

## GLUTEN FREE Weekly Prep Guide

### GRAINS

- 2 cups cooked brown rice (see below)

### VEGETABLES

- 1 head butter leaf or green leaf lettuce, torn (4-5 cups)
- 3 yellow onions, diced (3 cups)
- 1 serrano chile, stemmed, deseeded, roughly chopped (use half for less heat)
- 1 small or ½ large bunch kale, hard stems removed, chopped (3 cups)
- Steam broccoli (see below)

### FRUIT

- 1 lemon, zested & juiced (2 Tablespoons juice, 1 Tablespoon zest)
- 1 Tablespoon lime juice

### MISC.

- Chimichurri sauce can be made 3 days ahead (MONDAY)
- ¼ cup pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

*the* **FRESH 20**

**APRIL 13, 2018**

MONDAY

Argentinean Steak with Potatoes & Simple Salad

TUESDAY

Halibut Cioppino

WEDNESDAY

Vegetarian Chilaquiles

THURSDAY

Warm Broccoli & Bacon Salad

FRIDAY

Broccoli Beef Sesame Noodles

### FOR BROWN RICE (TUESDAY)

1 cup brown rice  
2 cups water or broth  
Pinch of kosher salt

Place rice, water, and salt in a saucepan and bring to a boil. Reduce to medium-low, cover, and cook 30 minutes. Remove from heat and let sit 5-10 minutes before removing lid. Makes 2 cups.

### STEAMED BROCCOLI (THURSDAY & FRIDAY)

1½ heads broccoli (6-7 cups)

Place a steamer insert in a medium saucepan and add 1-2" water. Add broccoli and cover. Bring to a boil and cook 6-8 minutes until broccoli is bright green and fork tender. Drain, cool, and refrigerate until needed.



# Shopping List

(1) Argentinean Steak Potatoes (2) Lemongrass Halibut (3) Vegetarian Chilaquiles (4) Halibut Cioppino (5) Broccoli Beef Sesame Noodles

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,5	beef flank steak	2-3/4 pounds		15
2	halibut filets	1-1/2 pounds		15
4	turkey bacon	12 ounces	low fat, low sodium	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,2	parsley	1 large bunch		1.5
1,4	small red potatoes	4-1/2 pounds		4.5
1	butter leaf or green leaf lettuce	1 head		2
3	lime	1		0.5
1	lemon	1		0.5
4,5	broccoli	2 heads		2.5
3	tomatillos	2 pounds		3
2,3,4	yellow onion	3		2
2,3	cilantro	1 bunch		1.5
3	serrano chile	1		0.5
3	kale	1 small bunch	<i>need 1 small or 1/2 large bunch</i>	2
3	corn kernels (frozen)	1-1/2 cups		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost *

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	red pepper flakes	1/2 teaspoon	<i>optional</i>	0.5
2,5	white wine	1-1/4 cups		5
3	high quality corn tortilla chips	1 small bag	<i>be sure to choose gluten free</i>	2
3	firm tofu	1 (14 oz) pkg		2.5
3	black beans	1 (15 oz) can		1.5
5	sesame oil	1 Tablespoon		3
4	raisins	1/2 cup	<i>optional</i>	2
5	chili powder	1/8 teaspoon	<i>optional</i>	0.5
5	rice noodles	8 ounces		2

Fresh 20 Grocery Est                   \$75.00  
 Cost Per Dinner                         \$15.00  
 Cost Per Serving                         \$3.75

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	dried oregano	1 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar	1-1/2 Tablespoons	raw honey or 100% maple syrup	3-1/2 Tablespoons
	gluten free chicken/veg broth: low sodium	5 cups (40 fl oz)	gluten free organic tomato paste	6 ounces
	garlic	10 cloves	gluten free Dijon mustard or brown mustard	1 teaspoon
	kosher salt	4 teaspoons	gluten free soy sauce or Braggs liquid aminos	1/4 cup
	black pepper	1-1/2 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	1 cup
	paprika		gluten free 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) MONDAY

**ARGENTINEAN STEAK WITH POTATOES with Simple Salad**

*This is a traditional steak and potato dinner with an international twist. I tend to make extra chimichurri sauce to have around as a vegetable dip!*

