

MAKE AHEAD

Meal #1, #3 and #4

- 2 Roast chickens

Meal #2 and #5

- Lentils

Meal #4

- Enchilada sauce

Meal #2, #3 and #5

- Cut vegetables

MENU

MONDAY ①

FRESH 20 ROAST CHICKEN
Maple glazed sweet potatoes

TUESDAY ②

OVEN ROASTED SALMON
Braised vegetable lentils

WEDNESDAY ③

CHICKEN & DUMPLINGS

THURSDAY ④

CHEESY CHICKEN & SPINACH
ENCHILADAS

FRIDAY ⑤

CREAMY LENTIL SOUP
Warm corn tortillas



Classic Shopping Winter
Shopping List

(1) Roast chicken (2) Oven Roasted Salmon (3) Chicken & Dumplings (4) Chicken & Spinach Enchiladas (5) Creamy Lentil Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3,4	whole organic chicken	2	about 3 1/2 pounds each	24
2	salmon	4 fillets	about 1-1/4 pounds	16

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3	sweet potatoes/yams	4	8 ounce potatoes	3.5
2,3	onions	1		1
2,3,5	carrots	7		2.5
2,3,5	celery	6 stalks		2
2	lemon	1		1
3	rosemary	1 bunch	to yield 1 Tablespoon chopped	1.5
4	spinach	6 cups		3

Recipe #	Dairy	Quantity	Notes	Est Cost
3	milk	1 cup		1
4	white cheddar cheese	1-1/2 cups	shredded (try raw milk)	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3	baking soda	1 Tablespoon		1
2	lentils	2 cups		3
4	chili powder	2 Tablespoons		4
4	corn tortillas	16		3

Fresh 20 Grocery Est 70.5
 Cost Per Dinner 14.1
 Cost Per Serving 3.525

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup + 2 Tbls	dried oregano	1 teaspoon
	grapeseed oil	1 Tablespoon	herbes de provence	2 Tablespoons
	balsamic vinegar		ground cumin	1 teaspoon
	white wine vinegar		raw honey or 100 % maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium	14-1/2 cups	organic tomato paste	1/4 cup
	garlic	8 cloves	Dijon mustard or brown mustard	
	kosher salt	5-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2 3-4 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	1/2 cup
paprika	2 teaspoons	whole wheat flour	2 c. + 6 Tblspns	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) The FRESH 20 ROAST CHICKEN

maple glazed sweet potatoes

MADE AHEAD

- Roast chickens * *see directions below*

DIRECTIONS

If you have the time, pull chickens from the refrigerator about 20 minutes before cooking. A room temperature chicken will cook faster, rather than placing a cold bird in the oven. Total roasting time is about one hour.

1. Preheat oven to 500°F and place the oven rack in the middle of the oven.
2. Remove any neck or liver pieces from chicken cavity.
3. Rinse chickens in cold water, pat dry, and place on aluminum foil lined baking sheet or set side by side in a large roasting pan.
4. In a small bowl, combine the olive oil, salt & pepper, paprika, garlic, and Herbes de Provence.
5. Use hands or pastry brush to evenly coat both chickens with olive oil mixture.
6. Roast 15 minutes in the preheated oven, then reduce heat to 450°F and continue roasting 15 minutes.
7. Baste chicken with pan drippings, reduce heat to 425°F, and continue roasting 25 - 30 minutes. Chicken is done when internal juices are clear and the temperature between the thigh and cavity is at least 155°. Remove from oven and let stand 10 minutes.
8. Slice breasts, thighs and wings off one chicken for Meal #1. Slice the breasts off the second chicken and store in a Ziploc for Meal #3. Shred the thighs and drumsticks for Meal #4, store in a Ziploc bag.

For maple glazed sweet potatoes

1. Preheat oven to 425 degrees.
2. In a small bowl, combine the olive oil, maple syrup, salt, and cinnamon. Toss the cut potatoes in with olive oil and then lay out evenly onto a parchment lined baking sheet, roast for 20-25 minutes or until soft and tender.

