

PREP GUIDE

MEAL #1

- Make shallot yogurt **see Meal #1 for recipe*
- Cut vegetables:
 - 1 medium yellow onion, bite sized chunks
 - 1 green bell pepper, bite sized chunks
 - 1 zucchini/squash, bite sized chunks

MEAL #2

- 2 cups cooked brown rice **see recipe below*
- Cut vegetables and fruit:
 - 2 nectarines, small dice
 - 1 green bell pepper, small dice
 - 1 tomato, small dice
 - 2 radishes, small dice
 - ½ shallot, minced

MEAL #3

- Cut vegetables:
 - 2 tomatoes, diced
 - 2 carrots, shredded
 - 1 green bell pepper, diced
 - 2 radishes, shredded

MEAL #4

- 2" piece fresh ginger, grated to yield 1 Tablespoon
- Cut vegetables:
 - 1 medium yellow onion, sliced thin

MEAL #5

- Make bread crumbs ** see Meal #5*
- Cut vegetables and fruit:
 - 1 squash/zucchini, sliced into rounds
 - 4 nectarines, sliced thin
 - 2 tomatoes, sliced thin

For Brown Rice (Meals #2 & #4)

2 cups brown rice

4 cups water or broth

½ teaspoon salt (only if using water)

Pour all ingredients into a medium stockpot. Bring to a boil, cover, and reduce heat to low simmer for 25-35 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes; makes 4 cups.

MENU

MONDAY ①

STEAK AND VEGGIE KEBABS
Shallot Yogurt and Lavosh

TUESDAY ②

PAN SEARED SALMON
Nectarine Salsa & Brown Rice

WEDNESDAY ③

HAM ROLLUPS
Honeyed Nectarines

THURSDAY ④

BEEF AND PEA STIR FRY
Brown Rice

FRIDAY ⑤

NECTARINE MOZZARELLA STACK



Shopping List

(1) Steak & Veggie Kebabs (2) Pan Seared Salmon (3) Ham Rollups (4) Beef & Pea Stir Fry (5) Nectarine Mozzarella Stack

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	top round steak	2 pounds		15
2	salmon, boneless & skinless	1 pound		14
3	ham, low sodium	8 ounces	ham steak or deli ham	4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	yellow onion, medium	2		2
1,2,3	green bell pepper	3		3
1,3,5	zucchini or summer squash	4	use whichever you prefer	4
1,2,5	fresh basil	2 bunches		3
1,4	fresh mint	1 bunch		1.5
1,2	shallots	2 small	small, garlic-like onions	1
2,3,5	nectarines	11		7.5
2,3,5	tomato	5		5
2,3	radishes	4		2
3	carrots	4		1.75
3,5	mixed greens	10 ounces	about 3-1/2 cups	2
4	fresh ginger	2" piece	need 1 Tablespoon minced	0.75
4	snap peas	1 pound		3

Recipe #	Dairy	Quantity	Notes	Est Cost
1,3	lowfat greek yogurt, plain	2 cups		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3,5	lavosh bread, whole wheat	17 pcs	Middle Eastern flat bread, can sub pita	8
5	* fresh * mozzarella	6 ounces		3
5	roasted cashews	2/3 cup		3.5
1	metal or wooden skewers	8		2

Fresh 20 Grocery Est \$89.00
 Cost Per Dinner \$17.80
 Cost Per Serving \$4.45

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2-1/2 Tablespoons	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	
	balsamic vinegar	1/2 cup	ground cumin	3/4 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1/4 cup honey
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	9 cloves	Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	3/4 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	2 cups
	paprika	1 teaspoon	whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) STEAK AND VEGGIE KEBABS

shallot yogurt and lavosh

Lavosh is a thin, soft Middle Eastern flatbread that is used for wraps and dips. If you can't find lavosh you can use whole wheat pita bread.

MADE AHEAD

- Make shallot yogurt **see recipe below*
- Cut vegetables: onion, bell pepper, zucchini

DIRECTIONS

For steak and veggie kebabs

1. Heat an outdoor grill to medium-high heat (see kitchen note).
2. In a large bowl, combine oil, garlic, cumin, paprika, salt and pepper. Add steak pieces and toss to coat.
3. Put meat and vegetables on separate skewers.
4. Cook on grill about 10-14 minutes depending on the doneness you desire, vegetables may be done before steak.
5. Save half of the steak for Meal #4.
6. Serve steak and veggies in the lavosh bread; garnish with shallot yogurt, mint, and basil.

For shallot yogurt

1. Whisk all ingredients together.
2. Save ½ cup for Meal #3.

Kitchen Note

To cook indoors, broil in the oven on medium-high for about 14-18 minutes; turn occasionally so all sides are evenly browned.

