

GLUTEN FREE Weekly Prep Guide

GRAINS

- 3 cups brown rice (see below)

VEGETABLES

- 1 head broccoli, florets chopped (4 cups)
- ¾ red onion, finely minced (¾ cup)
- ¼ cup red onion, sliced (¼ cup)
- 2 red bell peppers, chopped (2 cups)
- 2 red bell peppers, sliced (2 cups)

FRUITS

- 2 lemons, juiced (6 Tablespoons)
- 1 large orange, juiced (½ cup)

MISC.

- Marinate Chicken Satay at least 2 hours or overnight (WEDNESDAY)
- Yogurt sauce can be made up to 3 days ahead (THURSDAY)
- Make Breadcrumbs (see below)
- 1-2" fresh ginger, grated (2 teaspoons)

Tortilla Crumbs (MONDAY)

3 corn tortillas

Tear corn tortillas into small pieces and put in a blender or food processor. Pulse until small crumbs, store in an airtight container until needed.

Brown Rice (TUESDAY)

1½ cups brown rice
3 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 3 cups.

the **FRESH 20**

JUNE 29, 2018

MONDAY

Baked Chicken Nuggets
Veggie Dippers

TUESDAY

Sweet Ginger Salmon with
Broccoli Rice

WEDNESDAY

Chicken Satay
With Peanut Sauce & Noodles

THURSDAY

Lamb Tacos
Cucumber Yogurt Sauce

FRIDAY

Pasta Primavera



Shopping List

(1) Baked Chicken Nuggets (2) Ginger Salmon (3) Chicken Satay (4) Lamb Tacos (5) Pasta Primavera

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	chicken breast	2-1/2 pounds	boneless, skinless	12.5
2	salmon fillets	1-1/2 pounds		12
4	ground lamb or turkey	1 pound		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,5	yellow summer squash	2 medium		4
1,4,5	cherry or grape tomatoes	2 pints		4
1	apples (any variety)	3		3
2,3,4	lemon	2		1
2	fresh ginger	1-2"	need 2 teaspoons minced	1
2	oranges	1 large		1
2,5	broccoli	1 head		2
3,4,5	red onion	1		1
3,4,5	red bell pepper	4		4
3,4	cucumber	2		2
4,5	basil	1 sm bunch	need about 1/3 cup chopped basil	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	egg	1		0.5
1,5	parmesan cheese, grated	1-1/2 cups		3
3,4	plain Greek yogurt, non fat	1-1/2 cups		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,4	corn tortillas	11		4
1,3	chili powder	1/4 teaspoon		0.5
3	wooden or metal skewers	12-16		3
3	peanut butter	1/4 cup		3

Fresh 20 Grocery Est \$70.50
 Cost Per Dinner \$14.10
 Cost Per Serving \$3.53

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	6 Tablespoons	dried oregano	2 Tablespoons
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	1-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	3 Tablespoons
	gluten free chicken/veg broth: low sodium	1 cup (8 fl oz)	gluten free organic tomato paste	
	garlic	6 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	4 teaspoons	gluten free soy sauce or Braggs liquid aminos	2 Tablespoons
	black pepper	2 teaspoons	gluten free pasta (garbanzo pasta)	16 oz spaghetti
	cayenne pepper		long grain brown rice	1-1/2 cups
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

CHICKEN NUGGETS with Veggie Dippers

MONDAY PREP

- Make tortilla crumbs (see prep guide)
- 1 medium yellow summer squash, cut into sticks
- 3 medium apples (any variety), sliced

CHICKEN NUGGETS

1 Tablespoon extra virgin olive oil (for pan)
1½ pounds chicken breast (2-3 large breasts)
½ teaspoon kosher salt
¼ teaspoon black pepper
¼ cup water
1 egg
1 cup tortilla crumbs (see prep)
½ cup grated Parmesan cheese
1 teaspoon dried oregano
⅛ teaspoon chili powder

FOR SIDES

1 medium yellow summer squash, cut into sticks
½ pint cherry or grape tomatoes
3 medium apples (any variety), sliced

1. Heat oven to 375°F.
2. Lightly coat a baking dish or cookie sheet with olive oil.
3. Cut chicken into small even cubes. One breast should yield 12 pieces. They should be similar in size for even cooking.
4. Sprinkle chicken with salt and pepper.
5. In a small bowl, whisk together water and egg.
6. In medium dish, combine tortilla crumbs, Parmesan, oregano, and chili powder.
7. Using a fork or chopsticks, one piece at a time, dip chicken into egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay onto baking dish/cookie sheet.
8. Repeat with other pieces, making sure that the baking sheet is not overly crowded.
9. Place in oven and bake for 15 minutes or until chicken is no longer pink on inside.
10. Serve nuggets with a side of cherry tomatoes, apple slices, and squash sticks.

