

GLUTEN FREE Weekly Prep Guide

VEGETABLES

- 3" piece of fresh ginger, peeled
- 11 green onions, diced
- 1 large bunch kale, washed, dried, left as whole leaves
- 1 bell pepper, any color, chopped (1 cup)
- 2 yellow squash, ends removed and sliced lengthwise into ½" thick strips

FRUIT

- 5-6 limes, juiced (10½ Tablespoons juice)
- ½ pineapple, a few slices for garnish, the rest chopped into chunks
- ½ pineapple (2 cups), blended into a puree

MISC.

- Marinate ribs up to 24 hours ahead (MONDAY)
- Beans can be made up to two days ahead and refrigerated (TUESDAY)
- 3 cooked chicken breasts (FRIDAY) * *see below*

CHICKEN FOR TROPICAL SALAD (FRIDAY)

3 chicken breasts, boneless, skinless, cut in half (1½ pounds)

4 cups water

1 teaspoon kosher salt

In a deep sauté pan bring water and salt to a simmer. Add chicken and cook 12 minutes or until no longer pink. Cool. Store in an airtight container for Friday.

the **FRESH 20**

MARCH 30, 2018

MONDAY

Korean Style Short Ribs
Crispy Kale & Polenta

TUESDAY

Hot Scallion Salmon
Black Bean Salad & Parmesan
Squash

WEDNESDAY

Pineapple Citrus Chicken
Black Beans & Sautéed Bananas

THURSDAY

Easy Asian Rice Noodles
Leftover Ribs and/or Salmon
Pear Salad

FRIDAY

Tropical Chicken
Polenta Cakes & Arugula Salad

Shopping List

(1) Korean Style Short Ribs (2) Hot Scallion Salmon (3) Pineapple Citrus Chicken (4) Easy Asian Rice Noodles (5) Tropical Chicken

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1	beef short ribs	1-1/2 pounds	cut into 1" slabs Korean style	15
2	salmon fillets	1 pound		10
3,5	chicken breast	2-1/2 pounds	boneless, skinless	12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,4	green onion	2 bunches	<i>need 11 green onions total</i>	2
1	kale	1 lg bunch		2
2,4	fresh ginger	3" piece		1.5
2,5	bell pepper	2	<i>any color</i>	2
2	yellow squash	2		2
3,5	pineapple	1 small/medium		2.5
3,4,5	limes	6		3
3	bananas	2 medium		1.5
4	pears	2		1
4,5	arugula	8 ounces	<i>need about 8 cups total</i>	3
5	avocado	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
2	parmesan cheese, grated	1/2 cup		2
3	unsalted butter	1 Tablespoon		0.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	sesame oil	2 Tablespoons	optional - can use grapeseed oil	1
1,5	polenta	2 cups	coarsely ground yellow cornmeal	3
1,2,4	rice vinegar	6 Tablespoons	optional - can use white wine vinegar	2
2,3	black beans	2 (15 oz) cans	low sodium	3
4	rice noodles (vermicelli style)	1 (8 oz) box		2
4	red chili powder	1/8 teaspoon		0.5

Fresh 20 Grocery Est \$72.50
 Cost Per Dinner \$14.50
 Cost Per Serving \$3.63

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	dried oregano	1/2 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	3/4 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1/4 cup
	gluten free chicken/veg broth: low sodium	4 cups (32 fl oz)	gluten free organic tomato paste	
	garlic	5 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt		gluten free soy sauce or Bragg's liquid aminos	6 Tablespoons
	black pepper	1-1/2 teaspoons	gluten free pasta	
	cayenne pepper	2 teaspoons	long grain brown rice	
	paprika		gluten free 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) MONDAY

KOREAN STYLE SHORT RIBS with Crispy Kale & Simple Polenta

MONDAY PREP

- 4 green onions, diced (½ cup)
- 1 large bunch kale, washed & dried, left as whole leaves

For short ribs

¼ cup gluten free low sodium soy sauce
2 Tablespoons maple syrup
2 Tablespoons sesame or grapeseed oil
4 green onions, diced (½ cup)
3 cloves garlic, minced or pressed
1 Tablespoon extra-virgin olive oil
2 Tablespoons white wine or rice vinegar
1½ pounds beef short ribs cross cut into 1" thick slabs Korean style (ask butcher to cut)
¾ cup gluten free low sodium chicken or vegetable broth

Quick Tip:

Start the ribs. While they are simmering, prepare kale. Once kale is in oven, start polenta since it requires more labor for stirring.

