

MAKE AHEAD

Pork Sausage

2 # Mild or sweet pork sausage (If in casings, remove from casings)

* *Substitute mild or sweet turkey sausage*

1. Heat a large nonstick sauté pan over medium/high heat; once hot, add in pork. With a wooden spoon or spatula break up pork while cooking until browned and cooked through, 4-5 minutes.
2. Line a large plate with paper towel and spoon the cooked pork onto the towels to cool and drain the fat.
3. Split the cooled cooked pork in half and store in a Ziploc bag or airtight container.

For Meal #1 and Meal # 5

8 oz snow peas

1. Cut peas lengthwise into thin slices, you will use half for each meal.
2. Store in a Ziploc or an airtight container, place a damp paper towel over the peas before storing.

3 medium carrots

1. Shred or cut carrots into matchsticks, you will use 1/3 for recipe #1 and 2/3 for recipe #5.
2. Store in a Ziploc or an airtight container, place a damp paper towel over the carrots before storing.

2 red bell peppers

1. Cut peppers into thin slices, you will use half for each meal.
2. Store in a Ziploc or an airtight container, place a damp paper towel over the peppers before storing.

MENU

MONDAY ①

Garlic & Ginger Pork
Snow Pea and Red Pepper Rice Noodles

TUESDAY ②

Baja Shrimp Tacos
Mango Salsa & Honey Lime Corn

WEDNESDAY ③

GF Pork Penne in
Chunky Tomato Sauce
Broiled Italian Zucchini

THURSDAY ④

South of the Border Grilled Skirt Steak
Avocado, Corn, and Tomato Salad
Spicy Lime Vinaigrette

FRIDAY ⑤

Napa Rice Noodle Salad
Asian Peanut Dressing
Fresh Mangoes



Gluten Free May 18th

Shopping List

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
4	flap meat or skirt steak	1 1/4	Sub: 2 boneless skinless chicken breasts	12
1,3	mild or sweet pork sausage	2 pounds	Sub: mild or sweet turkey sausage	12
2	small/medium raw shrimp	1 pound	deveined	12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2,4,5	lime	8		4
4	avocado	2 medium	Haas, soft but firm	2
2,4	corn on the cobb	6 ears		3
2,3,4	tomato	4	2 medium, 2 large	3
4,5	cilantro	1 bunch		1.5
2,4,5	napa cabbage	1 head		2
1,2,3	red onion	1 medium		1
1,5	ginger	4 inches	4 inches about, 1/4 pound	1
1,5	red bell pepper	2		2
1,5	snow peas	8 oz	aka Chinese sugar peas	3
2,5	mango	3	1 ripe and ready, 2 a little firmer	3
2,4	jalapeno	1 small		0.5
1,3,5	carrot	4 medium		2
3	Italian green zucchini	4 medium		2

	Dairy	Quantity	Notes	Est Cost
5	Plain, Greek yogurt	2 cups		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,5	wide stir fry rice noodles	1 14 oz box	thin may be substituted	3
2	corn tortillas	8	make sure they are gluten free	2
5	organic peanut butter	2 Tablespoons	no added salt!	2

Fresh 20 Grocery Est 75
 Cost Per Dinner 15
 Cost Per Serving 3.75

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1 cup	dried oregano	2 1/2 teaspoons
	grapeseed oil	9 Tablespoons	herbes de provence	
	balsamic vinegar	2 teaspoons	ground cumin	3/4 teaspoons
	white wine vinegar		raw honey	3 Tablespoon
	gluten free chicken or vegetable broth	2 cups	organic tomato paste	4 Tablespoons
	garlic	8 cloves	gluten free Dijon mustard	
	kosher salt	6 teaspoons	gf soy sauce or Braggs liquid amino acid	4 1/2 teaspoons
	black pepper	3 1/4 teaspoons	gluten free pasta	12 oz penne
	cayenne pepper	1/8 teaspoon	long grain brown rice	
	paprika			

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



GARLIC & GINGER PORK snow pea and red pepper rice noodles

DIRECTIONS

1. Cook noodles according to package directions and set aside
2. Heat a large non-stick sauté pan over medium/ high heat; add in oil and once hot, add in the previously cooked pork. Stir and warm through, about 2-3 minutes.
3. Add in the onion, garlic, ginger, and salt & pepper. Stir to mix and cook until fragrant and flavors have combined, 2-3 minutes.
4. Turn the heat down to low and add in red bell peppers, carrots, snow peas, and rice noodles gently toss (cooking tongs work best) to combine, cook for an additional 3-4 minutes.
5. Finish with soy sauce, lightly toss through.
6. Serve warm, 2 full cups per person.

