

## PREP GUIDE

### Meal #1

- Make barbeque sauce *\*see recipe below*
- Make buttermilk dill dressing *\*see recipe below*

### Meal #2

- Make brown rice *\*see recipe below*

#### **Barbeque Sauce** (Meal #1 & #3)

6 ounces organic tomato paste, no sugar added  
 ½ Tablespoon ground cumin  
 1 teaspoon paprika  
 1 Tablespoon onion powder  
 1 Tablespoon garlic powder  
 ¼ cup unsulfured molasses  
 2 Tablespoons honey  
 2 Tablespoons balsamic vinegar  
 ¾ teaspoon salt  
 ½ teaspoon black pepper  
 Pinch of cayenne pepper  
 ¼ cup water

In a small bowl, whisk to combine tomato paste, cumin, paprika, onion powder, garlic powder, molasses, honey, vinegar, salt & pepper, cayenne, and water. Divide in half (you will use it for two meals) and store in airtight containers in the refrigerator.

#### **Buttermilk Dill Dressing** (Meal #1 & #2)

¼ cup buttermilk  
 ¼ cup nonfat, plain Greek yogurt  
 1 teaspoon Dijon mustard  
 ½ lemon, juiced to yield 1 Tablespoon lemon juice  
 1 clove garlic, minced or pressed  
 3 Tablespoons fresh dill, finely chopped  
 ¼ teaspoon kosher salt  
 ¼ teaspoon black pepper

In a small bowl, whisk to combine buttermilk, yogurt, Dijon, lemon juice, garlic, dill and salt & pepper and refrigerate.

#### **For brown rice**

¼ cup brown rice  
 ½ cup water or broth  
 ¾ teaspoon kosher salt (only if using water)

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

To re-heat on dinner night add 2-3 Tablespoons water to prepared rice and heat on stovetop, stirring to fluff.

## MENU

### MONDAY ①

BARBEQUE CHICKEN  
 Buttermilk macaroni spinach salad

### TUESDAY ②

BLACKENED SALMON  
 Creamy dill sauce  
 Brown rice & heirloom tomatoes

### WENESDAY ③

BARBEQUE CHICKEN PIZZA  
 Watermelon slices

### THURSDAY ④

BLT LETTUCE CUPS  
 Chilled cucumber soup

### FRIDAY ⑤

TOMATO, SPINACH & QUINOA PITAS  
 Watermelon slices



FOR ONE Week 3

# Shopping List

(1) BBQ Chicken (2) Blackened Salmon (3) BBQ Chicken Pizza (4) BLT Lettuce Cups (5) Tomato, Spinach, & Quinoa Pitas

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	Chicken thighs	1 pound	bone in	3
2	Salmon fillets	1 fillet		3.5
4	Bacon	4 strips	Applewood farms, nitrate free	4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,4	dill	1/2 bunch	need 3-1/2 T. chopped	1.5
4,5	avocado	1		1
1,2,4,5	lemon	2		1
1,3,5	spinach	3 cups		3
2,5	Heirloom tomato/ regular tomato	2		2
3,5	mini watermelon	1/2		3
4,5	cucumber	1		1
4	corn	1 ear		0.5
4	butter lettuce	4 leaves		2
1,3,4	red onion	1		1
4	limes	1		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1,2,4	buttermilk	2/3 cup		2
1,2,4	plain Greek yogurt	1-1/4 cup		3
3	mozzarella cheese	1/2 cup	shredded	3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,2,3	garlic powder	5 teaspoons		0.5
1,2,3	onion powder	5 teaspoons		0.5
1,3	molasses	1/4 cup		2
5	quinoa	1/4 cup		1
3,5	whole wheat pitas	2		2

Fresh 20 Grocery Est 41  
Cost Per Dinner 8.2

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 Tablespoon	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	1/2 Tablespoon
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium		organic tomato paste	6 ounces
	garlic	1 clove	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	2-1/4 teaspoon	soy sauce or Braggs liquid aminos	
	black pepper	1-3/4 teaspoon	whole grain pasta	4 oz macaroni
	cayenne pepper	1/2 teaspoon	long grain brown rice	1/4 cup
	paprika	1 Tablespoon	whole wheat flour	

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



# (1) BARBEQUE CHICKEN

## buttermilk macaroni spinach salad

Serves 2 \* Leftovers make a great next-day lunch!