1. Combine marinade ingredients (soy sauce through vinegar) in a large non-aluminum (reactive) container.
2. Add ribs to marinade and coat well. Seal container and marinate at least 2 hours and up to 24 hours.
3. Remove ribs from marinade, reserving liquid. Arrange ribs in large sauté pan (with lid) over medium-high heat and sear for 4 minutes each side.
4. Pour remaining marinade and broth into sauté pan with ribs and cover with lid. Reduce heat to medium-low and cook for 15 minutes.
5. Remove lid and cook uncovered for 5 minutes. The liquid will reduce down. Remove ribs and place on a platter or in a serving dish. Loosely cover with foil. Pour remaining sauce in a bowl to serve alongside. Save any leftover ribs for Thursday Dinner.

For kale

1 large bunch kale, washed & dried, left as whole leaves
1 Tablespoon extra-virgin olive oil
dash of kosher salt

1. Preheat oven to 400°F.
2. Line a large baking sheet with parchment paper or generously grease with olive oil.
3. Arrange kale on the baking sheet making sure to not overlap leaves too much. Brush with olive oil and sprinkle with salt. Bake for 10 minutes. Kale will become crispy. Gently move to serving dish. Kale crisps are best when picked up and eaten straight off the stem.

(1) MONDAY

KOREAN STYLE SHORT RIBS with Crispy Kale & Simple Polenta

For polenta

3 cups gluten free low sodium chicken or vegetable broth

2 cups polenta (coarsely ground yellow cornmeal)

1 Tablespoon extra-virgin olive oil

1. In a medium saucepan, bring the broth to a boil over high heat.
2. While constantly whisking, slowly pour the cornmeal in a thin stream. Lower the heat to medium and cook, stirring frequently, until the polenta thickens to an oatmeal consistency, about 20 minutes. Sometimes it is necessary to add more liquid (water or broth). Scrape the bottom and sides while cooking to prevent the polenta from sticking. Reserve 2 cups in airtight container for Friday.
3. Stir in the olive oil and transfer polenta to a serving bowl. If desired, serve with ¼ cup grated parmesan for topping.

Serving Size: 5oz ribs, ¼ cup kale, ½ cup polenta

Ribs: 350kcal, 32g protein, 10g carb, 750mg sodium, 0g fiber, 85mg cholesterol, 20g fat, 5g sat fat, 8g sugar, 3%DV calcium, 20%DV iron

Kale: 60kcal, 3g protein, 6g carb, 75mg sodium, 2g fiber, 0mg cholesterol, 4g fat, .5g sat fat, 1.5g sugar, 10%DV calcium, 6%DV calcium

Polenta: 130kcal, 4g protein, 27g carb, 25mg sodium, 2g fiber, 0mg cholesterol, 3g fat, 0g sat fat, 0g sugar, 0%DV calcium, 10%DV iron

(2) TUESDAY

HOT SCALLION SALMON with Black Bean Salad & Parmesan Squash

TUESDAY PREP

- 3 green onions, diced
- 2" piece of fresh ginger, peeled and sliced
- 1 bell pepper, any color, chopped (1 cup)
- 2 yellow squash, ends removed and sliced lengthwise into ½" thick strips

For salmon

3 Tablespoons extra virgin olive oil, divided
1 pound fresh salmon fillets (sub 1 pound thin chicken breasts)
¼ teaspoon kosher salt
½ teaspoon black pepper
3 green onions, diced
2" piece of fresh ginger, peeled and sliced
dash of kosher salt

1. Rinse and pat dry salmon filet. Combine salt and pepper and rub onto salmon. Heat 1 Tablespoon olive oil in a large skillet over high heat. Place salmon skin side down in the skillet and cook 5-7 minutes.
2. Heat 2 Tablespoons olive oil in small sauce pot until very hot. Carefully add green onion, salt, and ginger. Simmer for 3-4 minutes or until fragrant.
3. Check salmon to make sure that the bottom half is pale pink. Reduce heat to medium.
4. Pour hot fragrant oil over salmon. Fish continues to cook as it cools down, so take it off heat a little before you think you should. You can remove any large pieces of ginger and discard. Save any leftover salmon for Thursday.

