

PREP GUIDE

MEAL #1 & MEAL #3

- Make barbeque sauce (*see recipe below*)

MEAL #2

- Make brown rice (*see recipe below*)

For Barbeque Sauce (Meals #1 & #3)

1 - 6 ounce can organic tomato paste, no sugar added*

½ Tablespoon ground cumin

1 teaspoon paprika

1 Tablespoon onion powder

1 Tablespoon garlic powder

¼ cup unsulfured molasses

2 Tablespoons pure honey

2 Tablespoons balsamic vinegar*

¾ teaspoon salt

½ teaspoon black pepper

Pinch of cayenne pepper

¼ cup water

In a small bowl, whisk to combine tomato paste, cumin, paprika, onion powder, garlic powder, molasses, honey, vinegar, salt & pepper, cayenne, and water. Divide in half (you will use it for two meals) and store in airtight containers in the refrigerator.

For brown rice (Meal #2)

1 cup brown rice

2 cups water or vegetable broth*

½ teaspoon kosher salt (only if using water)

1. Pour all ingredients into a medium stockpot. Bring to boil, cover, and reduce heat to simmer for 25 - 35 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes.
2. To re-heat on dinner night add 2-3 Tablespoons water to prepared rice and heat on stovetop, stirring to fluff.

*** Item must be certified Kosher**

MENU

MONDAY ①

BARBEQUE CHICKEN
Macaroni spinach salad

TUESDAY ②

BLACKENED SALMON
Creamy dill sauce
Brown rice & heirloom tomatoes

WEDNESDAY ③

BARBEQUE CHICKEN PITA POCKETS
Watermelon slices

THURSDAY ④

BLACK BEAN LETTUCE CUPS
With corn and avocado
Chilled cucumber soup

FRIDAY ⑤

TOMATO, SPINACH & QUINOA PITAS
Watermelon slices



Shopping List

(1) Barbeque Chicken (2) Blackened Salmon (3) Chicken Pita Pockets (4) Lettuce Cups (5) Tomato and Spinach Quinoa Pita

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	Chicken thighs*	2-1/2 pounds	bone in	16
2	Salmon fillets*	1 pound	4 fillets	14

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2,4	dill	1/2 sm bunch		1.5
4	avocado	1		1
2,4,5	lemon	4		2
1,3,5	spinach leaves	8 cups		4
2,4,5	Heirloom tomato/ regular tomato	1-1/2 pounds		4.5
3,5	mini watermelon	1		3
4,5	cucumber	3		2
4	corn	2		1
4	butter lettuce cups	1 head	(8 leaves)	3
1,3,4	red onion	1		1
4	limes	2		1

Recipe #	Dairy	Quantity	Notes	Est Cost
2,4	buttermilk	1 cup		2
2,4	plain Greek yogurt*	2-1/2 cups		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,2,3	garlic powder	3 Tablespoons		3
1,2,3	onion powder	3 Tablespoons		3
1,3	molasses	1/4 cup		2
4	can, black beans*	1-15.5 oz.		2
5	quinoa	1 cup		1
3,5	whole wheat pitas*	8		3

Fresh 20 Grocery Est 74
 Cost Per Dinner 14.8
 Cost Per Serving 3.7

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	extra Virgin olive oil	3 Tablespoons	dried oregano	
	grapeseed oil*	2 Tablespoons	herbes de provence	
	balsamic vinegar*	2 Tablespoons	ground cumin	1-1/2 teaspoons
	white wine vinegar*		raw honey or 100% maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium*		organic tomato paste*	1 - 6 oz can
	garlic		Dijon mustard or brown mustard*	1 teaspoon
	kosher salt	5 teaspoons	soy sauce or Braggs liquid aminos*	
	black pepper	2 teaspoons	whole grain pasta *	8 oz macaroni
	cayenne pepper	1 teaspoon	long grain brown rice	1 cup (dry)
paprika	2 Tbsp + 1 tsp	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings/

* Item must be certified Kosher
 note: All fish with fins and scales that can be easily removed without tearing the skin are Kosher



(1) BARBEQUE CHICKEN

macaroni spinach salad

If you are a big "sauce" family like mine, you will want to make double the recipe for the bbq sauce. We will use it again later in the week, so remember not to get carried away on your chicken. Barbeque sauce seems like such an easy thing to buy at the store, but I promise you – making it at home is even easier! This sauce is tangy and sweet with a little bit of a kick from the black and cayenne pepper. You can always adjust the heat by leaving out the cayenne.

