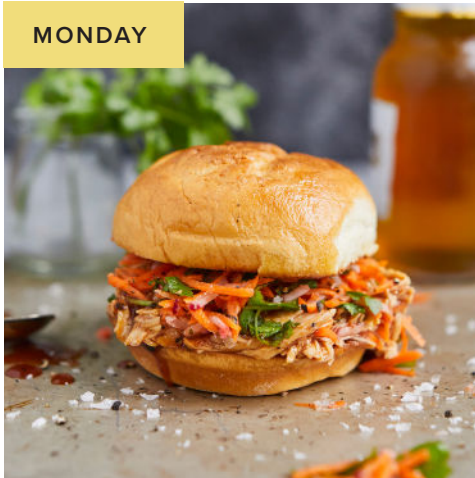


MEAL PLAN

Below you'll find a sample schedule for this week's meals!

number of servings: 18 total

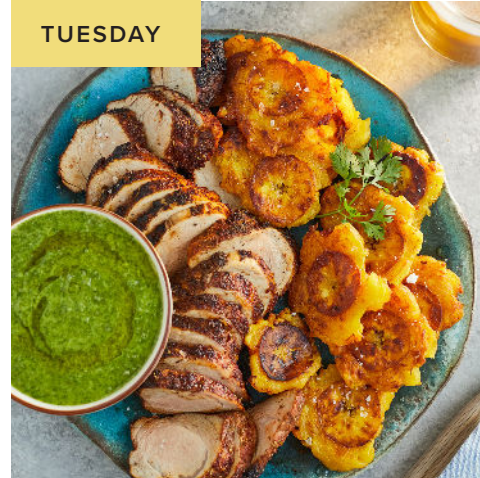


MONDAY

CHICKEN MEAL #1

Chicken Sloppy Joes *with*
Ginger Carrot Slaw

RECIPE PAGE 34 / SERVES 4



TUESDAY

PORK MEAL #1

Chili-Rubbed Pork Tenderloin
with Cilantro Chimichurri
and Tostones

RECIPE PAGE 190 / SERVES 4



WEDNESDAY

CHICKEN MEAL #2

Chicken Enchilada Casserole
with Tomato Avocado Salad

RECIPE PAGE 35 / SERVES 6



THURSDAY

PORK MEAL #2

Asian Fusion Bowls

RECIPE PAGE 191 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- Avocados, 2
- Carrots, medium, 6 to 8
- Cherry tomatoes, 1 pint
- Cilantro, 2 ½ bunches
- Garlic, 4 cloves
- Ginger, 1 (1-inch) piece
- Jalapenos, 2
- Lemon, 1
- Limes, 4
- Mango, large, 1
- Parsley, 1 bunch
- Plantains, yellow with brown spots, 2
- Radishes, 1 bunch
- Red onion, ¼
- Shallot, 1

MEAT

- Bacon, 8 ounces
- Boneless, skinless chicken breast or tenders, 4 pounds
- Pork tenderloin, 2, about 1 pound each

DAIRY

- Butter, 3 tablespoons
- Milk, 8 fluid ounces (1 cup)
- Monterey Jack Cheese, shredded, 11.85 ounces (3 cups)
- Sour cream, 8.5 ounces (1 cup)

PANTRY

- Corn tortillas, 12
- Extra-virgin olive oil, 6.5 fluid ounces (¾ cup plus 1 tablespoon)
- Green chiles, 1 (4.5-ounce) can
- Hamburger buns, 6
- Honey, 2 tablespoons
- Ketchup, 4.6 ounces (½ cup)
- Prepared yellow mustard, 2.11 ounces (¼ cup)
- Quinoa, tricolor, 6.35 ounces (1 cup)
- Sugar, brown or coconut, 2 tablespoons
- Teriyaki sauce, 8 fluid ounces (1 cup)
- Vinegar, red wine, 1 fluid ounce (2 tablespoons)

SPICES

- Chili powder, 2 tablespoons
- Cinnamon, ground, 1 teaspoon
- Cumin, ground, 1 teaspoon
- Garlic powder, 2 ½ teaspoons
- Onion powder, ½ teaspoon
- Oregano, 1 tablespoon
- Paprika, 1 tablespoon
- Sesame seeds, black, ½ teaspoon (optional)

MEAL PREP CHECKLIST

If you'd like to get a head start on prepping for these dinner series, here's a quick cheat sheet of prep that you can knock out a full day in advance.

- ✓ Make the shredded chicken for the Sloppy Joes and Enchilada Casserole. Store ___ cups of the chicken in an airtight, refrigerated container for the Sloppy Joes.
- ✓ *Optional make-ahead step:* assemble the Enchilada Casserole. The sauce for this casserole is dairy-heavy and may separate slightly between assembly and when you bake it. It'll still be delicious if you want to get ahead, but the texture will be ideal if you assemble just before baking day-of.
- ✓ Make the Sloppy Joe sauce. Store in an airtight, refrigerated container.
- ✓ Shred the carrots and radishes for the slaw for the Sloppy Joes. Store in the refrigerator.
- ✓ Mix the chili powder, brown sugar, oregano, paprika, cinnamon, garlic powder, and salt for the Chili-Rubbed Pork Tenderloin. You can store this at room temperature.
- ✓ Make the cilantro chimichurri for the Chili-Rubbed Pork Tenderloin. Store in an airtight, refrigerated container.
- ✓ Make the quinoa for the Asian Fusion bowls. Store in an airtight, refrigerated container.