*If you are a big "sauce" family like mine, you will want to make double the recipe for the bbq sauce. We will use it again later in the week, so remember not to get carried away on your chicken. Barbeque sauce seems like such an easy thing to buy at the store, but I promise you – making it at home is even easier! This sauce is tangy and sweet with a little bit of a kick from the black and cayenne pepper. You can always adjust the heat by leaving out the cayenne. This macaroni salad is creamy from the yogurt, but definitely lighter than your traditional mayo based salads. The lemon and dill add fresh summer flavor.*

### MADE AHEAD

- Barbeque Sauce \* see prep guide
- Buttermilk Dill Dressing \* see prep guide

### DIRECTIONS

#### *For barbeque chicken*

1. Heat outdoor grill.
2. In a small bowl, stir to combine salt, pepper, cayenne pepper, paprika, garlic powder, and onion powder.
3. Lightly dry off chicken pieces and season both sides of chicken generously with spice mixture. Chicken can be seasoned up to 24 hours in advance and stored in an airtight container.
4. Grill chicken on indirect heat (cooler side of the barbeque) for 25 - 30 minutes or until the juices run clear and the meat closest to the bone is no longer pink.
5. In the last minutes of grilling, brush the chicken with homemade barbeque sauce. Be careful - the sauce will cause the chicken to burn quickly.
6. Serve 1 thigh and save the other two for next-day lunch and meal #3, BBQ chicken pizza.

Cooking indoors? Heat your oven to 425 degrees. Line a baking sheet and bake chicken for 25 minutes or until the juices run clear and the chicken is no longer pink in the middle. In the last minutes of cooking, brush the chicken with homemade barbeque sauce. Be careful - the sauce will cause the chicken to burn quickly.

#### *For macaroni salad*

1. Bring a large pot of water to a boil with a heavy pinch of salt. Add in macaroni and stir, cook for 8-10 minutes or until al dente. Drain and place into a large salad bowl.
2. Allow macaroni to cool about 10 minutes then add red onion, spinach, and buttermilk dressing (reserve 2-3 Tablespoons of dressing for Meal #2).
3. Stir to combine. Taste and adjust salt & pepper as needed.

**Gluten Free:** *Make sure tomato paste in barbeque sauce and mustard in buttermilk dill dressing is gluten free; use gluten free pasta of choice in macaroni salad.*

**Vegetarian:** *Substitute ½ of a 14.5 oz. can of pinto beans, drained and rinsed, for chicken. Omit seasoning and mix with half of the prepared barbeque sauce. Serve warmed or at room temperature.*

**Dairy Free:** *Substitute coconut yogurt for Greek yogurt in buttermilk dill dressing and omit buttermilk.*

### INGREDIENTS

#### *For barbeque chicken*

- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- Pinch of cayenne pepper
- ½ Tablespoon paprika
- ½ Tablespoon garlic powder
- ½ Tablespoon onion powder
- 1 pound bone-in chicken thighs (for two meals), skin removed –3 large thighs
- Barbeque sauce \* see prep guide

#### *For macaroni salad*

- 4 ounces whole wheat macaroni noodles
- 2 Tablespoons red onion, finely diced
- 2 cups loosely packed spinach, about 2 handfuls
- Buttermilk dill dressing \* see prep guide



## (2) BLACKENED SALMON with CREAMY DILL SAUCE

brown rice & heirloom tomatoes

Serves 1

### MADE AHEAD

- ½ cup cooked brown rice \*see prep guide
- Buttermilk dill dressing \* see prep guide

### DIRECTIONS

#### *For blackened salmon*

1. On a large plate, combine garlic powder, onion powder, paprika, black pepper, and cayenne pepper. Stir with a fork to combine.
2. Season the salmon fillet with salt on both sides.
3. Press one side of the salmon down into the blackening seasoning (the rounded part of the fillet is prettiest).
4. Heat a large, nonstick sauté pan over medium-high heat and add oil. Once hot (almost smoking) add in fillet, blackened side down.
5. Cook for 2-3 minutes on the first side, or until a dark golden crust forms. Flip to the other side, reduce heat to low-medium, and cook for an additional 5 minutes.
6. Remove from heat and squeeze fresh lemon juice over the top.
7. Top warm fillet with buttermilk dill dressing and serve with tomato salad and rice.

#### *For heirloom tomato salad*

Rinse and cut heirloom tomato and drizzle with olive oil, salt, and pepper to taste.

*Vegetarian:*     *Substitute ¼ block organic, extra firm tofu for salmon*

*Dairy Free:*     *Substitute coconut yogurt for Greek yogurt in buttermilk dill dressing and omit buttermilk*

*Gluten Free*    

### INGREDIENTS

#### *For blackened salmon*

½ teaspoon garlic powder  
½ teaspoon onion powder  
½ teaspoon paprika  
½ teaspoon black pepper  
Pinch of cayenne pepper  
1 wild salmon fillet \* *Substitute 1 small organic, boneless, skinless chicken breast*  
¼ teaspoon kosher salt  
1 Tablespoon grapeseed oil  
¼ lemon  
Buttermilk dill dressing \* *see prep guide*

