

VEGETARIAN Weekly Prep Guide

GRAINS

- 7 cups cooked brown rice (see below)

VEGETABLES

- ½ red onion, cut into large pieces for kebab
- ½ red onion, diced (½ cup)
- 1 red onion, thinly sliced (1 cup)
- 1 red bell pepper, seeded and cut into large pieces
- 1 red bell pepper, diced small (1 cup)
- 2 zucchini, ends removed, cut into thick round for kebabs
- 1 zucchini, diced small (2 cups)

FRUITS

- 2 lemons, juiced (⅓ cup)
- 1 cup cherries, pitted

MISC.

- ¼ cup pantry dressing * (TUESDAY)
- Roasted red peppers, see below (see below)
- Basil aioli, see below (see below)
- 6 eggs, hard boiled (see below)

BROWN RICE (MONDAY, FRIDAY)

3½ cups brown rice
7 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 25 minutes. Remove from heat and let sit 5-10 minutes before removing lid. Makes 7 cups.

ROASTED RED PEPPERS (WEDNESDAY, THURSDAY)

3 red bell peppers
1 brown paper bag

On a pre-heated grill, place whole peppers directly over flame. Roast until skin is charred on one side. Turn and repeat until peppers are blackened. Remove from heat and place into brown paper bag. Close bag and let sit for 5 minutes while peppers steam to release skin. Carefully cut open bag and transfer peppers to a bowl to cool. Remove blackened skin by peeling it away to reveal flesh. Open pepper, remove stem and scrape out seeds with a spoon. Store peppers with any juice in an air tight container in fridge until ready to use.

BASIL AIOLI (WEDNESDAY)

¼ cup store bought or homemade mayonnaise *
½ lemon, juiced (1 Tablespoon)
2 cloves garlic
6 leaves fresh basil, shredded or very finely chopped

Whisk together ingredients until smooth.

HARD BOILED EGGS (FRIDAY)

6 eggs

Place eggs in a large sauce pan and fill with cold water to cover eggs by 1-2". Bring to a boil over medium-high heat. When water reaches a boil turn off heat, cover pan, and let sit 15 minutes.

the **FRESH 20**

JUNE 8, 2018

MONDAY

Grilled Veggie Kabobs with
Cherry Rice

TUESDAY

Pesto Linguini

WEDNESDAY

Grilled Eggplant Pitas

THURSDAY

Grilled Pita Pizza with
Watermelon

FRIDAY

Greek Rice Chopped Salad

* find pantry dressings and mayo recipe
at www.thefresh20.com/pantrydressings

(1) Grilled Veggie Kabobs (2) Pesto Linguini (3) Grilled Eggplant Pita (4) Grilled Pita Pizza (5) Greek Rice Chopped Salad

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	fresh pineapple	1 small	<i>need 2 cups cubes</i>	3
1,2,3,5	red onion	2		2
1,3,4,5	red bell pepper	5		5
1,5	zuchcini	3		3
1,3	cherries	3 cups	<i>about 1 pound</i>	5
2	asparagus	1 pound		3
2,5	tomatoes	4 medium		2
2,4	basil	1 bunch		1.5
3,5	eggplant	2 medium		3
4	mini watermelon	1		4
5	lemon	2		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	unsalted butter	1 Tablespoon	optional, can use oil	1
2	parmesan cheese	1/2 cup		2
3,4	fresh mozzarella cheese	12 ounces		5
5	feta cheese	1/4 cup		2
5	plain Greek yogurt	1/4 cup		1
5	eggs	6		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1	skewers	4	<i>wood or metal</i>	1
1,3,4	whole wheat pita	10		4
1	garbanzo beans	1 (15 oz) can		1.5
2,4	white beans	2 (15 oz) cans		3
2	whole walnuts	1/2 cup		2.5
5	black olives	1/4 cup	<i>optional</i>	1.5
3	mayonnaise	1/4 cup	<i>can use storebought or homemade</i>	1.5

Fresh 20 Grocery Est \$60.00
 Cost Per Dinner \$12.00
 Cost Per Serving \$3.00

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	dried oregano	2 teaspoons
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	1/2 teaspoon
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	4 teaspoons
	veggie broth: low sodium	1 cup (8 fl oz)	organic tomato paste	
	garlic	4 cloves	Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	
	black pepper	1 teaspoon	whole grain pasta	8 oz linguini
	cayenne pepper		long grain brown rice	3-1/2 cups
	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

GRILLED VEGGIE KABOBS with Cherry Rice

MONDAY PREP

- 3 cups cooked brown rice (see prep guide)
- ½ red onion, cut into large pieces for kebab
- ¼ red onion, diced (¼ cup)
- 1 red bell pepper, seeded, cut into large pieces
- 2 zucchini, ends removed, cut into thick round for kebabs
- 1 cup cherries, pitted