(2) TUESDAY

SWEET GINGER SALMON with BROCCOLI RICE

TUESDAY PREP

- 3 cups cooked brown rice (see prep)
- 1 large orange, juiced (½ cup)
- ½ lemon, juiced (1½ Tablespoons)
- 2 teaspoons minced ginger
- ¾ head broccoli, chopped (3 cups)

SWEET GINGER SALMON

1½ pounds salmon fillets (sub 1½ pounds
chicken breast, sliced in half lengthwise)
2 teaspoon, minced ginger
2 Tablespoons maple syrup
1 large orange, juiced (½ cup)
½ teaspoon kosher salt, divided
½ teaspoon black pepper, divided
½ lemon, juiced (1½ Tablespoons)
1 Tablespoon extra virgin olive oil
¾ head broccoli, chopped (3 cups)
3 cups cooked brown rice

1. Heat oven to 375°F.
2. In an oven proof baking dish combine ginger, maple syrup, orange juice, ¼ teaspoon salt, ¼ teaspoon pepper, and lemon juice. Add salmon fillets and turn well to coat in marinade.
3. Place dish in oven and bake salmon for about 15 minutes.
4. Meanwhile, heat a large non-stick skillet over medium heat and add oil. When oil is hot, add broccoli and sauté for about 4-5 minutes until just starting to soften.
5. Add rice and remaining salt and pepper and stir until heated through. Serve with salmon.

(3) WEDNESDAY

CHICKEN SATAY with PEANUT SAUCE & NOODLES

WEDNESDAY PREP

- Marinate chicken at least 2 hours or overnight
- ½ lemon, juiced (1½ Tablespoons)
- ¼ red onion, finely minced (3-4 Tablespoons)
- 1 red bell pepper, chopped (1 cup)
- 1 cucumber, sliced (2 cups)

CHICKEN SATAY

1 pound chicken breast, cut into 1" strips
½ cup plain Greek yogurt (non-fat)
3 cloves garlic, minced
¼ red onion, finely minced (3-4 Tablespoons)
1 teaspoon cumin
12-16 soaked wooden or metal skewers

1. If using wooden skewers soak them in water before grilling.
2. Combine yogurt, garlic, onion, and cumin in a glass bowl or baking dish. Add chicken and gently toss until well coated. Cover and marinate in the refrigerator for 2 hours or overnight.
3. Preheat outdoor grill or a stovetop grill pan over medium-high heat.
4. Thread the chicken pieces onto skewers (you can skip this if cooking indoors). Place chicken on grill directly over low flame. If you do not have skewers, place long strips of chicken directly on grill.
5. Grill for 4 to 5 minutes on each side (for indoor or outdoor cooking) until lightly browned and visible pink is gone. Wrap immediately in foil and set aside until dinner.

NOODLES

8 oz garbanzo pasta spaghetti
¼ cup peanut butter
1 Tablespoon HOT water
2 Tablespoons gluten free low sodium soy sauce
½ teaspoon chili powder
1 Tablespoon maple syrup
½ lemon, juiced (1½ Tablespoons)
1 red bell pepper, chopped (1 cup)
1 cucumber, sliced (2 cups)
½ teaspoon kosher salt
½ teaspoon black pepper

1. Boil salty water for noodles and cook according to package directions. When done, drain but do not rinse.
2. For the sauce, combine peanut butter, hot water, soy sauce, chili powder, maple syrup, and lemon juice in a food processor or blender. Blend until smooth. If sauce is too thick, you can add 1 Tablespoon of HOT water until desired consistency.
3. In a serving bowl, toss bell pepper, cucumber, and cooked pasta with ½ cup peanut sauce. Season with salt and pepper. Reserve the rest of the dipping sauce to serve with chicken.
4. Serve chicken with peanut sauce for dipping and a side of noodles.

(4) THURSDAY

LAMB TACOS with YOGURT SAUCE

THURSDAY PREP

- Yogurt sauce can be made up to 3 days ahead
- 1 cucumber, peeled
- 1 lemon, juiced (3 Tablespoons)
- ½ red onion, finely minced (½ cup)
- 1 red bell pepper, chopped (1 cup)

FOR YOGURT SAUCE

1 cucumber, peeled
1 cup Greek yogurt, plain, nonfat
¼ cup chopped basil
1 lemon, juiced (3 Tablespoons)
¼ teaspoon kosher salt

1. In a blender or food processor, puree cucumber, HALF the yogurt and basil. Add lemon juice.
2. Transfer to bowl. Mix in remaining yogurt and salt. Set aside. If making ahead, cover and refrigerate for up to 3 days.