For beans

2 Tablespoons white wine or rice vinegar
1 Tablespoon maple syrup
1 Tablespoon extra virgin olive oil
¼ teaspoon kosher salt
1 (15 oz) can reduced sodium black beans, drained and rinsed
1 bell pepper, any color, chopped (1 cup)

Whisk vinegar, maple syrup, oil, and salt in a medium bowl until well combined. Add beans and bell peppers to coat. Chill until ready to serve. Can be made ahead of time and stored up to 2 days. Save any leftover salad for Friday.

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(2) TUESDAY

HOT SCALLION SALMON

Black Bean Salad & Parmesan Squash

For squash

2 yellow squash, ends removed and sliced lengthwise into ½" thick strips

½ Tablespoon extra virgin olive oil

dash of kosher salt

½ cup grated Parmesan cheese

¼ teaspoon black pepper

1. Preheat oven to 350°F.
2. Arrange the squash on a large baking sheet that has been lightly oiled. Drizzle with olive oil and sprinkle with salt; bake for 7 minutes.
3. Flip over and sprinkle with Parmesan and black pepper. Bake another 5 minutes or until cheese turns golden brown.

Serving Size: 4 oz salmon, ¼ cup black bean salad, ¼ cup parmesan squash

Salmon: 260kcal, 25g protein, 0g carb, 270mg sodium, 0g fiber, 50mg cholesterol, 17g fat, 2.5g sat fat, 0g sugar, 4%DV calcium, 6%DV iron

Salad: 130kcal, 6g protein, 18g carb, 170mg sodium, 5g fiber, 0mg cholesterol, 4.5g fat, 0g sat fat, 4g sugar, 4%DV calcium, 10%DV iron

Squash: 75kcal, 4g protein, 3g carb, 190mg sodium, 0g fiber, 0mg cholesterol, 5g fat, 2g sat fat, 2g sugar, 11%DV calcium, 1%DV iron

(3) WEDNESDAY

PINEAPPLE CITRUS CHICKEN with Black Beans & Sautéed Bananas

WEDNESDAY PREP

- ½ pineapple, a few slices for garnish and the rest chopped into chunks for marinade
- 4 limes, juiced (½ cup juice)

For pineapple chicken

½ pineapple, a few slices for garnish and the rest chopped into chunks for marinade

4 limes, juiced (½ cup juice)

2 cloves garlic, minced

¼ teaspoon ground cumin

½ teaspoon dried oregano

Dash of kosher salt

2 chicken breasts, boneless, skinless (1 pound)

1 Tablespoon extra virgin olive oil

¼ teaspoon kosher salt

½ teaspoon black pepper

1. In a blender, process pineapple chunks with garlic, cumin, lime juice, oregano, and salt until smooth. Set aside. Reserve ¼ cup of marinade for Arugula Salad on Friday.
2. Season chicken with salt and pepper. Heat oil in a skillet over medium heat.
3. When oil is hot add chicken and cook 4-5 minutes. Turn chicken and drizzle with pineapple marinade.
4. Cook on second side for 4-5 minutes depending on thickness. Internal temperature should be 165°F. Remove from heat and let rest 5 minutes before slicing (juices should run clear). Serve with remaining pineapple marinade/sauce on the side and garnish with reserved pineapple.
Note: You can marinate the chicken if you have time, if not just cook it on the stovetop and serve pineapple marinade on the side. NEVER consume marinating liquid that has been in contact with raw chicken!!

For beans

1 (15 oz) can reduced sodium black beans with liquid

½ teaspoon ground cumin

dash of kosher salt

Combine cumin, salt and beans in a small saucepan. Heat over low heat until warmed through.

For bananas

2 medium ripe bananas, peeled & cut in half lengthwise and then cut in half (should yield 8 pieces)

1 Tablespoon unsalted butter

Melt butter in a sauté pan over medium heat. Arrange bananas in a single layer and sauté for 3 minutes, depending on how soft you like them. Serve immediately.