*Ginger can be purchased in the produce section of your local grocery store. It is a root that can be bought in pieces by the pound. Peel the ginger with a vegetable peeler and then grate on either a micro plane or the fine blade of a cheese grater.

INGREDIENTS

For rice noodles

Water

7 oz stir fry, wide rice noodles (we like Thai Kitchen, ½ of a box)

For garlic & ginger pork

1 Tablespoon grapeseed oil

1 pound previously cooked mild or sweet pork sausage.

** Substitute mild or sweet turkey sausage*

¼ medium red onion, finely chopped

2 garlic cloves, minced

3 inch piece of fresh ginger peeled and grated to yield 1 Tablespoon (see recipe notes)

½ teaspoon kosher salt

¼ teaspoon black pepper

1 red bell pepper, thinly sliced

1 medium carrot, grated or thinly sliced into matchsticks

4 oz snow peas, about 1 full cup, thinly sliced lengthwise.

1 Tablespoon gluten free soy sauce



BAJA SHRIMP TACOS

mango salsa & honey lime corn

DIRECTIONS

For Baja shrimp tacos

1. In a medium bowl combine, salt, pepper, cayenne, cumin, and paprika. Add shrimp to the bowl and toss to coat.
2. Heat a large non-stick sauté pan over high heat; add oil and once hot, add in the shrimp. Cook about 1-2 minutes per side. Shrimp are done when they turn pink and curl. Remove from heat and squeeze fresh lime juice over the top. Cover to keep warm.
3. Warm tortillas on the stovetop over a low open flame or wrap in a damp towel and microwave for 20 seconds.
4. Assemble the tacos starting with the shrimp, Napa cabbage, and top with mango salsa.

For mango salsa

1. In a small bowl combine mango, tomato, jalapeno, red onion, lime juice (reserve 1 teaspoon of lime juice for corn), salt & pepper, and olive oil – stir to combine.

For honey lime corn

1. Boil or grill corn – see directions below.
2. In a small bowl combine, olive oil, lime juice, honey, salt & pepper (optional cayenne)
3. Brush warm corn with olive oil mixture
4. Serve warm

** To boil corn*

Place shucked corn into a pot of boiling water and cook for 3-6 minutes or until kernels are tender.

**To grill corn*

Shuck corn and lightly brush with grape seed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning.

Serve 2 tacos per person with 1 ear of corn.

INGREDIENTS

For Baja shrimp tacos

- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- ½ teaspoon paprika
- 1 pound medium raw shrimp, deveined and tails removed
- 1 Tablespoon grape seed oil
- 1 lime, juiced
- 8 gluten free corn tortillas
- ¼ head of Napa cabbage, about two cups, chopped thinly

For mango salsa

- 1 small ripe mango, small dice
- 1 medium tomato, small dice
- ¼ of a small jalapeno pepper, about 1 teaspoon (adjust amount to your taste for heat)
- ¼ of a medium red onion, finely chopped
- 1 lime, juiced (reserve 1 teaspoon for corn)
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 Tablespoon olive oil

For honey lime corn

- 4 ears of corn, husks removed
- 1 Tablespoon olive oil
- 1 teaspoon lime juice
- 1 teaspoon honey
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- * Optional 1 pinch cayenne pepper



PORK PENNE IN CHUNKY TOMATO SAUCE

broiled Italian zucchini

DIRECTIONS

For pork penne in chunky tomato sauce

1. Heat a large non-stick sauté pan over medium heat; add oil, and once hot, add in previously cooked pork and warm through, about 2-3 minutes.
2. Add in onion and carrot. Stir to combine and sweat the vegetables until onions are translucent and soft, about 3 minutes.
3. Add in tomatoes, broth, tomato paste, garlic, oregano, vinegar, and salt & pepper, stir to combine. Reduce heat and simmer for 20 minutes.
4. Taste and adjust salt & pepper.
5. Serve warm over penne pasta

For penne pasta

1. Fill a large pot with water and salt, bring to a boil.
2. Add in pasta and cook until al dente, 8-10 minutes.
3. Drain and serve warm with chunky tomato sauce.