Directions for reheating chicken if cooked ahead:

On dinner night, line a separate baking sheet and lay out chicken pieces. Cover with foil and place into the oven below the potatoes for 15 – 20 minutes or until warmed through.

INGREDIENTS

For Roast Chicken

- 2 (organic) whole chickens
- 3 Tablespoons olive oil
- 3 teaspoons salt
- 2 teaspoons black pepper
- 2 teaspoons paprika
- 4 garlic cloves, minced or pressed
- 1 Tablespoon Herbes de Provence

For maple glazed sweet potatoes

- 1 Tablespoon olive oil
- 2 Tablespoons maple syrup*
- ½ teaspoon kosher salt

Optional: Pinch of cinnamon if you have it

3 – 8 ounce yams or sweet potatoes, peeled and cut into 2 inch pieces

**Syrup may be omitted for anyone watching their sugar intake*

MADE AHEAD

- Braised lentils * see directions below
- Cut vegetables

DIRECTIONS

For oven roasted salmon

1. Preheat oven to 450 degrees.
2. Lay salmon out on a flat surface and season each side generously with salt & pepper.
3. Heat a large, nonstick, oven-proof sauté pan over medium/high heat and add in grapeseed oil. Once hot (almost smoking) add in salmon. Cook on the first side for 3-4 minutes or until a nice golden brown crust forms. Turn salmon over, place into the preheated oven, and roast for 8 minutes.
4. Squeeze fresh lemon juice over the top before serving.

(If using chicken instead of salmon, cook 12-15 minutes in the oven until juices run clear and center is no longer pink.)

For braised vegetable lentils

1. Heat a soup pot over medium heat; add in oil, and once hot, add the onions, carrots & celery. Sweat the vegetables with a sprinkle of salt until they are soft and the onion is translucent, about 2-3 minutes.
2. Add in lentils and stir to combine with the oil. Pour in broth and add in garlic, Herbes, and salt & pepper.
3. Cover with a lid and simmer gently for 20 minutes or until lentils are soft and tender.
4. Remove 3 cups of the lentils and save for Meal #5. Store cooled lentils in the refrigerator in a Ziploc bag or airtight container.

INGREDIENTS

For oven roasted salmon

4 salmon fillets, about 1 ¼ pounds
*(*1 pound of boneless skinless chicken breasts may be substituted, sliced lengthwise into 4 pieces)*

Kosher salt & black pepper

1 Tablespoon grapeseed oil

½ lemon, juiced

For braised vegetable lentils

1 Tablespoon olive oil

½ medium yellow onion, cut into small dice

2 medium carrots, peeled and cut into small dice

2 ribs celery, cut into small dice

2 cups lentils, rinsed and picked through for rocks or dirt

4 cups low sodium chicken broth

2 garlic cloves, minced or pressed

1 Tablespoon Herbes de Provence

½ teaspoon kosher salt

¼ teaspoon black pepper

MADE AHEAD

- 2 roasted chicken breasts, shredded * *See Meal #1*
- Cut vegetables

DIRECTIONS

For chicken and dumplings

1. Heat a soup pot over medium heat. Once hot add in 1 Tablespoon of oil and onion, carrots, and celery. Sprinkle with kosher salt and sweat the vegetables until the onions become soft and translucent, about 2-3 minutes.
2. Add in 3 Tablespoons of olive oil and the flour, stir to combine and cook for 1 minute longer. This will create a thick, paste-like roux that will thicken the gravy.
3. Pour in hot broth a little at a time (broth must be hot or the flour will clump), and stir to combine. The first addition of broth will thicken up quickly - this is normal. Add in garlic, rosemary, shredded chicken, potatoes, and salt & pepper. Bring to a simmer and cook for 20 minutes.