INGREDIENTS

For steak and veggie kebabs

- 6-8 metal or wooden skewers
- 1 Tablespoon grapeseed oil
- 4 cloves garlic, minced
- ½ teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 pounds top round steak, cut into large bite sized pieces
- 1 medium yellow onion, cut into bite sized chunks
- 1 green bell pepper, cut into bite sized chunks
- 1 zucchini or summer squash, cut into bite sized chunks
- 8 pieces whole wheat lavosh bread
- ¼ cup mint (½ bunch)
- ½ cup chopped basil (½ bunch)

For shallot yogurt

- 1 cup plain low-fat Greek yogurt
- 1 clove garlic, minced
- 1 small shallot, minced
- 1 Tablespoon honey



(2) PAN SEARED SALMON

nectarine salsa and brown rice

MADE AHEAD

- 2 cups cooked brown rice **see prep guide*
- Cut fruit and vegetables: nectarines, bell pepper, tomato, radish, shallot

DIRECTIONS

For pan seared salmon

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. Season salmon fillets with cumin, salt, and pepper.
3. When oil is hot, sear salmon about 3-5 minutes per side.
4. Serve with brown rice and nectarine salsa.

For nectarine salsa

Combine all the ingredients, cover, and chill.

For brown rice

To re-heat on dinner night add 2 Tablespoons of water to cooked rice and heat 5-7 minutes on stovetop, stir with a fork to fluff.

INGREDIENTS

For pan seared salmon

- ½ Tablespoon olive oil
- 1 pound boneless, skinless salmon fillet, cut into 4 portions (can sub 1 pound boneless, skinless chicken breast)
- ⅛ teaspoon cumin
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper

For nectarine salsa

- 2 nectarines, small dice
- 1 green bell pepper, small dice
- 1 tomato, small dice
- 2 radishes, small dice
- ½ shallot, minced
- ½ cup chopped basil (½ bunch)
- ½ Tablespoon olive oil
- 2 Tablespoon balsamic vinegar

For brown rice

- 2 cups cooked brown rice ** see prep guide*

MADE AHEAD

- Shallot yogurt **see Meal #1 for recipe*
- Cut vegetables: tomatoes, carrots, bell pepper, radishes

DIRECTIONS

For ham roll ups

1. Combine all ingredients except for lavosh.
2. Divide ham mixture among lavosh and roll up into sandwiches. Serve with a side of zucchini and carrot sticks and honeyed nectarines.

For honeyed nectarines

1. Preheat oven to 375 degrees.
2. Wash and cut nectarines into eighths. Place in oven proof dish, drizzle with honey, and cover with foil.
3. Bake for 10-12 minutes or until soft.
4. Top with yogurt and serve.

INGREDIENTS

For ham roll ups

8 ounces low-sodium ham, diced
2 tomatoes, diced
2 carrots, shredded
1 green bell pepper, diced
2 radishes, shredded
4 ounces mixed greens (1½ cups)
½ cup shallot yogurt **see Meal #1 for recipe*
2 Tablespoons balsamic vinegar
¼ teaspoon black pepper
8 pieces whole wheat lavosh bread

For honeyed nectarines

4-5 large nectarines
3 Tablespoons honey
1 cup non-fat Greek yogurt

2 zucchini, cut into sticks
2 large carrots, cut into sticks



(4) BEEF AND PEA STIR FRY

brown rice

MADE AHEAD

- 1 pound cooked steak * *see Meal #1 for recipe*
- 2 cups cooked brown rice * *see prep guide*
- 2" piece of fresh ginger, grated to yield 1 Tablespoon
- Cut vegetables: onion

DIRECTIONS

For beef and pea stir fry

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot, add the onions, garlic and ginger and sauté for 1 minute. Add snap peas and continue cooking, tossing frequently, for about 2-3 minutes.
3. Add the steak, mint, and soy sauce and cook until heated through.
4. Serve warm over brown rice.

For brown rice

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat over stovetop, stirring with a fork to fluff.

INGREDIENTS

For beef and pea stir fry

- 1 Tablespoon grapeseed oil
- 1 medium yellow onion, sliced thin
- 4 cloves garlic, minced
- 1 Tablespoon minced ginger
- 1 pound snap peas
- 1 pound cooked top round steak, cut into small bite sized pieces * *from Meal #1*
- ¼ cup chopped mint (½ bunch)
- 2 Tablespoons low-sodium soy sauce

For brown rice

- 2 cups cooked brown rice * *see prep guide*

MADE AHEAD

- Make bread crumbs * *see directions, right*
- Cut vegetables and fruit: squash, nectarines, tomatoes

DIRECTIONS

For nectarine mozzarella stack

1. Heat a large nonstick skillet over medium-high heat and add $\frac{3}{4}$ Tablespoon of oil.
2. When oil is hot, add squash and cook for 1-2 minutes per side and set aside.
3. Add remaining oil to pan. Dredge cheese slices in bread crumbs and sauté for about 1 minute per side until bread crumbs are light brown.
4. Make 8 stacks of layered squash, cheese, nectarines, tomatoes and basil.
5. Sprinkle with cashews and vinegar and serve over mixed greens.