For broiled Italian zucchini

1. Preheat oven to broil and line a baking sheet. Adjust the oven rack to the top third. (not directly under broiler, one notch down)
2. Trim the root ends off the zucchini and slice in half lengthwise. Lay out onto a lined baking sheet.
3. Drizzle with olive oil and season with salt & pepper and oregano. Toss to coat
4. Broil for 8-10 minutes or until zucchini is lightly browned and cooked through. Check frequently to prevent burning.
5. Drizzle warm zucchini with balsamic vinegar

Serve 3 ounces of warm pasta with 1 cup of meat sauce and 2 zucchini halves.

INGREDIENTS

For pork penne in chunky tomato sauce

2 Tablespoons olive oil
1 pound mild or sweet pork sausage, previously cooked
* *Substitute mild or sweet turkey sausage.*
½ medium red onion, chopped
2 carrots, finely chopped
2 large tomatoes, chopped
2 cups gluten free chicken or vegetable broth, low sodium
4 Tablespoons organic tomato paste
2 garlic cloves, minced
2 teaspoons of oregano
1 teaspoon balsamic vinegar
½ teaspoon kosher salt
¼ teaspoon black pepper

For penne pasta

Water
2 teaspoons kosher salt
12 oz gluten free penne pasta

For broiled Italian zucchini

4 large green Italian zucchini
1 Tablespoon olive oil
½ teaspoon salt
¼ teaspoon oregano
1 teaspoon balsamic vinegar
* Zucchini can be topped with any leftover cheese you may have.
Suggestions; mozzarella or parmesan



SOUTH OF THE BORDER GRILLED SKIRT STEAK

avocado, corn, and tomato salad with a spicy lime vinaigrette

DIRECTIONS

For outdoor grilled skirt steak

Heat grill

1. In a small bowl combine olive oil, lime juice, cumin, garlic, and salt & pepper, brush over both sides of the meat and set aside for 15-20 minutes while you prepare the salad.
2. Place meat onto pre-heated outdoor grill and cook until desired doneness is achieved. Skirt steak is thin, so it will cook to well done in about 3 minutes or less per side. (Cooking indoors? Heat a grill pan or large nonstick sauté pan with over high heat; once hot add in 1 Tablespoon of grapeseed oil and cook steak to desired doneness is achieved.)
3. Remove from the grill and cover with foil. Allow the steak to rest for 5 minutes before serving.

For avocado corn salad

1. In a medium bowl combine, avocado, cooled corn, tomato, cilantro, and Napa cabbage. Dress with vinaigrette to taste.

For spicy honey lime vinaigrette

1. In a small bowl whisk together the lime juice, jalapeno, garlic, honey, salt & pepper.
2. Whisk in olive oil in a thin stream until combined.

Or

1. Combine all the ingredients into a jar with a lid (Mason jar) and shake.

** 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 for salad.

**To grill corn*

Shuck corn and lightly brush with grape seed 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 for salad.

INGREDIENTS

For grilled skirt steak

1 ¼ pounds skirt steak (flap steak, or carne asada) * *Substitute 1 ½ pounds of chicken breast, about 2 medium breasts, sliced in half.*

2 Tablespoons olive oil

1 lime, juiced

½ teaspoon ground cumin

2 garlic cloves, minced

1 teaspoon kosher salt

½ teaspoon black pepper

For avocado corn salad

2 Haas avocados, soft but firm, diced

2 ears of corn (about 1 cup) boiled or grilled and removed from the cob and cooled * See recipe notes on how to cook corn.

1 medium tomato, chopped

½ bunch cilantro, washed and roughly chopped

¼ of large head of Napa cabbage, thinly chopped, about 2 cups

For spicy honey lime vinaigrette

2 limes, juiced to yield ¼ cup juice

1/8 of a small jalapeno pepper, finely chopped, about 1 teaspoon (adjust the amount to your taste for heat)

1 garlic clove, minced

1 teaspoon honey

¼ teaspoon kosher salt

¼ teaspoon black pepper

½ cup olive oil



NAPA RICE NOODLE SALAD

Asian peanut dressing & fresh mango slices

DIRECTIONS

For Napa rice noodle salad

For rice noodles

1. Cook noodles according to package directions, set aside. (If noodles become too sticky to toss, rinse again under cold water)
2. In a large salad bowl combine the rice noodles, Napa cabbage, cilantro, snow peas, carrots, and red bell pepper. Dress with desired amount of Asian peanut dressing.