Meanwhile

For dumplings

1. In a small bowl, combine the flour, baking soda, and kosher salt. Mix in the oil and milk until just combined.
2. With a large Tablespoon, scoop out small dumplings and gently place them on top of the soup. Cover with a lid, reduce the heat to low, and simmer for 10 -12 minutes or until dumplings are cooked through and tender.

INGREDIENTS

For chicken & dumplings

4 Tablespoons olive oil, divided
½ medium yellow onion, cut into small dice
2 carrots, peeled and cut into ¼ inch coins
2 celery stalks, cut into ¼ inch slices
2 heaping Tablespoons whole wheat flour
4 cups low sodium chicken broth – warmed
1 garlic clove, minced or pressed
1 Tablespoon fresh rosemary, stems removed, and roughly chopped
2 – 3 cups shredded chicken, made ahead * *see Meal #1*
1 – 8 ounce sweet potato cut into small dice
½ teaspoon kosher salt
¼ teaspoon black pepper

For dumplings

2 cups whole wheat flour
1 Tablespoon baking soda
½ teaspoon kosher salt
2 Tablespoons olive oil
1 cup organic milk



(4) CHEESY CHICKEN & SPINACH ENCHILADAS

MADE AHEAD

- Roasted chicken, shredded * see Meal #1
- Enchilada Sauce * steps 3-6 below

This meal can be made ahead 2-3 days and refrigerated until dinner night. Serving size is two enchiladas per person; you will have 4 enchiladas left over.

DIRECTIONS

For cheesy chicken & spinach enchiladas

1. Heat a large, nonstick sauté pan over medium heat and add in oil. Once the oil is hot add the spinach and cook until wilted and most of the moisture has cooked out, about 4 – 6 minutes. Remove the spinach from the pan and set aside on a plate lined with paper towels to absorb any remaining moisture. Once cooled give it a rough chop.

Meanwhile

1. Preheat oven to 400 degrees.
2. Lightly oil 9x13 baking dish and set aside.
3. In a small bowl, mix tomato paste, cumin, oregano, garlic and salt & pepper – stir to combine and set aside.
4. Heat a large, nonstick sauté pan over medium heat; add in oil, whole wheat flour, and chili powder, stir to combine until it becomes a thick paste. Add in tomato paste mixture and stir to combine.
5. Slowly add in hot broth while whisking to dissolve the flour mixture. Continue whisking while adding in all the broth.
6. Reduce heat to a simmer and cook for 10 minutes. Remove from the heat and allow to cool slightly.
7. In a medium bowl, combine chicken, cooked spinach, 1 cup of cheese, and 1 cup of sauce.
8. Stack tortillas and wrap in damp paper towels or a clean dish towel; microwave on high for 2 minutes.
9. Spoon 1 cup of enchilada sauce on the bottom of the prepared baking dish.
10. Fill each tortilla with a heaping 1/4 cup of filling; roll up tightly and arrange, seam side down, in prepared baking dish.
11. Pour remaining sauce over the top of the enchiladas and sprinkle with remaining 1/2 cup of cheese.
12. Cover with foil and place into the preheated oven for 10 minutes. Remove the foil and bake uncovered for 5 additional minutes to melt the cheese. Serve 2 enchiladas per person.

INGREDIENTS

For cheesy chicken and spinach enchiladas

Splash of olive oil

6 cups baby spinach leaves, about 4 handfuls

1/4 cup organic, no salt added tomato paste

1 teaspoon ground cumin

1 teaspoon dried oregano

1 garlic clove, minced or pressed

1/2 teaspoon kosher salt

1/4 teaspoon black pepper

3 Tablespoons olive oil

1/4 cup whole wheat flour

2 Tablespoons mild chili powder (or ground New Mexico chili powder of your choice)

3 1/2 cups low sodium chicken broth, warmed

3 cups shredded chicken * made ahead, see Meal #1

1 1/2 cups loosely packed white cheddar cheese** (or a Mexican blend), shredded, 1/2 cup reserved for top, about 5 ounces

