

## PREP GUIDE

### MEAL #1

- 6 cups cooked green or brown lentils prepared according to package directions \* *for the week*
- Cut vegetables:
  - 4 scallions, chopped (½ cup)
  - 6 ounces mushrooms, sliced (2 cups)
  - 1 bunch kale, chopped (4 cups)

### MEAL #2

- 9 cups cooked quinoa prepared according to package directions \* *for the week*
- Cut vegetables:
  - 1 head broccoli, chopped (4 cups)

### MEAL #3

- Cut vegetables:
  - 1 yellow onion, sliced (1 cup)
  - 2½ bell peppers, sliced (2½ cups)

### MEAL #4

- 1 lime, juiced (2 Tablespoons juice)
- Cut vegetables:
  - ½ yellow onion, diced (½ cup)
  - 1 bell pepper, diced (1 cup)
  - 1 zucchini, diced (2 cups)
  - 4 scallions, chopped (½ cup)

### MEAL #5

- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 1 pound brussels sprouts, shredded (4 cups)
  - 6 ounces mushrooms, sliced (2 cups)

## MENU

### MONDAY ①

VEGGIE LENTIL SAUTE

### TUESDAY ②

CHEESY BROCCOLI QUINOA

### WEDNESDAY ③

PERUVIAN STIR-FRY

### THURSDAY ④

TACO SKILLET

### FRIDAY ⑤

SWEET POTATO HASH



# Shopping List

(1) Veggie Lentil Saute (2) Cheesy Broccoli Quinoa (3) Peruvian Stir Fry (4) Taco Skillet (5) Sweet Potato Hash

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,5	sweet potatoes	3-1/2 pounds		3.5
1,4	scallions	8		1
1,5	mushrooms	3/4 pound	<i>brown or button</i>	5
1	kale	1 bunch		2
1	oranges	4		2
2	broccoli	1 head		2
3,4,5	yellow onion	3		3
3,4	bell peppers	4	<i>any color</i>	4
3,4	tomatoes	4		2
4	zucchini	1		1
4	lime	1		0.5
4	cilantro	1 bunch	<i>need 1/4 cup chooped</i>	1.5
4	avocado	1		1
5	brussels sprouts	1 pound		2

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,4	shredded cheddar cheese	1 cup		3
2	eggs	4		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3	green or brown lentils (dry)	3 cups		4.5
2,4,5	quinoa (dry)	4-1/2 cups		6
3	peanuts	1/4 cup		2.5
4,5	kidney beans	2 (15 oz) cans		3
4	chili powder	1/2 teaspoon	<i>optional</i>	0.5

Fresh 20 Grocery Est \$52.00  
 Cost Per Dinner \$10.40  
 Cost Per Serving \$2.60

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

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://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) VEGGIE LENTIL SAUTE

OVEN TEMPERATURE: 425°F

### MADE AHEAD

- 3 cups cooked green or brown lentils prepared according to package directions
- Cut vegetables: scallions, mushrooms, kale

### DIRECTIONS

#### *For sweet potatoes*

1. Heat oven to 425°F.
2. Toss potatoes with oil, salt, and pepper.
3. Put in a single layer on two baking sheets and bake for about 20-25 minutes.
4. Save  $\frac{2}{3}$  for Meals #3 and #5. Add remaining sweet potatoes to veggie lentil sauté.

#### Meanwhile

#### *For veggie lentil sauté*

1. Heat a large nonstick skillet over medium heat and add oil, garlic, and scallions; sauté 1 minute.
2. Add mushrooms and lentils cook for 1-2 minutes then add kale and cook until wilted. Stir in cooked sweet potatoes and season with salt and pepper.
3. Serve with a side of sliced oranges.

### INGREDIENTS

#### *For sweet potatoes*

3½ pounds sweet potatoes, peeled & diced  
2½ Tablespoons olive oil  
 $\frac{3}{4}$  teaspoon kosher salt  
dash of black pepper

#### *For veggie lentil sauté*

2 Tablespoons olive oil  
3 cloves garlic, minced  
4 scallions, diced ( $\frac{1}{2}$  cup)  
6 ounces mushrooms, sliced (2 cups)  
3 cups cooked green or brown lentils  
1 bunch kale, chopped (4 cups)  
Sweet potatoes (see above)  
dash of salt and pepper

4 oranges, sliced

Veggie Lentil Saute: 400kcal, 18g Protein, 60g Carb, 280mg Sodium, 17g Fiber, 0mg Cholesterol, 11g Fat, 1.5g Saturated, 12g Sugar, 8% Calcium, 35% Iron

Orange: 60kcal, 1g protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 11g Sugar, 4% Calcium, 0% Iron



## (2) CHEESY BROCCOLI QUINOA

### MADE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: broccoli

### DIRECTIONS

#### *For cheesy broccoli quinoa*

1. Heat a large skillet over medium heat and add oil and garlic; sauté 1 minute.
2. Add broccoli and cook for about 2 minutes then add broth and cook another 2-3 minutes until tender.
3. Add quinoa, stir well, then add cheese, salt, and pepper. Stir until well combined and cheese is melted.

