

PREP GUIDE**MEAL #1**

- Marinate pork tenderloin, up to 24 hours ahead *see Meal #1 for recipe
- Cut vegetables
 - ¾ pound butternut squash, peeled, seeded and cut into 1 inch cubes
 - 1 small fennel bulb, trimmed, cored, and cut into chunks

MEAL #2

- ½ grapefruit, peeled and cut into segments
- ½ cup cooked brown rice * see recipe below

MEAL #3

- Marinate chicken, up to 24 hours ahead *see Meal #3 for recipe

MEAL #4

- Cut vegetables:
 - ½ medium onion, minced
 - 1 carrot, minced
 - 1 stalk celery, minced
- 1 cup cooked brown rice *see recipe below

MEAL #5

- Cut vegetables:
 - ½ medium onion, chopped small
 - ½ bunch kale, chopped

For Brown Rice (Meals #2 & #4)

¾ cup brown rice

1½ cups water or broth

Pinch of 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 1½ cups.

MENU**MONDAY ①**

TANGY PORK TENDERLOIN
Butternut Squash
Fennel Potatoes

TUESDAY ②

BROWN BUTTER SAGE TILAPIA
Roasted Radicchio
Brown Rice

WEDNESDAY ③

HOT CHICKEN LEGS
Blue Cheese Kale Potatoes

THURSDAY ④

PORK GOULASH
Brown Rice

FRIDAY ⑤

SAVORY SQUASH BREAD PUDDING



FOR ONE Winter Sample
Shopping List

(1) Pork Tenderloin (2) Brown Butter Tilapia (3) Hot Chicken Legs (4) Pork Goulash (5) Squash Bread Pudding

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	Pork tenderloins	3/4 pound		6
2	Tilapia fillets	1/4 pound		2.5
3	chicken drumsticks	2		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,5	butternut squash	3/4 pound		1
1,3	russet potatoes	1/2 pound		0.5
1,4	fennel bulbs	1 small		1.5
2	radicchio	1/2 head		2
2,5	sage	few leaves	need 1-1/2 teaspoon chopped	1.5
2	grapefruit	1/2		1
3,4,5	onion	1-1/4		1
3,5	kale	1 bunch		2
3,4	celery	2 stalks		1
4	carrots	1		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost
2,3,5	organic butter	1 Tblsp + 1 tsp		0.5
3,5	blue cheese crumbles	3 Tablespoon		2
5	eggs	2		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	chili powder	1/2 teaspoon		0.5
3	hot sauce	1-1/2 Tablespoons		0.5
4	organic crushed tomatoes	1 can		2
5	whole wheat bread	4 ounces	2-4 slices, depending on size	2

Fresh 20 Grocery Est 30.5
 Cost Per Dinner 6.1
 Cost Per Serving 4.35

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	7 teaspoons	dried oregano	
	grapeseed oil	1/2 teaspoon	herbes de provence	pinch
	balsamic vinegar	1 teaspoon	ground cumin	1/2 teaspoon
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	3 teaspoons
	chicken or veggie broth: low sodium	1 cup + 1 Tblsp	organic tomato paste	2 teaspoons
	garlic	5 cloves	Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	soy sauce or Braggs liquid aminos	1/2 Tablespoon
	black pepper	1 teaspoon	whole grain spaghetti	
	cayenne pepper	dash	long grain brown rice	3/4 cup
	paprika	pinch	whole wheat flour	1 Tablespoon

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) TANGY PORK TENDERLOIN

butternut squash and fennel potatoes

Serves 1

MADE AHEAD

- Marinate pork tenderloin, up to 24 hours ahead
- Cut vegetables: squash, fennel

DIRECTIONS

For tangy pork tenderloin

1. Combine pork with remaining ingredients in a re-sealable bag and marinate in the refrigerator for at least 20 minutes or up to 24 hours.
2. Heat oven to 425 degrees.
3. Place pork in an oven-proof baking pan with marinade and cook for 25-30 minutes (until pork reaches 150 degree internal temperature), turning once.
4. Let rest for at least 5 minutes. Reserve 2/3 of tenderloin for Meal #4. Slice the remaining tenderloin and serve with squash and fennel potatoes.

For butternut squash

1. Toss butternut squash with oil, salt, and pepper.
2. Spread in an even layer on a baking sheet and put into 425 degree oven with pork and cook 25-35 minutes until tender.
3. Save 2/3 of the squash for Meal #5.

