

VEGETARIAN Weekly Prep Guide

GRAINS

- 6 cups cooked quinoa * *see below*

VEGETABLES

- 12 green onions, thinly sliced
- 2 jalapenos, seeds removed, minced
- 1 pound brown mushrooms, sliced (5-6 cups)
- 1 large bunch kale, washed & dried, left in whole leaves
- 1 bell pepper, diced (1 cup)
- 2 yellow squash, ends removed and sliced lengthwise into ½" thick strips
- 1 cucumber, rounds
- 1 cucumber, peeled and diced (2 cups)
- 1" minced peeled fresh ginger (1 Tablespoon)

FRUITS

- 1 pineapple, diced (4 cups)
- 1 lime, juiced (1 Tablespoon juice)

MISC.

- 4 eggs, hardboiled * *see below*
- ¼ cup sesame seeds, lightly toasted * *see below*
- ¼ cup cashews, chopped

FOR QUINOA

3 cups dry quinoa

6 cups water or low sodium broth

Pinch of kosher salt

Bring water and or broth to a boil in a large saucepan over high heat. Add quinoa and salt, reduce heat to medium low, and cover. Cook 15 minutes or until water has evaporated. Let sit 5 minutes before removing lid. Refrigerate until needed. Makes approximately 6 cups.

TO TOAST SESAME SEEDS

Place sesame seeds in a dry skillet over medium-low heat. Swirl or stir seeds often until light golden brown and fragrant; about 5 minutes. Watch closely, they can burn very quickly!!

TO HARD BOIL EGGS

Place eggs in a saucepan and cover with cold water (1" over eggs). Bring to a boil, remove from heat, and cover pan. Let stand without removing lid for 12 -14 minutes. Drain and cool under running water. refrigerate.

the **FRESH 20**

MARCH 30, 2018

MONDAY

Mushroom Omelet
Crispy Kale & Polenta

TUESDAY

Black Bean Quinoa
Parmesan Squash

WEDNESDAY

Pineapple Poke Bowl

THURSDAY

Easy Asian Rice Noodles

FRIDAY

Tropical Arugula Salad
Polenta Cakes



Shopping List

(1) Mushroom Omelet (2) Black Bean Quinoa (3) Pineapple Poke Bowl (4) Easy Asian Rice Noodles (5) Tropical Arugula Salad

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2,3,4,5	green onion	12	<i>need 12 green onions</i>	2
1	brown mushrooms	1 pound		8
1	kale	1 large bunch		2.5
2,3	jalapeno	2		1
2	bell pepper	1	<i>any color</i>	1
2	yellow squash	2		2
3,5	pineapple	1 small/med		2.5
3,5	avocado	2		2
3,5	cucumber	2		2
3,5	lime	1	<i>optional</i>	0.5
4	fresh ginger	1"		1
4,5	edamame, shelled, frozen	5 cups		5
5	arugula	4 ounces		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,3	eggs	12		4
1,2	parmesan cheese	3/4 cup		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,5	polenta	2 cups	<i>coarse ground cornmeal</i>	2
2,5	black beans, organic	3 (15 oz) cans		4.5
2,3	quinoa	3 cups		3
3	sesame seeds	1/4 cup		2
4	rice noodles	8 ounces	<i>1 box vermicelli style</i>	2
4	red chili powder	1/8 teaspoon	<i>optional</i>	0.5
4	cashews	1/4 cup		2

Fresh 20 Grocery Est \$54.50
 Cost Per Dinner \$10.90
 Cost Per Serving \$2.73

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	dried oregano	
	grapeseed oil		herbes de provence	
	balsamic vinegar	1 Tablespoon	ground cumin	1 teaspoon
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	
	veggie broth: low sodium	3 cups (24 fl oz)	organic tomato paste	
	garlic		Dijon mustard or brown mustard	
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	1-1/2 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	
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) MONDAY

MUSHROOM OMELET with Crispy Kale & Simple Polenta

MONDAY PREP

- 2 green onions, thinly sliced
- 1 pound brown mushrooms, sliced (5-6 cups)
- 1 large bunch kale, washed & dried, left in whole leaves

For mushroom omelet

2 Tablespoons extra virgin olive oil
2 green onions, thinly sliced
1 pound brown mushrooms, sliced (5-6 cups)
8 eggs, whisked
Dash of kosher salt
Dash of ground black pepper
¼ cup parmesan cheese, shredded or grated

1. Heat oil in a nonstick skillet over medium heat.
2. Add onions and mushrooms and cook 5 minutes until tender.
3. Combine eggs with salt and pepper and pour over mushrooms. Cook to desired doneness.
4. Top with cheese during the last minute of cooking. Serve with polenta and kale.

For kale

1 large bunch kale, washed & dried, left in 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.