FOR LAMB TACOS

2 teaspoons extra virgin olive oil
½ red onion, finely minced (½ cup)
1 teaspoon kosher salt
½ teaspoon ground cumin
2 teaspoons dried oregano
1 pound ground lamb or turkey
1 pint grape or cherry tomatoes, cut in half
8 corn tortillas
1 red bell pepper, seeded, chopped (1 cup)

1. In a medium skillet, sauté onions in olive oil until translucent, about 4 minutes. Add salt, cumin, and oregano and mix well. Add ground lamb, browning over medium heat until no longer pink. If necessary, drain a little fat from the pan or blot with a paper towel. Add in tomatoes and cook 2 minutes.
2. To serve, fill tortillas with lamb, yogurt sauce, and chopped bell pepper.

(5) FRIDAY
PASTA PRIMAVERA

FRIDAY PREP

- 2 red bell peppers, sliced (2 cups)
- 1 yellow summer squash, cut in half lengthwise
- ¼ head broccoli, florets (1 cup)
- ¼ red onion, sliced (¼ cup)

FOR PASTA PRIMAVERA

8 oz garbanzo pasta spaghetti
2 red bell peppers, sliced (2 cups)
1 yellow summer squash, cut in half lengthwise
¼ red onion, sliced (¼ cup)
¼ head broccoli, florets (1 cup)
¼ cup extra virgin olive oil
1 Tablespoon dried oregano
3 cloves garlic, minced
1 teaspoon kosher salt
½ teaspoon black pepper
1 cup gluten free low sodium chicken broth
½ pint cherry tomatoes, cut in half
8 fresh basil leaves, chopped
Salt and pepper to taste
1 cup Parmesan cheese, grated

1. Preheat an outdoor grill or indoor oven to 450 °F.
2. Boil salty water and cook pasta according to package directions. Drain but do not rinse.
3. Lay out bell peppers, squash, onion and broccoli on a large heavy baking sheet. Drizzle vegetables with olive oil and season with garlic, oregano, salt, and pepper; toss to coat evenly. Bake or grill for 15 minutes until vegetables begin to brown, stirring once or twice to prevent burning. Remove from heat and cool slightly before chopping all vegetables.
4. Toss the cooked pasta with the vegetables in a large bowl. Stir in broth to moisten. Fold in cherry tomatoes and basil.
5. Season pasta with salt and pepper to taste. Sprinkle with Parmesan and serve immediately.

NUTRITION

(1) MONDAY

Serving Size: 6 ounces chicken nuggets, squash + tomatoes + apple

Nuggets: 380kcal, 47g protein, 12g carb, 630mg sodium, 1g fiber, 190mg cholesterol, 14g fat, 4.5g sat fat, 0g sugar, 20%DV calcium, 8%DV iron

Side: 80kcal, 1g protein, 19g carb, 5mg sodium, 3g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 14g sugar, 2%DV calcium, 2%DV iron

(2) TUESDAY

Serving Size: 6 ounces salmon, ¾ cup broccoli, ¾ cup rice

Salmon, Broccoli, Rice: 500kcal, 41g protein, 49g carb, 240mg sodium, 4g fiber, 95mg cholesterol, 16g fat, 2g sat fat, 10g sugar, 6%DV calcium, 15%DV iron.

(3) WEDNESDAY

Serving Size: 4 ounces chicken satay, 1/4th noodles & peanut sauce

Satay: 160kcal, 28g protein, 3g carb, 65mg sodium, 0g fiber, 85mg cholesterol, 3g fat, 0.5g sat fat, 2g sugar, 4%DV calcium, 4%DV iron

Noodles & Peanut Sauce: 340kcal, 12g protein, 59g carb, 730mg sodium, 6g fiber, 0mg cholesterol, 10g fat, 1.5g sat fat, 8g sugar, 6%DV calcium, 20%DV iron

(4) THURSDAY

Serving Size: ¼ yogurt sauce, 1 sloppy joe with 4 ounces lamb

Sauce: 45kcal, 6g protein, 5g carb, 170mg sodium, 1g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 4g sugar, 6%DV calcium, 2%DV iron

Sloppy Joe: 500kcal, 24g protein, 31g carb, 690mg sodium, 4g fiber, 85mg cholesterol, 32g fat, 12g sat fat, 4g sugar, 6%DV calcium, 20%DV iron

(5) FRIDAY

Serving Size: 1/4th pasta primavera

Pasta: 520kcal, 20g protein, 56g carb, 800mg sodium, 6g fiber, 30mg cholesterol, 25g fat, 8g sat fat, 5g sugar, 40%DV calcium, 20%DV iron