MADE AHEAD

- Barbeque Sauce ** see prep guide for recipe

DIRECTIONS

For barbeque chicken

1. Heat outdoor grill.
2. In a small bowl, stir to combine salt, pepper, cayenne pepper, paprika, garlic powder, and onion powder.
3. Lightly dry off chicken pieces and season both sides of chicken generously with spice mixture. Chicken can be seasoned up to 24 hours in advance and stored in a Ziploc bag or airtight container.
4. Grill chicken on indirect heat (cooler side of the barbeque) for 25 - 30 minutes or until the juices run clear and the meat closest to the bone is no longer pink.
5. In the last minutes of grilling, brush the chicken with homemade barbeque sauce. Be careful - the sauce will cause the chicken to burn quickly.
6. Serve 1 thigh per person and save the rest for meal #3, BBQ chicken pizza.

Cooking indoors? Heat your oven to 425 degrees. Line a baking sheet with foil and bake chicken for 25 minutes or until the juices run clear and the chicken is no longer pink in the middle. In the last minutes of grilling, brush the chicken with homemade barbeque sauce. Be careful - the sauce will cause the chicken to burn quickly.

For macaroni salad

1. Bring a large pot of water to a boil with 2 heavy pinches of salt. Add in macaroni, stir, and cook for 8-10 minutes or until al dente. Drain and place into a large salad bowl.
2. Allow macaroni to cool about 10 minutes then add red onion, spinach, and dressing– stir to combine.
3. Taste and adjust salt & pepper as needed.

INGREDIENTS

*Use only "Certified Kosher" products....meats, poultry, spices, cooking oil, etc.
(All fresh fruits and vegetables are considered Kosher)

For barbeque chicken

¾ teaspoons kosher salt
1 teaspoon black pepper
½ teaspoon cayenne pepper
1 Tablespoon paprika
1 Tablespoon garlic powder
1 Tablespoon onion powder
2½ pounds bone-in chicken thighs * (for two meals), skin removed – about 6-7 thighs
Barbeque sauce * see prep guide for recipe

For macaroni salad

8 ounces whole wheat macaroni noodles*
¼ red onion, cut into small dice
4 cups loosely packed spinach, about 4 handfuls
2 Tablespoons Kosher pantry dressing*
(www.thefresh20.com/pantrydressings/)



(2) BLACKENED SALMON with CREAMY DILL SAUCE brown rice & heirloom tomatoes

MADE AHEAD

- 2 cups brown rice (*see prep guide*)

DIRECTIONS

For blackened salmon

1. On a large plate, combine garlic powder, onion powder, paprika, black pepper, and cayenne pepper. Stir with a fork to combine.
2. Season the salmon fillets with salt on both sides.
3. Press one side of the salmon down into the blackening seasoning (the rounded part of the fillet is prettiest).
4. Heat a large, nonstick sauté pan over medium-high heat; add in grapeseed oil, once hot (almost smoking) add in fillets blackened side down.
5. Cook for 2-3 minutes on the first side, or until a dark golden crust forms. Flip to the other side, reduce heat to low-medium, and continue to cook for an additional 5 minutes.
6. Remove from heat and squeeze fresh lemon juice over the top.
7. Top warm fillets with creamy dill sauce and serve with tomato salad and warmed rice.

For creamy dill sauce

In a small bowl, whisk to combine, yogurt, lemon juice, buttermilk, dill, salt and cayenne pepper.

For heirloom tomato salad

Rinse and cut heirloom tomatoes, drizzle with olive oil and salt & pepper to taste.

INGREDIENTS

For blackened salmon

1 Tablespoon garlic powder
1 Tablespoon onion powder
1 Tablespoon paprika
1 Tablespoon black pepper
¼ teaspoon cayenne pepper
4 wild salmon fillets, about 1 pound*
¾ teaspoon kosher salt
2 Tablespoons grapeseed oil*
1 lemon

For creamy dill sauce

1/2 cup plain Greek yogurt*
½ lemon, juiced
¼ cup buttermilk
1 teaspoon fresh dill, finely chopped
¼ teaspoon kosher salt
Pinch cayenne pepper

For heirloom tomato salad

1 pound heirloom tomatoes, sliced
Extra virgin olive oil
Salt & pepper to taste

2 cups prepared brown rice * *see prep guide*

* Item must be certified Kosher

note: All fish with fins and scales that can be easily removed without tearing the skin are Kosher.