For Asian peanut dressing

1. In a small bowl whisk together the lime juice, soy sauce, peanut butter, honey, ginger, and garlic. (+ optional jalapeno)
2. Whisk in grapeseed oil in a thin stream until combined.

Or

Combine all ingredients into a jar with a lid (Mason jar) and shake.

Serve with a side of honey yogurt and sliced mangoes.

*Ginger can be purchased in the produce section of your local grocery store. It is a root that can be bought in pieces by the pound. Peel the ginger with a vegetable peeler and then grate on either a micro plane or the fine blade of a cheese grater.

INGREDIENTS

For Napa rice noodle salad

- 7 oz stir fry, wide rice noodles (we like Thai Kitchen, ½ of a box)
- 1 half head of Napa Cabbage, about 4 cups, thinly sliced
- ½ bunch cilantro, washed and chopped
- 4 oz of snow peas, thinly sliced lengthwise, about 1 full cup
- 2 medium carrots, grated or cut into matchsticks
- 1 red bell pepper, julienned (thinly sliced)

For Asian peanut dressing

- 3 limes, juiced to yield about ¼ cup juice
- 1 ½ teaspoons soy sauce
- ¼ teaspoon black pepper
- 2 Tablespoons organic natural peanut butter, chunky or smooth
- 2 teaspoons honey
- 1 inch of ginger, peeled and grated to yield 2 teaspoons *see recipe notes
- 1 garlic clove, minced
- 1/3 cup grapeseed oil
- *Optional 1/8 of a small jalapeno, finely chopped to yield 1 teaspoon

- 2 Tablespoons honey mixed with 2 cups plain Greek yogurt

- 2 large ripe mangoes, sliced



May 18th

Nutrition Information

Garlic & Ginger Pork w/ Snow Peas & Rice Noodles			Serves: 4
Serving Size: 3/4 cup rice noodles w/ 4 oz pork & 1 cup of vegetables (about 2 cups complete)			
Calories	535	Fat	19g
Protein	33g	Saturated	6.5g
Carbohydrate	54g	Sugar	4.9g
Sodium	458mg	Calcium	57mg
Fiber	4.2g	Iron	---
Cholesterol	90mg		

Baja Shrimp Tacos w/ Mango Salsa & Honey Lime Corn			Serves: 4
Serving Size: 2 tacos w/ 4 shrimp and 2 TBS salsa in each. 1 ear of corn			
Calories	469	Fat	14g
Protein	31g	Saturated	2g
Carbohydrate	61g	Sugar	15g
Sodium	720mg	Calcium	189mg
Fiber	8g	Iron	6.2mg
Cholesterol **from Omega-6	142mg		

Pork Penne in Chunky Tomato Sauce w/ Broiled Zucchini			Serves: 4
Serving Size: 1/2 cup pasta w/ 1 cup meat sauce and 2 zucchini halves			
Calories	568	Fat (less if chicken sausage)	29g
Protein	43g	Saturated	8.1g
Carbohydrate	63g	Sugar	---
Sodium	770mg	Calcium	83mg
Fiber	11.9g	Iron	4.7mg
Cholesterol	93mg		

Grilled Skirt Steak & Avocado Corn Salad w/ Spicy Lime Vinaigrette			Serves: 5
Serving Size: 4 oz steak w/ 1-1/4 cups Corn Salad			
Calories	561	Fat (good fat from avocado!)	40g
Protein	33g	Saturated	9g
Carbohydrate	22g	Sugar	5g
Sodium	688mg	Calcium	68mg
Fiber	7g	Iron	5.2mg
Cholesterol	67mg		

Napa Rice Noodle Salad w/ Peanut Dressing & Mangos			Serves: 4
Serving Size: 2 cups of salad w/ 2 TBS dressing and 3 slices of mango			
Calories	585	Fat	22g
Protein	13g	Saturated	2.5g
Carbohydrate	79g	Sugar	17g
Sodium (watch added salt in peanut butter)	222mg	Calcium	107mg
Fiber	7g	Iron	2.2mg
Cholesterol	7mg		