#### Meanwhile

#### *For fried eggs*

1. Heat oil in a large skillet over medium heat.
2. Add eggs and cook to desired doneness. Serve over quinoa.

### INGREDIENTS

#### *For cheesy broccoli quinoa*

1 Tablespoon olive oil  
1 garlic clove, minced  
1 head broccoli, chopped (4 cups)  
½ cup low-sodium vegetable broth  
3 cups cooked quinoa  
½ cup shredded cheddar cheese  
dash of salt and pepper

#### *For fried eggs*

1½ Tablespoons olive oil  
4 eggs

Cheesy quinoa & eggs: 440kcal, 14g Protein, 43g Carb, 220mg Sodium, 9g Fiber, 195mg Cholesterol, 21g Fat, 6g Saturated, 3g Sugar, 15% Calcium, 20% Iron



## (3) PERUVIAN STIR-FRY

### MADE AHEAD

- 1 pound cooked sweet potatoes \* *from Meal #1*
- 3 cups cooked green or brown lentils prepared according to package directions
- Cut vegetables: onion, bell peppers

### DIRECTIONS

*For Peruvian stir-fry*

1. Heat a large skillet over medium-high heat and add oil.
2. Add onions and bell peppers and cook about 2-3 minutes.
3. Add tomatoes and cook for 2 minutes.
4. Add lentils, soy sauce, vinegar, broth, salt, pepper, and cumin.
5. Add sweet potatoes and peanuts to skillet and stir until warmed through.

### INGREDIENTS

*For Peruvian stir-fry*

- 1 Tablespoon grapeseed oil
- 1 yellow onion, sliced (1 cup)
- 2½ bell peppers, sliced (2½ cups)
- 2 tomatoes, sliced
- 3 cups cooked green or brown lentils
- 1 Tablespoon low sodium soy sauce
- 2 Tablespoons white or red wine vinegar
- ½ cup low-sodium vegetable broth
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon cumin
- 1 pound cooked sweet potatoes \**from Meal #1*
- ¼ cup peanuts, chopped

Stir fry: 460kcal, 21g Protein, 71g Carb, 390mg Sodium, 20g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 20g Sugar, 10% Calcium, 40% Iron

### MADE AHEAD

- 4 cups cooked quinoa prepared according to package directions
- 1 lime, juiced (2 Tablespoons juice)
- Cut vegetables: onion, bell pepper, zucchini, scallions

### DIRECTIONS

#### *For taco skillet*

1. Heat a large non-stick skillet over medium heat.
2. Add oil, onion, and garlic, and sauté for 2 minutes.
3. Add beans, bell pepper, and zucchini and cook for 2-3 minutes.
4. Add tomatoes, salt, pepper, cumin, chili powder, lime juice, and cilantro and cook for 1-2 minutes.
5. Add quinoa and stir to warm through.
6. To serve, top with cheddar, scallions, and avocado.

### INGREDIENTS

#### *For taco skillet*

- 1 Tablespoons grapeseed oil
- ½ yellow onion, diced (½ cup)
- 2 cloves garlic, minced
- 1 (15 oz) can kidney beans, drained and rinsed
- 1 bell pepper, diced (1 cup)
- 1 zucchini, diced (2 cups)
- 2 tomatoes, diced (1½ cups)
- ¼ teaspoon kosher salt
- dash of black pepper or cayenne
- 1 teaspoon cumin
- ½ teaspoon chili powder, optional
- 2 Tablespoons lime juice
- ¼ cup chopped cilantro
- 4 cups cooked quinoa
- ½ cup shredded cheddar cheese
- 4 scallions, chopped (½ cup)
- 1 avocado, sliced

Skillet: 480kcal, 20g Protein, 54g Carb, 190mg Sodium, 17g Fiber, 15mg Cholesterol, 17g Fat, 4.5g Saturated, 8g Sugar, 15% Calcium, 30% Iron



## (5) SWEET POTATO HASH

### MADE AHEAD

- 1 pound cooked sweet potatoes *\*from Meal #1*
- 2 cups cooked quinoa prepared according to package directions
- Cut vegetables: onion, brussels sprouts, mushrooms

### DIRECTIONS

#### *For sweet potato hash*

1. Heat a large non-stick skillet over medium heat and add oil.
2. When oil is hot add onion and garlic and sauté for 1 minute.
3. Add brussels sprouts and sauté for 2-3 minutes and then add mushrooms and beans. Cook an additional 2 minutes.
4. Add salt, pepper, and sweet potatoes and stir until warmed through. Serve over quinoa.

### INGREDIENTS

#### *For sweet potato hash*

- 2 Tablespoons olive oil
- 1 yellow onion, chopped (1 cup)
- 2 garlic cloves, minced
- 1 pound brussels sprouts, shredded (4 cups)
- 6 ounces mushrooms, sliced (2 cups)
- ½ (15 oz) can kidney beans, drained and rinsed
- ¼ teaspoon kosher salt
- dash of black pepper
- 1 pound cooked sweet potatoes\* *from Meal #1*
- 2 cups cooked quinoa, warmed

Hash: 490cal, 18g Protein, 76g Carb, 370mg Sodium, 18g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 15g Sugar, 10% Calcium, 20% Iron