(3) BARBEQUE CHICKEN PITA POCKETS watermelon slices

MADE AHEAD

- Barbeque Sauce ***see prep guide for recipe*
- 2 cups barbequed chicken, shredded ***see Meal #1 for recipe*

DIRECTIONS

For barbeque chicken pita pockets

1. Preheat oven to 425 degrees.
2. Cut open pita pockets at the top and fill with about 1 -2 Tablespoons of barbeque sauce, a scatter of onions, then spinach, and barbeque chicken. Line a baking sheet with foil and lay out pitas.
3. Place into preheated oven for 8-10 minutes.
4. Serve warm with watermelon slices.

INGREDIENTS

For barbeque chicken pita pockets

- 4 whole wheat pitas *
- ½ cup barbeque sauce, made ahead ***see prep guide*
- ¼ medium red onion, cut into thin slices
- 2 cups spinach leaves, about 2 handfuls
- 2 cups barbeque chicken*, shredded ***see Meal #1 for recipe*
- ½ mini watermelon, cut into slices

* Item must be certified Kosher



(4) BLACK BEAN LETTUCE CUPS

chilled cucumber soup

The cucumber soup is slightly chunky in texture like a typical gazpacho. The flavor is light and tangy from the buttermilk, for the best results chill it for as long as possible. Try serving it in a fancy cup or even a shot glass (if you have one). When I'm trying to win over my kids to a new flavor, creativity is key, think Martha Stewart. On a hot summer night it will be a nice addition to your dinner table.

DIRECTIONS

For chilled cucumber soup

1. In the blender, combine yogurt, buttermilk, cucumber, onion, dill, lemon juice, salt & pepper, and cayenne. Blend until smooth and chill until cold. This recipe makes four-1 cup servings.

For black bean lettuce cups

1. Place drained and rinsed beans in a medium mixing bowl.
2. To the beans, add cooked, cooled corn, avocado, tomato, onion, lime juice, olive oil and salt & pepper – stir to combine.
3. Fill lettuce cups with bean and corn mixture and serve two per person.

****To boil corn**

Place shucked corn into a pot of boiling water and cook for 3-6 minutes or until kernels are tender. Cool, then with a knife, cut downwards from top to bottom to remove kernels.

****To grill corn**

Shuck corn and lightly brush with grapeseed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning. Cool, then with a knife, cut downwards from top to bottom to remove kernels.

INGREDIENTS

For chilled cucumber soup

2 cups plain, low-fat, thick Greek yogurt*
¾ cup low-fat buttermilk
1 cucumber, peeled and chopped
⅓ medium red onion, chopped
1 Tablespoon fresh dill
1 lemon, juiced
¾ teaspoon kosher salt
½ teaspoon black pepper
Pinch of cayenne pepper

For black bean lettuce cups

1- 15 oz can of black beans, drained and rinsed*
2 ears of corn, cooked and kernels removed **see recipe notes
1 avocado ripe but firm, cut into medium dice
1 medium tomato, cut into medium dice
⅓ medium red onion, cut into small dice
2 limes, juiced
1 Tablespoon extra virgin olive oil *
¼ teaspoon kosher salt
¼ teaspoon black pepper
8 butter lettuce leaf cups, rinsed and dried

* Item must be certified Kosher



(5) TOMATO, SPINACH & QUINOA PITAS watermelon slices

DIRECTIONS

For tomato, spinach and quinoa pitas

1. Bring 2 cups of water to a boil and add in quinoa. Cover with a lid and reduce to a low simmer for 25-35 minutes or until all the liquid is absorbed. Once done, remove from stove and place in a medium mixing bowl.
2. To the warm quinoa, add tomato, spinach, cucumber, lemon juice, zest, olive oil, and salt & pepper – stir to combine.
3. Fill 8 pitas halves with tomato, spinach and quinoa mixture and serve with watermelon slices.