INGREDIENTS

For nectarine mozzarella stack

- 1½ Tablespoons olive oil, divided
- 1 summer squash or zucchini, sliced into rounds
- 6 ounces fresh mozzarella, sliced into rounds
- 1 piece whole wheat lavosh bread, made into crumbs*
- 4 nectarines, sliced thin
- 2 tomatoes, sliced thin
- 1 bunch basil leaves (2 cups)
- $\frac{3}{8}$ cup roasted cashews, chopped
- $\frac{1}{4}$ cup balsamic vinegar
- 6 ounces mixed greens (2 cups)

** To make bread crumbs, crumble bread into food processor and blend until sandy in texture.*



Nutrition Information

Steak and veggie kababs				Serves: 4	
Serving Size: About 4 ounces steak, 1/2 cup veggies, 2 pieces lavosh bread					
Calories	507	kcal	Fat	11	g
Protein	39.1	g	Saturated	3.3	g
Carbohydrate	63.5	g	Sugar	6.7	g
Sodium	849	mg	Calcium	15	%DV
Fiber	10.7	g	Iron	42	%DV
Cholesterol	69	mg			

Shallot yogurt				Serves: 4	
Serving Size: 3 tablespoons					
Calories	44	kcal	Fat	0.6	g
Protein	4.4	g	Saturated	0.4	g
Carbohydrate	5.5	g	Sugar	4.8	g
Sodium	19	mg	Calcium	4.9	%DV
Fiber	0	g	Iron	0.3	%DV
Cholesterol	4	mg			

Pan seared salmon				Serves: 4	
Serving Size: 1 prepared fillet					
Calories	216	kcal	Fat	11	g
Protein	28.1	g	Saturated	1.6	g
Carbohydrate	0	g	Sugar	0	g
Sodium	185	mg	Calcium	1.7	%DV
Fiber	0	g	Iron	6.3	%DV
Cholesterol	78	mg			

Nectarine salsa				Serves: 4	
Serving Size: 1/3 cup					
Calories	76	kcal	Fat	2.1	g
Protein	1.8	g	Saturated	0.3	g
Carbohydrate	13.9	g	Sugar	9.8	g
Sodium	8	mg	Calcium	2.3	%DV
Fiber	2.8	g	Iron	3.8	%DV
Cholesterol	0	mg			

Brown Rice				Serves: 4	
Serving Size: 1/2 cup (with low sodium broth)					
Calories	191	kcal	Fat	3.4	g
Protein	4.7	g	Saturated	0.5	g
Carbohydrate	35.7	g	Sugar	0.7	g
Sodium	33	mg	Calcium	0.5	%DV
Fiber	1.6	g	Iron	0.9	%DV
Cholesterol	0	mg			

Ham roll ups				Serves: 4	
Serving Size: 2 prepared lavosh sandwiches					
Calories	357	kcal	Fat	5	g
Protein	23.2	g	Saturated	1.3	g
Carbohydrate	57.4	g	Sugar	17	g
Sodium	949	mg	Calcium	16	%DV
Fiber	11	g	Iron	23	%DV
Cholesterol	26	mg			

Honeyed Nectarines				Serves: 4	
Serving Size: 1 prepared nectarine					
Calories	150	kcal	Fat	0.5	g
Protein	7.7	g	Saturated	0	g
Carbohydrate	31.8	g	Sugar	28	g
Sodium	27	mg	Calcium	7.7	%DV
Fiber	2.7	g	Iron	2.8	%DV
Cholesterol	0	mg			

Beef and pea stir fry				Serves: 4	
Serving Size: 1 1/4 cup					
Calories	267	kcal	Fat	9.9	g
Protein	28.9	g	Saturated	2.5	g
Carbohydrate	15.3	g	Sugar	6.5	g
Sodium	502	mg	Calcium	8.5	%DV
Fiber	4.2	g	Iron	32	%DV
Cholesterol	69	mg			

Brown Rice				Serves: 4	
Serving Size: ½ cup (with low sodium broth)					
Calories	191	kcal	Fat	3.4	g
Protein	4.7	g	Saturated	0.5	g
Carbohydrate	35.7	g	Sugar	0.7	g
Sodium	33	mg	Calcium	0.5	%DV
Fiber	1.6	g	Iron	0.9	%DV
Cholesterol	0	mg			

Nectarine mozzarella stack				Serves: 4	
Serving Size: 2 prepared stacks					
Calories	510	kcal	Fat	28	g
Protein	23.4	g	Saturated	9.6	g
Carbohydrate	50.3	g	Sugar	21	g
Sodium	414	mg	Calcium	34	%DV
Fiber	8.2	g	Iron	24	%DV
Cholesterol	30	mg			