For fennel potatoes

1. Combine potatoes, fennel, oil, salt, pepper, and Herbes.
2. Spread in an even layer on a baking sheet and put in oven with pork and squash.
3. Cook 25-35 minutes until potatoes are tender.
4. Save half the potatoes for Meal #3 and half of the fennel for Meal #4.

Kitchen Note: leave squash and potatoes in the oven while the pork is resting to get more browning.

Dairy Free:

Gluten-Free: Use gluten-free tomato paste.

Vegetarian: Omit pork tenderloin. Once cooled, but still warm, toss roasted butternut squash with one large handful of baby spinach and 1 teaspoon pantry dressing of choice (<http://www.thefresh20.com/pantrydressings/>).
Optional: add 2 Tablespoons toasted walnuts or pecans and/or 1 Tablespoon blue cheese.

INGREDIENTS

For tangy pork tenderloin

1 (3/4 pound) pork tenderloin
2 teaspoons maple syrup
1 Tablespoon white or cider vinegar
1 teaspoon tomato paste
½ teaspoon cumin
½ teaspoon chili powder
Pinch of kosher salt
Dash of black pepper

For butternut squash

¾ pound butternut squash, peeled, seeded and cut into 1 inch cubes
1 teaspoon olive oil
Pinch of kosher salt
Dash of black pepper

For fennel potatoes

½ pound russet potato, scrubbed and cut into ½ inch cubes
1 small fennel bulb, trimmed, cored and cut into chunks
½ Tablespoon olive oil
¼ teaspoon kosher salt
Dash of black pepper
Pinch of Herbes de Provence



(2) BROWN BUTTER SAGE TILAPIA roasted radicchio

Serves 1

MADE AHEAD

- ½ grapefruit, peeled and cut into segments
- ½ cup cooked brown rice *see prep guide

DIRECTIONS

For roasted radicchio

1. Heat oven to 400 degrees.
2. Place radicchio quarters on a baking sheet, drizzle with olive oil, and season with salt and pepper.
3. Cook for 12-14 minutes, turning once, until the outer leaves brown.
4. Remove from oven and drizzle with balsamic vinegar before serving.

Meanwhile

For brown butter sage tilapia

1. Heat a large, non-stick skillet over medium-high heat.
2. Season fish with salt and pepper then dredge in flour, shaking off the excess.
3. Add oil to pan. When oil is hot add fish and cook about 2 minutes per side. Remove fish and set aside; turn down heat to medium.
4. Add in butter and when foamy and starting to turn brown add sage and turn off heat. Add grapefruit segments and stir to warm through.
5. Drizzle fish with grapefruit brown butter and serve with roasted radicchio and rice.

For brown rice

To re-heat on dinner night add 1 teaspoon water to cooked rice and heat on stovetop, stirring with a fork to fluff.

Dairy Free: *Substitute olive oil for butter and heat until warm.*

Gluten Free: *Substitute 1 Tablespoon gluten-free all-purpose or corn flour for whole wheat flour.*

Vegetarian: *Substitute ½ cup butter beans for tilapia. Omit flour and add salt and pepper to pan with butter beans. Cook over medium heat, stirring occasionally, until golden brown, 4-5 minutes. Continue as directed with sage brown butter.*

INGREDIENTS

For roasted radicchio

½ head radicchio, cut into quarters
1 teaspoon olive oil
Pinch of kosher salt
Dash of black pepper
1 teaspoon balsamic vinegar

For brown butter sage tilapia

¼ pound tilapia fillet
Pinch of kosher salt
Dash of black pepper
1 Tablespoon whole wheat flour
½ teaspoon grapeseed oil
½ Tablespoon organic butter
½ teaspoon chopped sage
½ grapefruit, peeled and cut into segments

For brown rice

½ cup cooked brown rice *see prep guide for recipe



(3) HOT CHICKEN LEGS blue cheese kale potatoes

Serves 1

MADE AHEAD

- Marinate chicken for at least 20 minutes and up to 24 hours
- Roasted potatoes * see Meal #1 for recipe

DIRECTIONS

For hot chicken legs

1. Combine chicken drumsticks with marinade ingredients in a re-sealable bag for up to 24 hours.
2. Heat oven to 375 degrees.
3. Remove chicken from marinade (*discard marinade*) and place in a lightly oiled, oven proof baking dish and cook for 35-40 minutes, turning occasionally.
4. Serve with blue cheese kale potatoes.