For polenta

3 cups 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: ¼ prepared omelet, ¼ cup kale, ½ cup polenta

Omelet: 270kcal, 18g protein, 7g carb, 330mg sodium, 1g fiber, 355mg cholesterol, 18g fat, 4.5g sat fat, 2g sugar, 10%DV calcium, 10%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

BLACK BEAN QUINOA with Parmesan Squash

TUESDAY PREP

- 3 cups cooked quinoa * *see prep guide*
- 3 green onions, diced (heaping ½ cup)
- 1 jalapeno, seeds removed, minced, optional
- 1 bell pepper, diced (1 cup)
- 2 yellow squash, ends removed and sliced lengthwise into ½" thick strips

For quinoa

2 Tablespoons extra virgin olive oil
3 green onions, diced (heaping ½ cup)
1 jalapeno, seeds removed, minced, optional
1 bell pepper, diced (1 cup)
2 (15 oz) cans black beans, rinsed and drained
3 cups cooked quinoa * *see prep guide*
1 teaspoon ground cumin
¼ teaspoon kosher salt
¼ teaspoon ground black pepper

Heat oil in a skillet over medium heat. Add green onion, jalapeno, and bell pepper; cook 2-3 minutes until peppers soften.

Add beans, quinoa, and spices. Stir to warm through and serve with 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

For squash

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: 1 ¾ cup quinoa, ¼ cup parmesan squash

Quinoa: 400kcal, 17g protein, 58g carb, 190mg sodium, 13g fiber, 0mg cholesterol, 11g fat, 1g sat fat, 2g sugar, 10%DV calcium, 30%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 POKE BOWL

WEDNESDAY PREP

- 3 cups cooked quinoa * *see prep guide*
- ¼ cup sesame seeds, lightly toasted * *see prep guide*
- ½ pineapple, diced (2 cups)
- 1 cucumber, rounds
- 4 hard boiled eggs, sliced
- 2 teaspoons lime juice
- 1 green onion, thinly sliced
- 1 jalapeno, seeds removed, minced

For bowl

3 cups cooked quinoa * *see prep guide*
½ pineapple, diced (2 cups)
1 avocado, diced
1 cucumber, rounds
4 hard boiled eggs, sliced
1 Tablespoon extra virgin olive oil or sesame oil
2 teaspoons lime juice
¼ teaspoon kosher salt
½ teaspoon black pepper
¼ cup sesame seeds, lightly toasted * *see prep guide*
1 green onion, thinly sliced
1 jalapeno, seeds removed, minced

Divide quinoa evenly between bowls. Top each bowl with ½ cup pineapple, avocado, cucumber and egg. Whisk oil, lime juice, salt and pepper and pour over each bowl. Top with sesame seeds, green onion and jalapeno, if desired

Serving Size: ¾ cups cooked quinoa, ½ cup pineapple, ¼ each avocado, cucumber, 1 egg

Bowl: 5000kcal, 18g protein, 64g carb, 230mg sodium, 10g fiber, 180mg cholesterol, 21g fat, 3.5g sat fat, 18g sugar, 10%DV calcium, 30%DV iron

(4) THURSDAY
EASY ASIAN RICE NOODLES

THURSDAY PREP

- 1" minced peeled fresh ginger (1 Tablespoon)
- 3 cups frozen shelled edamame, cooked
- ¼ cup cashews, chopped
- 4 green onions, thinly sliced (½ cup)

For noodles

8 ounces rice noodles (1 box vermicelli style)

2 Tablespoons noodle cooking water

1 Tablespoon extra virgin olive oil

2 Tablespoons low-sodium soy sauce

2 Tablespoons white wine or rice vinegar

1" minced peeled fresh ginger (1 Tablespoon)

½ teaspoon red chili powder

3 cups frozen shelled edamame, cooked

¼ cup cashews, chopped

4 green onions, thinly sliced (½ cup)

1. Cook rice noodles according to package directions. They cook very fast!
2. Drain noodles in a colander over a bowl, reserving 2 Tablespoons noodle water; keep noodles warm.
3. Combine 2 Tablespoons noodle water, olive oil, soy sauce, rice vinegar, ginger, and chili powder. Divide noodles evenly among 4 bowls; top with sauce, edamame, cashews, and green onions.

Serving Size: 1 prepared bowl, about 2 cups

Noodles: 460kcal, 18g protein, 60g carbs, 170mg sodium, 6g fiber, 0mg cholesterol, 15g fat, 1.5g sat fat, 3g sugar, 6%DV calcium, 15%DV iron

(5) FRIDAY

TROPICAL ARUGULA SALAD with Polenta Cakes

FRIDAY PREP

- 2 cups frozen shelled edamame, cooked & cooled
- ½ pineapple, diced (2 cups)
- 1 cucumber, peeled and diced (2 cups)
- 2 green onions, thinly sliced (¼ cup)
- 1 teaspoon lime juice

For tropical arugula salad

2 cups frozen shelled edamame, cooked & cooled
1 (15 oz) can organic black beans, drained and rinsed
½ pineapple, diced (2 cups)
1 cucumber, peeled and diced (2 cups)
1 avocado, diced
2 green onions, thinly sliced (¼ cup)
4 ounces arugula (4 cups)
1 Tablespoon balsamic vinegar
1 teaspoon lime juice
2 Tablespoons extra virgin olive oil
¼ teaspoon kosher salt

Toss edamame, beans, pineapple, cucumber, avocado and green onions together in a small bowl. Toss arugula with vinegar, lime juice, oil and salt. Gently combine with remaining ingredients. Serve with polenta cakes.

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.

To serve, place one warm polenta cake on dinner plate and top with arugula salad.

Serving Size: 3 cups salad, 1 polenta patty,

Salad: 390kcal, 17g protein, 45g carb, 200mg sodium, 13g fiber, 0mg cholesterol, 16g fat, 1.5g sat fat, 19g sugar, 15%DV calcium, 20%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