

## PREP GUIDE

### MEAL #1

- Make shallot yogurt *\*see Meal #1 for recipe*
- Cut vegetables:
  - ½ medium yellow onion, bite sized chunks
  - ½ green bell pepper, bite sized chunks
  - ½ zucchini/squash, bite sized chunks

### MEAL #2

- ½ cup cooked brown rice *\*see recipe below*
- Cut vegetables and fruit:
  - ½ nectarines, small dice
  - ¼ green bell pepper, small dice
  - ¼ tomato, small dice
  - ½ radish, small dice
  - 1 teaspoon minced shallot

### MEAL #3

- Cut vegetables:
  - ½ tomato, diced
  - ½ carrot, shredded
  - ¼ green bell pepper, diced
  - ½ radish, shredded

### MEAL #4

- 1" piece fresh ginger, grated to yield ½ Tablespoon
- Cut vegetables:
  - ½ medium yellow onion, sliced thin

### MEAL #5

- Make bread crumbs *\* see Meal #5*
- Cut vegetables and fruit:
  - ¼ squash/zucchini, sliced into rounds
  - 1 nectarine, sliced thin
  - ½ tomato, sliced thin

### **For Brown Rice** (Meals #2 & #4)

1 cup brown rice

2 cups water or broth

¼ 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 2 cups (*will have ½ cup extra for a lunch meal during the week*).

## 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



FOR ONE

# 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	1 pound		7.5
2	salmon, boneless & skinless	4 ounces		3.5
3	ham, low sodium	2 ounces	ham steak or deli ham	1

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	yellow onion, medium	1		1
1,2,3	green bell pepper	1		1
1,3,5	zucchini or summer squash	1-1/2	use whichever you prefer	1.5
1,2,5	fresh basil	1 bunch		1.5
1,4	fresh mint	1/2 bunch		0.75
1,2	shallots	1	small, garlic-like onions	0.5
2,3,5	nectarines	3		1.75
2,3,5	tomato	1-1/2		1.5
2,3	radishes	1		0.5
3	carrots	1		0.5
3,5	mixed greens	2-1/2 ounces		1
4	fresh ginger	1-2" piece		0.75
4	snap peas	1/2 pound		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1,3	lowfat greek yogurt, plain	3/4 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3,5	lavosh bread, whole wheat	7 pcs	Middle Eastern flat bread, can sub pita	3.5
5	* fresh * mozzarella	1-1/2 ounces		2
5	roasted cashews	3 Tablespoons		1.5
1	metal or wooden skewers	4		1

Fresh 20 Grocery Est      \$34.75  
 Cost Per Dinner            \$6.95  
 Cost Per Serving            \$1.74

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1-1/2 Tablespoons	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	1/2 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1-1/2 Tablespoons
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	5 cloves	Dijon mustard or brown mustard	
	kosher salt	1/2 teaspoon	soy sauce or Braggs liquid amino acid	1 Tablespoon
	black pepper	1/4 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	1 cup
paprika	1/2 teaspoon	whole wheat flour		

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# (1) STEAK AND VEGGIE KEBABS

shallot yogurt and lavosh

\*Serves 2. Leftovers make excellent next-day lunch.

*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 veggies 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 3 Tablespoons 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.

*Dairy Free:* Use dairy free yogurt or omit shallot yogurt.

*Gluten Free:* Use gluten free wrap instead of lavosh.

*Vegetarian:* Omit steak. Use 1 whole green pepper and 1 whole zucchini. Add seasonings to vegetables. Spread 1 Tablespoon homemade or store-bought hummus on each lavosh before adding vegetables.

## INGREDIENTS

### *For steak and veggie kebabs*

3-4 metal or wooden skewers  
½ Tablespoon grapeseed oil  
2 cloves garlic, minced  
¼ teaspoon cumin  
½ teaspoon paprika  
¼ teaspoon kosher salt  
Dash of black pepper  
1 pound top round steak, cut into large bite sized pieces  
½ medium yellow onion, cut into bite sized chunks  
½ green bell pepper, cut into bite sized chunks  
½ zucchini or summer squash, cut into bite sized chunks  
4 pieces whole wheat lavosh bread  
2 Tablespoons mint (¼ bunch)  
¼ cup chopped basil (¼ bunch)

### *For shallot yogurt*

½ cup plain low-fat Greek yogurt  
1 small clove garlic, minced  
½ small shallot, minced  
½ Tablespoon honey

Serves 1

### MADE AHEAD

- ½ cup cooked brown rice \*see prep guide
- Cut fruit and vegetables: nectarines, bell pepper, tomato, radish, shallot

### DIRECTIONS

#### *For pan seared salmon*

1. Heat a small non-stick skillet over medium-high heat and add oil.
2. Season salmon fillet 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 1 teaspoon of water to cooked rice and heat 3-5 minutes on stovetop, stir with a fork to fluff.

Dairy Free:

Gluten Free:

Vegetarian: Omit all ingredients for salmon. Use below recipe for garbanzo burger and serve with salsa and brown rice:

Combine 1 Tablespoon rolled oats and a few unsalted cashews in a food processor. Pulse until coarsely chopped. Add: ¼ can organic garbanzo beans, drained and rinsed, ¼ medium carrot, grated, 2 Tablespoons fresh basil leaves, 1½ teaspoons hummus, 1 teaspoon olive oil, 1 teaspoon white vinegar, pinch of salt and pepper. Pulse until combined but not completely smooth. Form into a patty. Heat a non-stick skillet or a grill pan over medium heat, add burger and cook until warmed through and browned on both sides.