INGREDIENTS

For tomato, spinach and quinoa pitas

- 1 cup quinoa
 - 2 cups water
 - 2 medium tomatoes, cut into small dice
 - 2 cups of spinach, about 2 handfuls
 - 2 medium cucumbers, peeled and cut into small dice
 - 1 lemon, zested and juiced to yield 1 Tablespoon of juice
 - 2 Tablespoons extra virgin olive oil
 - ½ teaspoon kosher salt
 - ¼ teaspoon black pepper
 - 4 whole wheat pitas cut into 8 halves*
- ½ mini watermelon, cut into slices

* Item must be certified Kosher



Nutrition Information

Barbeque Chicken			Serves: 4		
Serving Size: 5 ounce chicken thigh + 1 tablespoon barbeque sauce					
Calories	242	kcal	Fat	5.8	g
Protein	30	g	Saturated	1.5	g
Carbohydrate	17.5	g	Sugar	12	g
Sodium	650	mg	Calcium	11	%DV
Fiber	1.4	g	Iron	29	%DV
Cholesterol	118	mg			

Macaroni Salad			Serves: 4		
Serving Size: 1 cup (without dressing)					
Calories	212	kcal	Fat	0.9	g
Protein	9.4	g	Saturated	0	g
Carbohydrate	45.5	g	Sugar	3.1	g
Sodium	29	mg	Calcium	5.7	%DV
Fiber	5.7	g	Iron	16	%DV
Cholesterol	0	mg			

Blackened Salmon with creamy dill sauce and heirloom tomato salad			Serves: 4		
Serving Size: 4 ounce salmon filet + 2 tablespoons creamy dill sauce + 4 ounces tomatoes					
Calories	306	kcal	Fat	16	g
Protein	29	g	Saturated	2.5	g
Carbohydrate	15.6	g	Sugar	7	g
Sodium	589	mg	Calcium	15	%DV
Fiber	4.1	g	Iron	12	%DV
Cholesterol	69	mg			

Brown Rice			Serves: 4		
Serving Size: 1/2 cup cooked prepared with low sodium broth					
Calories	176	kcal	Fat	1.4	g
Protein	4.7	g	Saturated	0.3	g
Carbohydrate	36	g	Sugar	0.4	g
Sodium	33	mg	Calcium	1.3	%DV
Fiber	1.6	g	Iron	4.3	%DV
Cholesterol	0	mg			

Barbeque Chicken Pita Pockets			Serves: 4		
Serving Size: 1 pita					
Calories	394	kcal	Fat	7.4	g
Protein	34.8	g	Saturated	1.5	g
Carbohydrate	48	g	Sugar	17	g
Sodium	729	mg	Calcium	12	%DV
Fiber	6.4	g	Iron	25	%DV
Cholesterol	135	mg			

Watermelon				Serves: 4	
Serving Size: 1 wedge (3/4 cup)					
Calories	23	kcal	Fat	0	g
Protein	0.5	g	Saturated	0	g
Carbohydrate	5.7	g	Sugar	4.7	g
Sodium	1	mg	Calcium	0.5	%DV
Fiber	0	g	Iron	1	%DV
Cholesterol	0	mg			

Black Bean Lettuce cups				Serves: 4	
Serving Size: 2 lettuce cups					
Calories	237	kcal	Fat	10	g
Protein	8	g	Saturated	1.4	g
Carbohydrate	31.4	g	Sugar	5.8	g
Sodium	331	mg	Calcium	6.5	%DV
Fiber	9.8	g	Iron	14	%DV
Cholesterol	0	mg			

Chilled Cucumber soup				Serves: 4	
Serving Size: 1 cup					
Calories	108	kcal	Fat	2	g
Protein	13.5	g	Saturated	1.3	g
Carbohydrate	11	g	Sugar	6.8	g
Sodium	469	mg	Calcium	20	%DV
Fiber	1.5	g	Iron	1.6	%DV
Cholesterol	12	mg			

Tomato & Spinach Quinoa pitas				Serves: 4	
Serving Size: 1 pita					
Calories	419	kcal	Fat	11	g
Protein	14.2	g	Saturated	1.5	g
Carbohydrate	71	g	Sugar	4.3	g
Sodium	733	mg	Calcium	8.5	%DV
Fiber	10.8	g	Iron	27	%DV
Cholesterol	0	mg			

Watermelon				Serves: 4	
Serving Size: 1 wedge (3/4 cup)					
Calories	23	kcal	Fat	0	g
Protein	0.5	g	Saturated	0	g
Carbohydrate	5.7	g	Sugar	4.7	g
Sodium	1	mg	Calcium	0.5	%DV
Fiber	0	g	Iron	1	%DV
Cholesterol	0	mg			