For blue cheese kale potatoes

1. Heat a large skillet over medium heat. When skillet is hot, add oil, onions, garlic and kale.
2. Sauté for about 5-7 minutes until soft. Add potatoes and broth and mash with large fork or masher.
3. When heated through, turn off heat and add blue cheese.
4. Serve with chicken and celery sticks.

Dairy Free: *Substitute olive oil for butter in chicken leg marinade. Omit blue cheese from potatoes. Stir in one chopped green onion (optional).*

Gluten Free: *Use gluten-free tomato paste, soy sauce, and broth.*

Vegetarian: *Substitute ¼ head cauliflower florets for chicken. Whisk together marinade ingredients and set aside. Toss cauliflower florets in ½ Tablespoon olive oil and sprinkle with salt and pepper. Place florets onto a baking sheet and roast in a 450 degree oven for 25-30 minutes, until golden brown. Toss roasted cauliflower with marinade. Substitute vegetable broth in blue cheese kale potatoes.*

INGREDIENTS

For hot chicken legs

2 chicken drumsticks, skin removed
1 teaspoon tomato paste
1 teaspoon honey
½ Tablespoon soy sauce
1½ Tablespoons hot sauce (such as Frank's Hot Sauce)
1 teaspoon melted butter
1 clove garlic, minced

For blue cheese kale potatoes

½ teaspoon olive oil
¼ onion, chopped small
1 clove garlic, minced
¼ bunch of kale, chopped
¼ pound roasted potatoes * see Meal #1 for recipe
1 Tablespoon organic low-sodium chicken broth
1 Tablespoon crumbled blue cheese

½ stalk of celery, cut into 2 inch pieces



(4) PORK GOULASH

brown rice

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

MADE AHEAD

- ½ pound cooked pork tenderloin **see Meal #1*
- Cut vegetables: onion, carrot, celery
- 1 cup cooked brown rice **see prep guide for recipe*
- ½ roasted fennel bulb ** see Meal #1 for recipe*

DIRECTIONS

For pork goulash

1. Heat olive oil in a heavy pot or Dutch oven over medium heat. When oil is hot, add the pork pieces to brown. When pork has browned add wine to deglaze the pan.
2. Add onion, garlic, carrot, celery, and fennel and cook 2 minutes until vegetables start to soften.
3. Add tomatoes, cayenne, paprika, salt and pepper.
4. Cover and simmer over low heat 20 minutes, then uncover and cook for an additional 5-10 minutes. Serve over ½ cup brown rice.

Meanwhile

For brown rice

To re-heat on dinner night, add 1 teaspoon water to ½ cup cooked rice and heat on stovetop, stirring with a fork to fluff. Save the other ½ cup for next day lunch.

Dairy Free:

Gluten Free: Use gluten-free broth.

Vegetarian: Substitute 1 cup butter beans for pork. Substitute wine or vegetable broth for chicken broth.

INGREDIENTS

For pork goulash

½ Tablespoon olive oil
½ pound cooked pork tenderloin, cut into 1 inch pieces ** see Meal #1 for recipe*
¼ cup white wine or chicken broth
½ medium onion, minced
2 cloves garlic, minced
1 carrot, minced
1 stalk celery, minced
½ roasted fennel bulb, chopped, small ** see Meal #1 for recipe*
½ (14.5 ounce) can of organic crushed tomatoes
Dash of cayenne
Pinch of paprika
¼ teaspoon kosher salt
Dash of black pepper

For brown rice

1 cup cooked brown rice **see prep guide*

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

MADE AHEAD

- Cut vegetables: onion, kale
- Roasted butternut squash **see Meal #1 for recipe*

DIRECTIONS

For savory squash bread pudding

1. Heat oven to 375 degrees.
2. Heat a non-stick skillet over medium heat and add the oil and butter. Once hot, add the onion, garlic and kale and cook for about 3-5 minutes.
3. Season with salt and pepper and add roasted squash cubes and turn off heat.
4. In a large mixing bowl, combine bread with squash mixture and sage.
5. In another small bowl, whisk together eggs and broth.
6. Pour egg mixture over bread and toss until liquid is all soaked in. Stir in blue cheese.
7. Spread evenly in a greased baking dish and bake for 20-30 minutes.