### INGREDIENTS

#### *For pan seared salmon*

½ Tablespoon olive oil  
4 ounce boneless, skinless salmon fillet (can sub 4 ounce chicken breast)  
Pinch of cumin  
Pinch of kosher salt  
Pinch of black pepper

#### *For nectarine salsa*

½ nectarine, small dice  
¼ green bell pepper, small dice  
¼ tomato, small dice  
½ radish, small dice  
1 teaspoon minced shallot  
2 Tablespoons chopped basil  
½ teaspoon olive oil  
½ Tablespoon balsamic vinegar

#### *For brown rice*

½ cup cooked brown rice \* see prep guide



## (3) HAM ROLL UPS

### honeyed nectarines

Serves 1

#### MADE AHEAD

- Shallot yogurt *\*see Meal #1 for recipe*
- Cut vegetables: tomato, carrot, bell pepper, radish

#### 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 nectarine into eighths. Place in small oven proof dish, drizzle with honey, and cover with foil.
3. Bake for 8-10 minutes or until soft.
4. Top with yogurt and serve.

*Dairy Free:*    

*Gluten Free:*     *Use gluten free wrap instead of lavosh.*

*Vegetarian:*     *Omit ham. Spread 1 Tablespoon hummus on each lavosh. Add ½ cup organic garbanzo beans, drained, rinsed and roughly chopped to filling mixture.*

#### INGREDIENTS

##### *For ham roll ups*

2 ounces low-sodium ham  
½ tomato, diced  
½ carrot, shredded  
¼ green bell pepper, diced  
½ radish, shredded  
1 ounce mixed greens  
3 Tablespoons shallot yogurt *\*see Meal #1 for recipe*  
½ Tablespoon balsamic vinegar  
Pinch of black pepper  
2 pieces whole wheat lavosh bread

##### *For honeyed nectarines*

1 large nectarine  
1 Tablespoon honey  
¼ cup non-fat Greek yogurt

½ zucchini, cut into sticks  
½ large carrot, cut into sticks

\*Serves 2. Leftovers make excellent next day lunch.

### MADE AHEAD

- ½ pound cooked steak \* *see Meal #1 for recipe*
- 1 cup cooked brown rice \* *see prep guide*
- 1" piece of fresh ginger, grated to yield ½ Tablespoon
- Cut vegetables: onion

### DIRECTIONS

#### *For beef and pea stir fry*

1. Heat a large non-stick skillet to medium-high heat and add the 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 1 Tablespoon water to cooked rice and heat over stovetop, stirring with a fork to fluff.

*Dairy Free:*     

*Gluten Free:*    *Use gluten free soy sauce.*

*Vegetarian:*     *Omit beef. Add 1 ½ cups shelled edamame, ½ green bell pepper and 2 Tablespoons crushed cashews (optional) to the stirfry.*

### INGREDIENTS

#### *For beef and pea stir fry*

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

#### *For brown rice*

- 1 cup cooked brown rice \**see prep guide*

Serves 1

### MADE AHEAD

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

### DIRECTIONS

#### *For nectarine mozzarella stack*

1. Heat a small nonstick skillet over medium-high heat and add ¼ 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 2 stacks of layered squash, cheese, nectarines, tomatoes and basil.
5. Sprinkle with cashews and vinegar and serve over mixed greens.

*Dairy Free:* Use dairy free cheese or sliced extra-firm tofu.

*Gluten Free:* Use gluten free bread to make breadcrumbs.

*Vegetarian:*

### INGREDIENTS

#### *For nectarine mozzarella stack*

- ½ Tablespoon olive oil, divided
- ¼ summer squash or zucchini, sliced into rounds
- 1 ½ ounces fresh mozzarella, sliced into rounds
- ¼ piece whole wheat lavosh bread, made into crumbs\*
- 1 nectarine, sliced thin
- ½ tomato, sliced thin
- ¼ bunch basil leaves (1/2 cup)
- 3 Tablespoons roasted cashews, chopped
- 1 Tablespoon balsamic vinegar
- 1 ½ ounces mixed greens (½ cup)

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



# Nutrition Information

Steak and veggie kababs		Serves: 2	
Serving Size: About 4 ounces steak, 1/2 cup veggies, 2 pieces lavosh bread			
Calories	507 kcal	Fat	11.2 g
Protein	39.1 g	Saturated	3.3 g
Carbohydrate	63.5 g	Sugar	6.7 g
Sodium	849 mg	Calcium	15.3 %DV
Fiber	10.7 g	Iron	42.4 %DV
Cholesterol	69 mg		

Shallot yogurt		Serves: 2	
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: 1	
Serving Size: 1 prepared fillet			
Calories	216 kcal	Fat	10.7 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: 1	
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: 1	
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:1	
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	17.1 g
Sodium	949 mg	Calcium	15.9 %DV
Fiber	11 g	Iron	22.7 %DV
Cholesterol	26 mg		

Honeyed Nectarines		Serves: 1	
Serving Size: 1 prepared nectarine			
Calories	150 kcal	Fat	0.5 g
Protein	7.7 g	Saturated	0 g
Carbohydrate	31.8 g	Sugar	27.6 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: 2	
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	32.3 %DV
Cholesterol	69 mg		

Brown Rice		Serves: 2	
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: 1	
Serving Size: 2 prepared stacks			
Calories	510 kcal	Fat	28.2 g
Protein	23.4 g	Saturated	9.6 g
Carbohydrate	50.3 g	Sugar	21.2 g
Sodium	414 mg	Calcium	34 %DV
Fiber	8.2 g	Iron	23.5 %DV
Cholesterol	30 mg		