FOR MARINADE

1 Tablespoon extra virgin olive oil
1 Tablespoon maple syrup or brown sugar
½ teaspoon cumin
Pinch of salt
¼ teaspoon black pepper

1. Combine marinade ingredients.
2. Alternate pineapple, red onion, bell pepper, and zucchini onto skewers and place on a large plate or baking sheet. Drizzle with marinade and let sit for 20 minutes.
3. Brush grill with a little oil. Arrange kebabs on grill over medium heat. Cook for 10-15 minutes, turning occasionally. Place whole pitas on grill until they start to crisp.
4. Remove veggies from skewers, serve with pita and a side of rice.

FOR KABOBS

4 metal or wood skewers
2 cups cubed pineapple
½ red onion, cut into large pieces for kebab
1 red bell pepper, seeded, cut into large pieces
2 zucchini, ends removed, cut into thick round for kebabs
1 Tablespoon extra virgin olive oil (for grill)
2 whole wheat pitas, lightly brushed with olive oil

FOR RICE

1 Tablespoon olive oil or unsalted butter
¼ red onion, diced (¼ cup)
1 cup cherries, pitted
1 teaspoon maple syrup
1 (15 oz) can organic garbanzo beans, rinsed and drained
3 cups cooked brown rice (see prep guide)
¼ teaspoon black pepper

1. Heat oil or butter in a medium saucepan.
2. Add onions and sauté over medium heat until soft, about 4 minutes. Stir in cherries and maple syrup and cook for 3-4 minutes.
3. Add beans, rice, and black pepper & cook until rice is warm.

(2) TUESDAY

PESTO LINGUINI with Tomato Salad

TUESDAY PREP

- ½ lemon, juiced (1 Tablespoon)
- ¼ red onion, diced (¼ cup)
- ¼ cup pantry dressing (www.thefresh20.com/pantrydressings)

FOR LINGUINI

8 ounces whole wheat linguine
Kosher salt for pasta water
1 Tablespoon extra virgin olive oil
2 cloves garlic, minced
1 pound of asparagus, chopped
1 (15 oz) can organic white beans, drained, rinsed
1 cup low sodium vegetable broth
1 cup pesto sauce (see below)
½ teaspoon black pepper

1. Boil salty water for pasta in large stockpot. Cook pasta according to package instructions. Do not overcook.
2. While pasta is cooking, heat olive oil in large sauté pan. Add minced garlic and sauté for 1 minute.
3. Add asparagus, beans and broth and let simmer for 2 minutes. Remove from heat.
4. Drain pasta but do not rinse. Return to pot and toss with pesto sauce and black pepper. Divide pasta into four bowls and serve with tomato salad.

FOR TOMATO SALAD

2 medium tomatoes, sliced
¼ red onion, diced (¼ cup)
6 leaves basil finely chopped
¼ cup pantry dressing
(www.thefresh20.com/pantrydressings)

1. Arrange tomatoes on a serving platter. Top with red onions and basil.
2. Drizzle pantry dressing over tomatoes. Chill until ready to serve.

FOR PESTO

½ cup extra virgin olive oil
½ cup whole walnuts
½ bunch fresh basil
½ cup grated Parmesan cheese
¼ teaspoon kosher salt
1 Tablespoon lemon juice

1. Combine olive oil and walnuts in a food processor or blender until smooth.
2. Add in basil, Parmesan, and salt. Pulse until well combined.
3. Add lemon juice and pulse a few seconds more. Transfer to airtight container and refrigerate. Yields 1½ cups, save half for Thursday.

(3) WEDNESDAY
GRILLED EGGPLANT PITAS

WEDNESDAY PREP

- Make roasted red peppers (see prep guide)
- Make basil aioli (see prep guide)
- 1 red onion, thinly sliced (1 cup)

FOR EGGPLANT

2 medium eggplant, cut into ½" slices to yield at least 8 eggplant rounds
2 Tablespoons extra virgin olive oil

1. Sprinkle eggplant with salt and set aside in a colander for 15 minutes.
2. Rinse and pat dry. Lightly brush with oil and grill or broil eggplant 5-7 minutes per side until tender but not mushy. Save half for Friday.

FOR MARINATED ONION

1 red onion, thinly sliced (1 cup)
1 Tablespoon white wine vinegar
1 Tablespoon extra virgin olive oil
1 teaspoon dried oregano

Toss red onion in vinegar, oil, and oregano; set aside. Save half for Friday, use remaining onion on sandwich.

FOR PITAS

4 whole wheat pitas
6 ounces fresh mozzarella, sliced
2 roasted red bell peppers, finely chopped (see prep guide)
Marinated onions
Basil aioli

1. Slice pitas in half, toasting if desired.
2. Fill pitas with red bell peppers, onions, mozzarella, and eggplant.
3. Drizzle with basil aioli and serve with cherries.