Dairy Free: *Substitute olive oil for butter. Omit blue cheese.*

Gluten Free: *Substitute 4 ounces gluten-free bread. Use gluten-free broth.*

Vegetarian:

INGREDIENTS

For savory bread pudding

- 1 teaspoon olive oil
- ½ Tablespoon butter
- ½ medium onion, chopped small
- 1 clove garlic, minced
- ½ bunch kale, chopped
- ¼ teaspoon kosher salt
- Dash of black pepper
- ½ pound roasted butternut *squash* *
see Meal #1 for recipe
- 4 ounces stale or toasted whole wheat bread, cut into 1 inch cubes, about 2 ½ cups
- 1 teaspoon chopped fresh sage
- 2 eggs
- ¾ cup organic, low-sodium vegetable broth
- 2 Tablespoons blue cheese



For One Winter Sample

Nutrition Information

Tangy pork tenderloin				Serves: 1	
Serving Size: About 4 ounces prepared					
Calories	139	kcal	Fat	2.5	g
Protein	23.8	g	Saturated	0.8	g
Carbohydrate	3.7	g	Sugar	3.2	g
Sodium	185	mg	Calcium	1.2	%DV
Fiber	0	g	Iron	6.6	%DV
Cholesterol	74	mg			

Butternut squash				Serves: 1	
Serving Size: 1/2 cup					
Calories	66	kcal	Fat	1.8	g
Protein	1.1	g	Saturated	0	g
Carbohydrate	13.3	g	Sugar	2.5	g
Sodium	128	mg	Calcium	5.5	%DV
Fiber	2.3	g	Iron	4.4	%DV
Cholesterol	0	mg			

Fennel potatoes				Serves: 1	
Serving Size: 3/4 cup					
Calories	130	kcal	Fat	2.7	g
Protein	3.2	g	Saturated	0.4	g
Carbohydrate	24.8	g	Sugar	0.7	g
Sodium	199	mg	Calcium	4.3	%DV
Fiber	3.3	g	Iron	7.9	%DV
Cholesterol	0	mg			

Brown butter sage tilapia				Serves: 1	
Serving Size: 1 fillet					
Calories	241	kcal	Fat	8.3	g
Protein	24.9	g	Saturated	3.6	g
Carbohydrate	18.8	g	Sugar	12	g
Sodium	159	mg	Calcium	3.5	%DV
Fiber	2.6	g	Iron	5.9	%DV
Cholesterol	68	mg			

Roasted radicchio				Serves: 1	
Serving Size: 1/2 cup					
Calories	38	kcal	Fat	3.4	g
Protein	0	g	Saturated	0.5	g
Carbohydrate	1.6	g	Sugar	0.7	g
Sodium	128	mg	Calcium	0.5	%DV
Fiber	0	g	Iron	0.9	%DV
Cholesterol	0	mg			

Brown rice				Serves: 1	
Serving Size: 1/2 cup (with low sodium broth)					
Calories	191	kcal	Fat	3	g
Protein	4.7	g	Saturated	0.5	g
Carbohydrate	35.7	g	Sugar	0.4	g
Sodium	33	mg	Calcium	3.1	%DV
Fiber	1.6	g	Iron	8.7	%DV
Cholesterol	0	mg			

Hot chicken legs				Serves: 1	
Serving Size: 2 chicken legs + 1/2 celery stalk					
Calories	250	kcal	Fat	9.5	g
Protein	32.8	g	Saturated	3.4	g
Carbohydrate	6.9	g	Sugar	5.4	g
Sodium	721	mg	Calcium	3.2	%DV
Fiber	0.6	g	Iron	8.4	%DV
Cholesterol	161	mg			

Blue cheese kale potatoes				Serves: 1	
Serving Size: 3/4 cup					
Calories	206	kcal	Fat	7.1	g
Protein	6.6	g	Saturated	2.2	g
Carbohydrate	31.6	g	Sugar	2.8	g
Sodium	336	mg	Calcium	14	%DV
Fiber	4.5	g	Iron	12	%DV
Cholesterol	6	mg			

Pork goulash				Serves: 2	
Serving Size: 1 cup (prepared with white wine)					
Calories	283	kcal	Fat	6.4	g
Protein	27.4	g	Saturated	1.3	g
Carbohydrate	25	g	Sugar	12	g
Sodium	642	mg	Calcium	11	%DV
Fiber	5.9	g	Iron	19	%DV
Cholesterol	74	mg			

Savory squash bread pudding				Serves: 2	
Serving Size: 1 1/2 cup					
Calories	400	kcal	Fat	15	g
Protein	19.3	g	Saturated	5.6	g
Carbohydrate	49.8	g	Sugar	8.4	g
Sodium	943	mg	Calcium	25	%DV
Fiber	8.8	g	Iron	22	%DV
Cholesterol	154	mg			