MONDAY PREP

- 1 large bunch parsley, chopped (about 2 cups)
- ¼ cup pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Chimichurri sauce can be made up to 3 days ahead
- 1 lemon, zested & juiced (2 Tablespoons juice, 1 Tablespoon zest)
- 1 head butter leaf or green leaf lettuce, torn (4-5 cups)

FOR ARGENTINEAN STEAK

- 1 large bunch parsley, chopped (about 2 cups) \*
- ½ cup extra virgin olive oil
- 2 cloves garlic, minced or pressed
- 1 lemon, zested & juiced
- ½ teaspoon kosher salt
- ½ teaspoon red pepper flakes, optional
  
- 2 pounds beef flank steak
- 1 teaspoon kosher salt
- ½ teaspoon black pepper

*\* save 2 Tablespoons chopped parsley for Tuesday*

1. Combine parsley, olive oil, garlic, lemon zest, 2 Tablespoons lemon juice, salt, and red pepper flakes in a blender or food processor. Blend or process on high until smooth. Cover and refrigerate for up to 3 days.
2. Rinse and pat steak with a paper towel. Sprinkle with salt and pepper.
3. Heat a large, dry skillet on medium-high. Spoon 3 Tablespoons chimichurri sauce into skillet. Lay steak over the sauce and cook for 8 minutes before flipping to other side. Note: When you flip, make sure the spatula gets under the chimichurri crust so that it remains intact with one side of the steak.
4. Cook an additional 5-6 minutes until the inside is pale pink (medium).
5. Remove from pan; transfer to serving platter. Tent with foil until ready to serve. Slice on the diagonal.

*NOTE: cooking time of meat is based on a ¾" flank steak, times may need to be adjusted based on thickness of steak*

FOR POTATOES

- 4½ pounds small red potatoes, scrubbed
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon olive oil, optional
- 1 Tablespoon chimichurri sauce, optional

1. Place potatoes in a 6 quart stock pot and cover with water. Add salt. Bring to boil and cook for 12 – 15 minutes until tender. Drain. Save 1½ pounds for Thursday.
2. Sprinkle remaining potatoes with pepper. If desired, you can toss potatoes in oil or a Tablespoon of chimichurri sauce.

FOR SALAD

- 1 head butter leaf or green leaf lettuce, torn (4-5 cups)
- Black pepper to taste
- ¼ cup pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

Toss lettuce and pantry dressing. Top with any fresh herbs you have on hand. Sprinkle with black pepper.

(2) TUESDAY  
**HALIBUT CIOPPINO**

THURSDAY PREP

- ½ yellow onion, diced (½ cup)
- ½ cup fresh cilantro, chopped
- 2 Tablespoons fresh parsley, minced
- 2 cups prepared brown rice (see prep guide)

FOR HALIBUT CIOPPINO

2 Tablespoons extra virgin olive oil  
½ yellow onion, diced (½ cup)  
2 cloves garlic, minced  
½ cup fresh cilantro, chopped  
6 oz gluten free organic tomato paste  
4 cups gluten free low sodium chicken broth (32 fl oz)  
2 Tablespoons fresh parsley, minced  
1 teaspoon dried oregano  
¼ teaspoon kosher salt  
1 cup white wine  
1½ pounds halibut fillets, cubed  
2 cups prepared brown rice, warmed

1. Heat olive oil in a large stockpot over medium heat; add onions, garlic, and cilantro. Cook slowly, stirring occasionally until onions are soft.
2. Add tomato paste to the pot, mixing well with onions.
3. Add chicken broth, parsley, oregano, salt, and wine. Mix well. Cover and simmer 30 minutes.
4. Stir in the fish. Bring to boil. Lower heat, cover, and simmer 5 to 7 minutes.
5. Remove from heat. Divide into four deep bowls. Serve immediately over rice.