2 cups fresh cherries

(4) THURSDAY

GRILLED PITA PIZZA with Watermelon

THURSDAY PREP

- 1 roasted red bell pepper, diced (see prep)

FOR PITA PIZZAS

4 whole wheat pita rounds

¾ cup pesto (from TUESDAY)

6 ounces fresh mozzarella, shredded

1 roasted red bell pepper, diced (see prep)

1 (15 oz) can organic white beans, rinsed, drained

8 leaves basil, whole

1 mini watermelon or ½ medium watermelon,
cut into cubes or wedges

1. Pre-heat grill or broiler to medium heat.
2. Peel apart or slice pita in half to form 2 thin rounds to yield 8 pieces total. Arrange pita rounds on large sheet of aluminum foil.
3. Spread pesto on each pita round and sprinkle with mozzarella. Top with roasted peppers and beans. Set a single basil leaf on each pizza for garnish.
4. Place pita on foil onto grill over indirect heat or under broiler for 5 minutes until pita is crisp and cheese is melted.
5. Serve pizzas with a side of watermelon.

(5) FRIDAY

GREEK RICE CHOPPED SALAD

FRIDAY PREP

- 6 eggs, hard boiled (see prep guide)
- 2 tomatoes, diced small (1½ cups)
- 1 zucchini, diced small (2 cups)
- 1 red bell pepper, diced small (1 cup)
- 4 cups cooked brown rice (see prep guide)
- 1 lemon, juiced (3 Tablespoons)

GREEK RICE CHOPPED SALAD

½ marinated red onion, chopped (from WEDNESDAY)

1 eggplant, broiled and diced (from WEDNESDAY)

2 medium tomatoes, diced small (1½ cups)

1 zucchini, diced small (2 cups)

1 red bell pepper, diced small (1 cup)

4 cups cooked brown rice (see PREP GUIDE)

¼ cup crumbled feta cheese

1 lemon, juiced (3 Tablespoons)

¼ cup plain Greek yogurt

1 Tablespoon extra virgin olive oil

1 teaspoon dried oregano

Dash of salt and pepper

6 eggs, hard boiled and chopped

¼ cup black olives, optional

Toss all ingredients together.

NUTRITION

(1) MONDAY

Serving Size: 1 ½ cup pineapple and vegetables, 1 ½ cup rice

Kabobs: 250kcal, 8g protein, 37g carb, 170mg sodium, 2g fiber, 0mg cholesterol, 81g fat, 1g sat fat, 22g sugar, 4%DV calcium, 10%DV iron.

Rice: 300kcal, 10g protein, 57g Carb, 25mg Sodium, 7g fiber, 10mg cholesterol, 5g fat, 2g Sat fat, 7g Sugar, 6% calcium, 12% iron

(2) TUESDAY

Serving Size: 2 ½ cups prepared pasta, ½ cup salad

Quinoa cakes: 540kcal, 20g Protein, 54g carb, 280mg sodium, 7g Fiber, 5mg cholesterol, 29g fat, 4g Sat fat, 4g Sugar, 15% calcium, 40% Iron

Salad (without dressing): 40kcal, 1g protein, 3g carb, 40mg sodium, 1g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Sat fat, 2g Sugar, 15% Calcium, 30% Iron

(3) WEDNESDAY

Serving Size: 1 prepared pita, ½ cup cherries

Pita: 440kcal, 18g Protein, 46g Carb, 380mg Sodium, 8g fiber, 30mg cholesterol, 22g fat, 7g sat fat, 13g sugar, 25% calcium, 10% iron

Cherries: 45kcal, 1g Protein, 11g Carb, 0mg Sodium, 2g Fiber, 0g Cholesterol, 0g Fat, 0g Sat Fat, 9g Sugar, 0% Calcium, 0% Iron

(4) THURSDAY

Serving Size: 1 prepared pita pizza, ½ cup watermelon

Pita pizza : 440kcal, 18g Protein, 41g Carb, 460mg Sodium, 4g Fiber, 5mg Cholesterol, 23g Fat, 3.5g Sat fat, 4g Sugar, 15% Calcium, 15% Iron

Watermelon: 25kcal, 0g protein, 6g carb, 0mg Sodium, 0g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 5g Sugar, 0% Calcium, 0% Iron

(5) FRIDAY

Serving Size: 2 ½ cups prepared salad

Salad: 460kcal, 21g Protein, 62g Carb, 410mg Sodium, 9g Fiber, 280mg Cholesterol, 14g Fat, 4.5g Saturated, 8g Sugar, 10% Calcium, 15% Iron