 Tablespoon lemon zest
- ¼ cup grated parmesan cheese

Chicken Asparagus Pasta: 450kcal, 47g Protein, 38g Carb, 350mg Sodium, 11g Fiber, 70mg Cholesterol, 14g Fat, 2g Saturated, 8g Sugar, 15% Calcium, 50% Iron



(2) SWEET AND SOUR SHRIMP

MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 1-2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables & fruit: onion, bell peppers, pineapple

DIRECTIONS

For sweet and sour shrimp

1. Heat a large non-stick skillet over medium-high heat and add 1 Tablespoon 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 ½ Tablespoon oil.
3. Add onion and bell peppers and sauté for 2-3 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.

INGREDIENTS

For sweet and sour shrimp

1½ Tablespoons grapeseed oil, divided
1¼ pounds peeled and deveined shrimp (sub 1¼ pounds chicken tenders)
1 yellow onion, diced (1 cup)
2 bell peppers, diced (2 cups)
¼ pound snow peas (1 cup)
½ small pineapple, diced with juice (2 cups)
1 Tablespoon grated ginger, optional
1 Tablespoon gluten free tomato paste
2 Tablespoons white vinegar
1½ Tablespoons gluten free, low sodium soy sauce
2½ Tablespoons maple syrup
dash of black pepper

3 cups 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) ASPARAGUS HAM FRITTATA

OVEN TEMPERATURE: 375°F

MADE AHEAD

- Cut vegetables: asparagus

DIRECTIONS

For asparagus

1. Heat oven to 375°F.
2. Lay asparagus on 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.

For frittata

1. Set cooked asparagus in a large nonstick skillet.
2. Combine eggs, pepper, ham, and cheese and pour over asparagus.
3. Place in 375°F oven and bake for about 25 minutes until set.
4. Remove from oven and let sit for 5 minutes. Slice and serve with a side of tomatoes.

INGREDIENTS

For asparagus ham frittata

- 2 Tablespoons olive oil
- 1 bunch asparagus, trimmed (16 spears)
- 8 eggs, whisked
- Dash of ground black pepper
- 8 ounces deli ham, diced
- 4 ounces shredded guyere swiss cheese

- 2 tomatoes, sliced

Frittata: 440kcal, 34g Protein, 13g Carb, 840mg Sodium, 2g Fiber, 420mg Cholesterol, 27g Fat, 10g Saturated, 8g Sugar, 25% Calcium, 20% Iron

Tomato: 15kcal, 1g Protein, 4g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 9% Iron



(4) CHICKEN FAJITAS

MADE AHEAD

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

DIRECTIONS

For chicken fajitas

1. Heat a large 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.

INGREDIENTS

For chicken fajitas

- 1 Tablespoon grapeseed oil
- 1 pound boneless, skinless chicken breast, sliced thin
- ¼ teaspoon kosher salt
- Dash of black pepper
- 1 teaspoon cumin
- 1 yellow onion, sliced (1 cup)
- 2 bell peppers, sliced (2 cups)
- 4 ounces mushrooms, quartered (1½ cups)
- 1 (15 oz) can organic black beans, rinsed and drained
- 1 lime, wedges
- 1 avocado, sliced

- 3 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

- ½ lemon, juiced (1½ Tablespoons juice)
- 4 eggs, hard boiled
- Cut fruit: pineapple

DIRECTIONS

For avocado salad

1. Layer avocado, tomato, and eggs on a serving platter.
2. Top with parmesan, salt, and pepper and then drizzle with lemon juice and oil.
3. Top with seeds and serve with a side of pineapple.

INGREDIENTS

For avocado salad

2 avocados, peeled & sliced
3 tomatoes, sliced
4 boiled eggs, sliced
¼ cup parmesan cheese
Salt & pepper to taste
1½ Tablespoons lemon juice
1 Tablespoon olive oil
½ cup hemp or sesame seeds

½ small pineapple, cored & sliced

Avocado Salad: 390kcal, 18g Protein, 14g Carb, 270mg Sodium, 8g Fiber, 185mg Cholesterol, 31g Fat, 5g Saturated, 4g 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