#### *For heirloom tomato salad*

1 medium heirloom tomato, sliced  
Olive oil  
Salt & pepper to taste

½ cup cooked brown rice \* *see prep guide for reheating instructions*



## (3) BARBEQUE CHICKEN PIZZA

watermelon slices

Serves 1

### MADE AHEAD

- Barbeque sauce \* *see prep guide for recipe*
- 1 barbecued chicken thigh, shredded \* *see Meal #1 for recipe*

### DIRECTIONS

*For barbeque chicken pizza*

1. Preheat oven to 425 degrees.
2. Line a baking sheet with foil. Lay out pita and spread with 1 -2 Tablespoons of barbeque sauce. Build pizza starting with onions, then spinach and barbeque chicken; finish with ½ cup of cheese on top.
3. Place into preheated oven for 8-10 minutes or until cheese is melted and bubbly.
4. Serve warm with watermelon slices.

*Gluten Free: Substitute two 6" corn tortillas for whole wheat pita. Lay tortillas on baking sheet and toast in oven 10 minutes before layering on remaining ingredients. Place in oven a few more minutes until cheese is melted.*

*Vegetarian: Mix ½ cup of pinto beans, drained and rinsed, with barbeque sauce. Mash beans if desired and substitute for chicken.*

*Dairy Free: Omit cheese. Optional: Place ingredients inside pita and warm in oven 5-10 minutes.*

### INGREDIENTS

*For barbeque chicken pizza*

- 1 whole wheat pita
- 2 Tablespoons barbeque sauce \* *see prep guide*
- ¼ cup red onion, sliced thin
- ½ cup baby spinach leaves
- ½ cup barbeque chicken, shredded \* *see Meal #1 for recipe*
- ½ cup mozzarella cheese, shredded
  
- ¼ mini watermelon, cut into slices



## (4) BLT LETTUCE CUPS

### chilled cucumber soup

Serves 2 \* Leftovers make great lunch!

*The cucumber soup is slightly chunky in texture like a typical gazpacho and the flavor is light and tangy from the buttermilk. For the best results chill it for as long as possible.*

#### DIRECTIONS

##### *For chilled cucumber soup*

1. In the blender, combine yogurt, buttermilk, cucumber, onion, dill, lemon juice, salt & pepper, and cayenne. Blend until smooth and chill until cold.

##### *For BLT lettuce cups*

1. Heat a large, nonstick sauté pan over medium-high heat and cook bacon until crisp. Drain on paper towels and crumble into a medium mixing bowl.
2. To the bacon, add cooked, cooled corn, avocado, tomato, onion, lime juice, olive oil and salt & pepper – stir to combine.
3. Fill 2 lettuce cups with bacon and corn mixture. Store remaining filling and lettuce for lunch.

##### *\* To boil corn*

Place shucked corn into a pot of boiling water and cook for 3-6 minutes or until kernels are tender. Cool, then with a knife, cut downwards from top to bottom to remove kernels.

##### *\*To grill corn*

Shuck corn and lightly brush with grapeseed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning. Cool, then with a knife, cut downwards from top to bottom to remove kernels.

*Dairy Free:*      *Substitute coconut yogurt for Greek yogurt and omit buttermilk.*

*Vegetarian:*    *Substitute ½ of a 14.5 oz. can of pinto beans for bacon*

*Gluten Free*   

#### INGREDIENTS

##### *For chilled cucumber soup*

1 cup plain low fat Greek yogurt  
5 Tablespoons low fat buttermilk  
½ cucumber, peeled and chopped  
2 Tablespoons red onion, chopped  
½ Tablespoon fresh dill  
½ lemon, juiced  
¼ teaspoon kosher salt  
Pinch of black pepper  
Pinch of cayenne pepper

##### *For BLT lettuce cups*

4 strips of thick sliced bacon (*we like Applegate Farms*)  
1 ear of corn, cooked and kernels removed \* *see recipe notes*  
½ avocado ripe but firm, cut into medium dice  
½ medium tomato, cut into medium dice  
2 Tablespoons red onion, cut into small dice  
1 lime, juiced  
½ Tablespoon olive oil  
Pinch of kosher salt  
Pinch of black pepper  
4 butter lettuce leaf cups, rinsed and dried



## (5) TOMATO, SPINACH & QUINOA PITAS watermelon slices

Serves 1

### DIRECTIONS

*For tomato, spinach and quinoa pitas*

1. Bring ½ cup of water to a boil and add quinoa. Cover with a lid, reduce to a low simmer, and cook for 15-20 minutes or until all the liquid is absorbed. Once done, remove from stove and place quinoa in a medium mixing bowl.
2. To the warm quinoa, add tomato, spinach, cucumber, lemon juice, zest, olive oil, avocado and salt & pepper – stir to combine.
3. Fill two pitas halves with the quinoa mixture and serve with watermelon slices.