(3) WEDNESDAY  
VEGETARIAN CHILAQUILES

*I love one bowl meals. There are so many nutrients in this simple flavorful meal and it is packed with protein.*

WEDNESDAY PREP:

- 1½ yellow onions, diced (1½ cups)
- ½ cup chopped cilantro
- 1 serrano chile, stemmed, deseeded, roughly chopped (use half for less heat)
- 1 Tablespoon lime juice
- 1 small or ½ large bunch kale, hard stems removed, chopped (3 cups)

FOR SALSA VERDE

2 pounds tomatillos (sub: green or unripe tomatoes)  
1 yellow onion, diced (1 cup)  
1 teaspoon maple syrup  
¾ teaspoon kosher salt  
½ cup chopped cilantro  
1 serrano chile, stemmed, deseeded,  
roughly chopped (use half for less heat)  
2 garlic cloves, peeled  
1 Tablespoon lime juice

1. Shuck tomatillos by removing papery husk. Rinse tomatillos to get rid of the sticky residue.
2. Fill 4-5 quart pot up to three-quarters with water, lightly sprinkle with salt (½ tsp) and boil at medium-high heat.
3. When water comes to a boil, add tomatillos and boil for five minutes. Remove from water.
4. Add tomatillos, onions, syrup, salt, cilantro, chile, garlic, and lime juice to blender or food processor and blend until smooth. Recipe makes about 30 ounces; use 12 ounces (1½ cups) in chilaquiles and reserve the rest for another use.

NOTE:

*You can buy 12 ounces of quality salsa verde to save time.*

FOR CHILAQUILES

2 Tablespoons extra virgin olive oil  
½ yellow onion, diced (½ cup)  
2 cloves garlic (minced or pressed)  
1 small or ½ large bunch kale, hard stems removed, chopped (3 cups)  
1 (14 oz) package firm tofu, drained, diced to bite-size pieces  
12 ounces salsa verde (see above)  
1½ cups frozen corn kernels  
1 (15 oz) can black beans, drained and rinsed  
1 small bag of high quality corn tortilla chips \*  
*Be sure the tortilla chips are gluten free*

1. Heat olive oil in a skillet over medium heat.
2. Sauté onions and minced garlic until onions are soft; about 2-3 minutes.
3. Add kale and sauté for 1-2 minutes.
4. Add diced tofu and salsa verde to pan and sauté for 4 minutes. Stir gently so as to not break tofu pieces.
5. Add corn and heat for about 1-2 minutes before adding black beans. After another minute, it is ready to serve.
6. Serve in bowls garnished with corn tortilla chips.

(4) THURSDAY  
**WARM BROCCOLI & BACON SALAD**

THURSDAY PREP

- Cooked potatoes (from MONDAY)
- Cook bacon per package directions, reserving 3 Tablespoons grease
- Steamed broccoli (see prep guide), chopped
- 1 yellow onion, diced (1 cup)

FOR WARM BROCCOLI & BACON SALAD

12 ounces low-fat/low-sodium turkey bacon,  
cooked and crumbled, saving 3 Tablespoons  
grease

1 yellow onion, diced (1 cup)

1 head broccoli florets, steamed, rough chop (4 cups)

1½ pounds cooked new potatoes, diced (MONDAY)

¼ teaspoon black pepper

½ cup raisins, optional

1. Heat a very large non-stick skillet over medium heat and add 1½ Tablespoons bacon grease.
2. Add the onions and cook for 3 minutes.
3. Add in broccoli, crumbled bacon, potatoes, and pepper and cook until heated through. Turn off heat.
4. Toss with dressing and serve with raisins sprinkled on top if desired.

FOR DRESSING

1½ Tablespoons white wine vinegar

1 teaspoon gluten free Dijon mustard

1 Tablespoon maple syrup

1½ Tablespoons bacon grease

1 Tablespoon water

Whisk dressing ingredients together until creamy.