12 - 6" organic corn tortillas

**To reduce fat, use low-fat cheese used with 2% or 1% milk. You can also use 1 cup cheese total.



(5) CREAMY LENTIL SOUP warm tortillas

MADE AHEAD

- Lentils * *see Meal #2 for directions*
- Cut vegetables

DIRECTIONS

For creamy lentil soup

1. In a soup pot, warm prepared lentils with 2 cups of broth. Once warmed slightly, blend half of the lentils with broth in the blender until smooth. Return to the pot.
2. Add in rice, carrots and celery, and simmer until vegetables and rice are tender, about 30 minutes.
3. Taste and adjust seasoning. Serve with warm corn tortillas.

INGREDIENTS

For creamy lentil soup

3 cups lentils from Meal #2

3 cups vegetable broth

½ cup dry brown rice

3 carrots, peeled and cut into ¼ inch coins or small dice

2 celery stalks, cut into small dice

4 corn tortillas



Classic Winter

Nutrition Information

Roast Chicken			Serves: 4		
Serving Size: 4 ounces					
Calories	192	kcal	Fat	13.8	g
Protein	15.6	g	Saturated	3.3	g
Carbohydrate	0.8	g	Sugar	0	g
Sodium	554	mg	Calcium	1.3	%DV
Fiber	0	g	Iron	4.3	%DV
Cholesterol	64	mg			

Maple glazed sweet potatoes			Serves: 4		
Serving Size: 3/4 cup					
Calories	279	kcal	Fat	3.5	g
Protein	2.7	g	Saturated	0.5	g
Carbohydrate	60.6	g	Sugar	30.9	g
Sodium	344	mg	Calcium	9.1	%DV
Fiber	5.1	g	Iron	6.1	%DV
Cholesterol	0	mg			

Oven roasted salmon			Serves: 4		
Serving Size: 1 salmon fillet (about 5 ounces)					
Calories	234	kcal	Fat	12.4	g
Protein	28.3	g	Saturated	1.7	g
Carbohydrate	1.4	g	Sugar	0	g
Sodium	63	mg	Calcium	2.5	%DV
Fiber	0.6	g	Iron	6.8	%DV
Cholesterol	78	mg			

Braised vegetable lentils			Serves: 4		
Serving Size: 3/4 cup					
Calories	204	kcal	Fat	2.3	g
Protein	13.8	g	Saturated	0.3	g
Carbohydrate	32	g	Sugar	2.4	g
Sodium	177	mg	Calcium	4.5	%DV
Fiber	15.5	g	Iron	0.7	%DV
Cholesterol	0	mg			

Chicken & dumplings			Serves: 5		
Serving Size: 1.5 cups					
Calories	513	kcal	Fat	23	g
Protein	30	g	Saturated	3.5	g
Carbohydrate	50	g	Sugar	7	g
Sodium	1023	mg	Calcium	15.3	%DV
Fiber	8	g	Iron	17.7	%DV
Cholesterol	56	mg			

Cheesy chicken & spinach enchiladas				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	510	kcal	Fat	28	g
Protein	30.4	g	Saturated	12.3	g
Carbohydrate	15.4	g	Sugar	2.5	g
Sodium	1093	mg	Calcium	38.6	%DV
Fiber	5.6	g	Iron	31.1	%DV
Cholesterol	101	mg			

Creamy lentil soup with brown rice carrots & celery				Serves: 4	
Serving Size: 1.5 cup					
Calories	396	kcal	Fat	4.5	g
Protein	19.8	g	Saturated	0.7	g
Carbohydrate	56	g	Sugar	7.9	g
Sodium	376	mg	Calcium	11.1	%DV
Fiber	20.3	g	Iron	8	%DV
Cholesterol	0	mg			