*Gluten-Free:*     *Substitute warm corn tortillas for pita or omit pita entirely.*

*Dairy Free*       

*Vegetarian*     

### INGREDIENTS

*For tomato, spinach and quinoa pitas*

- ¼ cup quinoa
- ½ cup water
- ½ medium tomato, cut into small dice
- ½ cup of spinach
- ½ small cucumber, peeled and cut into small dice
- ¼ lemon, zested and juiced
- ½ Tablespoon olive oil
- ¼ ripe avocado, diced Pinch of kosher salt & black pepper
- 1 whole wheat pita cut in half
  
- ¼ mini watermelon, cut into slices



# Nutrition Information

Barbeque Chicken				Serves: 2	
Serving Size: 5 ounce chicken thigh + 1 tablespoon barbeque sauce					
Calories	242	kcal	Fat	5.8	g
Protein	30	g	Saturated	1.5	g
Carbohydrate	17.5	g	Sugar	12	g
Sodium	796	mg	Calcium	11	%DV
Fiber	1.4	g	Iron	29	%DV
Cholesterol	118	mg			

Macaroni Salad with buttermilk dressing				Serves: 2	
Serving Size: 1/2 cup					
Calories	101	kcal	Fat	0.6	g
Protein	6.2	g	Saturated	0.2	g
Carbohydrate	20	g	Sugar	2.5	g
Sodium	201	mg	Calcium	8.1	%DV
Fiber	4	g	Iron	8.8	%DV
Cholesterol	1.55	mg			

Blackened Salmon with creamy dill sauce and heirloom tomato salad				Serves: 1	
Serving Size: 4 ounce salmon filet + 2 tablespoons creamy dill sauce + 4 ounces tomatoes					
Calories	306	kcal	Fat	16	g
Protein	29	g	Saturated	2.5	g
Carbohydrate	15.6	g	Sugar	7	g
Sodium	589	mg	Calcium	15	%DV
Fiber	4.1	g	Iron	12	%DV
Cholesterol	69	mg			

Brown Rice				Serves: 1	
Serving Size: 1/2 cup cooked prepared with low sodium broth					
Calories	176	kcal	Fat	1.4	g
Protein	4.7	g	Saturated	0.3	g
Carbohydrate	36	g	Sugar	0.4	g
Sodium	33	mg	Calcium	1.3	%DV
Fiber	1.6	g	Iron	4.3	%DV
Cholesterol	0	mg			

Barbeque Chicken Pizza				Serves: 1	
Serving Size: 1 pita					
Calories	579	kcal	Fat	17	g
Protein	53	g	Saturated	5.8	g
Carbohydrate	55	g	Sugar	13	g
Sodium	950	mg	Calcium	54	%DV
Fiber	6.6	g	Iron	42	%DV
Cholesterol	138	mg			

Watermelon				Serves: 1	
Serving Size: 1 wedge (3/4 cup)					
Calories	23	kcal	Fat	0	g
Protein	0.5	g	Saturated	0	g
Carbohydrate	5.7	g	Sugar	4.7	g
Sodium	1	mg	Calcium	0.5	%DV
Fiber	0	g	Iron	1	%DV
Cholesterol	0	mg			

BLT Lettuce cups				Serves: 2	
Serving Size: 2 lettuce cups					
Calories	264	kcal	Fat	19	g
Protein	11	g	Saturated	4.4	g
Carbohydrate	17	g	Sugar	4.6	g
Sodium	636	mg	Calcium	2.9	%DV
Fiber	4.7	g	Iron	7.2	%DV
Cholesterol	20	mg			

Chilled Cucumber soup				Serves: 2	
Serving Size: 1 cup					
Calories	108	kcal	Fat	2	g
Protein	13.5	g	Saturated	1.3	g
Carbohydrate	11	g	Sugar	6.8	g
Sodium	469	mg	Calcium	20	%DV
Fiber	1.5	g	Iron	1.6	%DV
Cholesterol	12	mg			

Tomato & Spinach Quinoa pitas				Serves: 1	
Serving Size: 1 pita					
Calories	419	kcal	Fat	11	g
Protein	14.2	g	Saturated	1.5	g
Carbohydrate	71	g	Sugar	4.3	g
Sodium	733	mg	Calcium	8.5	%DV
Fiber	10.8	g	Iron	27	%DV
Cholesterol	0	mg			

Watermelon				Serves: 1	
Serving Size: 1 wedge (3/4 cup)					
Calories	23	kcal	Fat	0	g
Protein	0.5	g	Saturated	0	g
Carbohydrate	5.7	g	Sugar	4.7	g
Sodium	1	mg	Calcium	0.5	%DV
Fiber	0	g	Iron	1	%DV
Cholesterol	0	mg			