(5) FRIDAY  
**BROCCOLI BEEF SESAME NOODLES**

FRIDAY PREP

- ½ head broccoli, steamed, chopped (see prep guide)

FOR BROCCOLI BEEF SESAME NOODLES

¼ cup gluten free low sodium soy sauce

2 Tablespoons maple syrup

2 cloves garlic, minced

1 Tablespoon sesame oil

1 Tablespoons white wine

1 Tablespoon extra virgin olive oil

¼ teaspoon chili powder, optional

2 Tablespoons hot water

¾ pound flank steak

8 oz rice noodles

1 cup gluten free low sodium chicken or vegetable broth

½ head broccoli, steamed, chopped (2-3 cups)

Kosher salt & black pepper to taste

1. Whisk together first 8 ingredients. Set aside.
2. Slice steak into ½ inch strips. Place in bowl and cover with one third of the marinade, reserve remaining marinade to toss with cooked noodles.
3. Boil 3 quarts of salted water. Cook noodles according to package directions.
4. Heat a large skillet over medium heat and add ¼ cup broth and bring to a simmer. Remove beef from marinade and *discard any remaining liquid*. Add beef and cook 3-5 minutes. Add broccoli and remaining broth and stir to heat through.
5. Drain noodles and toss with reserved marinade, season with salt and pepper.
6. Divide noodles into bowls. Serve steak and broccoli over noodles.

## NUTRITION

### (1) MONDAY

Serving Size: 1 prepared steak (about 4 -5 ounces); 1 cup potatoes; 1½ cups salad without dressing

Steak: 360kcal, 31g protein, 0g carb, 220mg sodium, 0g fiber, 80mg cholesterol, 26g fat, 9g sat fat, 0g sugar, 0%DV calcium, 20%DV iron.

Potatoes: 120kcal, 3g protein, 27g carb, 180mg sodium, 3g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 2g sugar, 2%DV calcium, 6%DV iron.

Salad: 11kcal, 1g protein, 2.1g carb, 20mg sodium, 0.9g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 0.6g sugar, 2.6%DV calcium, 3.4%DV iron.

### (2) TUESDAY

Serving Size: 2 cups prepared cioppino; ½ cup brown rice

Cioppino: 350kcal, 39g protein, 12g carb, 570mg sodium, 2g fiber, 120mg cholesterol, 12g fat, 2g sat fat, 5g sugar, 4%DV calcium, 10%DV iron.

Rice: 150kcal, 3g protein, 34g carb, 10mg sodium, 2g fiber, 0mg cholesterol, 2g fat, 0g sat fat, 0g sugar, 2%DV calcium, 2%DV iron.

### (3) WEDNESDAY

Serving Size: 3 ounces Salsa; 6 corn tortilla chips; 1 cup chilaquiles

Salsa: 50kcal, 2g protein, 9g carb, 140mg sodium, 3g fiber, 0mg cholesterol, 1g fat, 0g sat fat, 5g sugar, 0%DV calcium, 0%DV iron.

Crisps: 60kcal, 1g protein, 4g carb, mg sodium, 0g fiber, 0mg cholesterol, 4g fat, 0.5g sat fat, 0g sugar, 0%DV calcium, 0%DV iron.

Chilaquiles: 330kcal, 20g protein, 28g carb, 170mg sodium, 7g fiber, 0mg cholesterol, 14g fat, 1.5g sat fat, 4g sugar, 10%DV calcium, 20%DV iron.

### (4) THURSDAY

Serving Size: 1½ cup salad, 1¼ Tablespoons dressing

Salad: 500kcal, 22g protein, 60g carb, 360mg sodium, 10g fiber, 65mg cholesterol, 22g fat, 6g sat fat, 25g sugar, 15%DV calcium, 15%DV iron

Dressing: 60kcal, 0g protein, 4g carb, 40mg sodium, 0g fiber, 5mg cholesterol, 5g fat, 2g sat fat, 3g sugar, 0%DV calcium, 9%DV iron

### (5) FRIDAY

Serving Size: 1¼ cups prepared beef and broccoli; 1½ cups cooked noodles

Beef and Broccoli: 350kcal, 25g protein, 14g carb, 210mg sodium, 3g fiber, 60mg cholesterol, 21g fat, 7g sat fat, 9g sugar, 15%DV calcium, 17.6%DV iron.

Noodles: 210kcal, 9g protein, 36g carb, 15mg sodium, 0g fiber, 0mg cholesterol, 3.5g fat, 0g sat fat, 3g sugar, 2%DV calcium, 15%DV iron.