Serving Size: 4 ounces prepared chicken, ½ cup bean salad, ½ sautéed bananas

Chicken: 270kcal, 24g protein, 13g carb, 370mg sodium, 1g fiber, 82mg cholesterol, 14g fat, 3g sat fat, 8g sugar, 3%DV calcium, 4%DV iron

Bean Salad: 90kcal, 5g protein, 13g carb, 180mg sodium, 5g fiber, 0mg cholesterol, 1g fat, 0g sat fat, 1g sugar, 3%DV calcium, 8%DV iron

Bananas: 80kcal, 1g protein, 14g carb, 0mg sodium, 2g fiber, 8mg cholesterol, 3g fat, 2g sat fat, 7g sugar, 0%DV calcium, 1%DV iron

(4) THURSDAY

EASY ASIAN RICE NOODLES with Leftover Ribs or Salmon & Pear Salad

THURSDAY PREP

- 1" minced peeled fresh ginger (1 Tablespoon)
- 4 green onions, diced (½ cup)
- 1 lime, juiced (2 Tablespoons juice)

For noodles

8 ounces rice noodles (1 box vermicelli style)
2 Tablespoons noodle cooking water
1 Tablespoon extra virgin olive oil
2 Tablespoons gluten free low-sodium soy sauce
2 Tablespoons white wine or rice vinegar
1" minced peeled fresh ginger (1 Tablespoon)
⅛ teaspoon red chili powder
Leftover ribs and/or salmon
4 green onions, diced (½ cup)

Cook rice noodles according to package directions. They cook very fast!
Drain noodles in a colander over a bowl, reserving 2 Tablespoons noodle water; keep noodles warm.

Combine 2 Tablespoons pasta water, olive oil, soy sauce, rice vinegar, ginger, and chili powder.
Divide noodles evenly among 4 bowls; top with sauce, leftover ribs or salmon, and green onions.

For pear salad

1 Tablespoon honey or maple syrup
1 lime, juiced (2 Tablespoons juice)
2 pears, cored and sliced
4 ounces arugula, washed & chopped (4 cups)

Combine lime juice and honey. Arrange arugula on a plate, top with pears, and drizzle with dressing.

Serving Size: 1 prepared bowl with 4 oz prepared salmon & 1 cup pear salad

Noodles: 400kcal, 28g protein, 45g carbs, 180mg sodium, 0g fiber, 50mg cholesterol, 11g fat, 2g sat fat, 1g sugar, 4%DV calcium, 6%DV iron

Pear Salad: 90kcal, 1g protein, 23g carb, 12mg sodium, 4g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 15g sugar, 3%DV calcium, 3%DV iron

(5) FRIDAY

TROPICAL CHICKEN with Polenta Cakes & Arugula Salad

FRIDAY PREP

- 3 cooked chicken breasts, shredded * *see prep guide*
- ½ pineapple (2 cups), blended into a puree
- 1 teaspoon lime juice
- 1 bell pepper, sliced (1 cup)

For tropical chicken

3 cooked chicken breasts, shredded * *see prep guide*

½ pineapple (2 cups), blended into a puree

2 Tablespoons balsamic vinegar

1 teaspoon lime juice

¼ teaspoon kosher salt

Whisk together pineapple puree, balsamic vinegar, lime juice and salt until well blended and frothy. Toss with chicken and chill until ready to eat.

For polenta cakes

2 cups leftover polenta (from Monday)

1 Tablespoon extra virgin olive oil

With hands, form 3" round polenta patties. Cook polenta cakes in a lightly oiled skillet over medium-high heat for three minutes each side or until lightly browned.

For arugula salad

4 ounces arugula (4 cups)

¼ cup reserved marinade (from Wednesday) or pantry dressing

1 bell pepper, sliced (1 cup)

1 avocado, pitted and sliced or chopped for salad

Leftover bean salad (from Tuesday)

Toss arugula with reserved marinade (or homemade pantry dressing). Top with avocado and bell pepper.

To serve, place one warm polenta cake on dinner plate. Top with ¾ cup Tropical Chicken. Use any leftover bean salad as a side and serve with arugula salad.

Serving Size: 4 oz chicken salad, 1 polenta patty, 1 cup salad without dressing or leftovers

Salad: 250kcal, 26g protein, 12g carb, 380mg sodium, 1g fiber, 71mg cholesterol, 10g fat, 2g sat fat, 9g sugar, 2%DV calcium, 7%DV iron

Salad: 70kcal, 2g protein, 5g carb, 10mg sodium, 3g fiber, 0mg cholesterol, 5g fat, 1g sat fat, 2g sugar, 6%DV calcium, 4%DV iron

Polenta: 130kcal, 3g protein, 24g carb, 60mg sodium, 2g fiber, 0mg cholesterol, 3g fat, 0g sat fat, 1g sugar, 0%DV calcium, 6%DV iron