

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 gluten free 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

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



GLUTEN FREE

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	check label to be sure its gluten free	3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3,5	gluten free flat bread or wraps	17 pcs		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
	gluten free chicken/veggie broth: low sodium		gluten free organic tomato paste	
	garlic	9 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	gluten free soy sauce/Braggs liquid amino acid	2 Tablespoons
	black pepper	3/4 teaspoon	gluten free pasta	
	cayenne pepper		long grain brown rice	2 cups
paprika	1 teaspoon	gluten free flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) STEAK AND VEGGIE KEBABS

shallot yogurt

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 wrap/flatbread; garnish with shallot yogurt, mint and basil.

For shallot yogurt

1. Whisk all ingredients together.
2. Save 1/3 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
1/2 teaspoon cumin
1 teaspoon paprika
1/2 teaspoon kosher salt
1/4 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 gluten free wraps/flatbread
1/4 cup mint (1/2 bunch)
1/2 cup chopped basil (1/2 bunch)

For shallot yogurt

1 cup plain lowfat greek yogurt (check label to be sure it is gluten free)
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 together 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*



(3) HAM ROLL UPS

honeyed nectarines

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 wraps/flatbread.
2. Divide ham mixture among wraps/flatbread 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 gluten free wraps/flat bread

For honeyed nectarines

4-5 large nectarines
3 Tablespoons honey
1 cup non-fat Greek yogurt (check label to be sure it is gluten free)

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 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 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 gluten free 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 gluten free 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 gluten free wrap/flatbread, 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 crumbs, crumble gluten free flatbread or wrap into food processor and blend until sandy in texture.*



GLUTEN FREE Summer Sample Plan
Nutrition Information

Steak and veggie kababs		Serves: 4	
Serving Size: About 4 ounces steak, 1/2 cup veggies, 2 pieces GF flatbread			
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: 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	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: 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 roll up 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: 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	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: 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	32.3 %DV
Cholesterol	69 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		

Nectarine mozzarella stack		Serves: 4	
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		