

MEAL PLAN

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

number of servings: 16 total



MONDAY

CHICKEN MEAL #1

Teriyaki Chicken *with*
Brown Rice

RECIPE PAGE 42 / SERVES 4



TUESDAY

PORK MEAL #1

Chorizo *and* Potato Taco
Bake *with* Pineapple Salsa

RECIPE PAGE 150 / SERVES 4



WEDNESDAY

CHICKEN MEAL #2

Bacon Ranch
Loaded Potato

RECIPE PAGE 43 / SERVES 4



THURSDAY

PORK MEAL #2

Thai-Inspired Pork
Salad Bowls

RECIPE PAGE 151 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- Broccoli, 2 medium heads
- Cilantro, 1 bunch
- Cucumber, seedless, 1
- Garlic, 1 clove
- Green onions, 2
- Jalapeno, large, 1
- Lettuce, Bibb, 8-10 leaves (optional)
- Limes, 4
- Mint leaves, 0.75 ounces
- Onion, red, ½
- Pineapple, 11 ounces
(1/3 of a whole, small pineapple)
- Potatoes, Yukon Gold, 2 ½ pounds

MEAT

- Chicken breast, boneless,
skinless, 3 pounds
- Pork, ground, 3 pounds

DAIRY

- Cotija cheese, .5 ounces
(2 tablespoons)

PANTRY

- Coconut aminos, 12 fluid ounces (1 ½ cups)
- Extra-virgin olive oil, 2.5 fluid ounces
(¼ cup, plus 1 tablespoon)
- Fish sauce, ¼ teaspoon
- Ranch dressing, 2 fluid ounces (¼ cup)
- Rice vinegar, 1 ½ tablespoons
- Rice, brown, 6.35 ounces (1 cup)
- Rice, white, 6.35 ounces (1 cup)
- Sesame oil, toasted, 2 teaspoons
- Vinegar, apple cider, 2 tablespoons

SPICES

- Chili powder, 1 tablespoon
- Cumin, ground, 1 teaspoon
- Garlic powder, ½ teaspoon
- Ginger, ground, ½ teaspoon
- Oregano, dried, 1 teaspoon
- Paprika, 1 teaspoon
- Sesame seeds, black, 1 teaspoon
(for garnish)

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.

- ✓ Bake the chicken breast. Once cooked, let cool slightly, then chop it into 1-inch cubes. Transfer 3 cups to a container and label 'Teriyaki Chicken,' then transfer the other to a container and label 'Bacon Ranch Loaded Potato.' Store in the refrigerator.
- ✓ Bake the potatoes for the Bacon Ranch Loaded Potatoes on the lower rack while the chicken cooks. Let cool slightly, then store in a container in the refrigerator. When ready to use, reheat in a 350°F oven for 15 minutes.
- ✓ If you have room in your oven, bake the potatoes for the Chorizo and Potato Taco Bake on the lower oven rack while the chicken and baked potatoes cook. If you don't have enough room, bake the potatoes once the chicken and baked potatoes are out of the oven.
- ✓ Cook the brown rice for the Teriyaki Chicken. Store in an airtight container in the refrigerator.
- ✓ Cook the white rice for the Thai-Inspired Pork Salad Bowls.
- ✓ Make the teriyaki sauce for the Teriyaki Chicken. Store in an airtight container in the refrigerator.
- ✓ Cook the ground pork for the Chorizo and Potato Taco Bake and the Thai-Inspired Pork Salad Bowls. Let cool slightly, then transfer half the pork (about 3 ½ cups) to an airtight container labeled 'Chorizo Potato Taco Bake' and place the rest in an airtight container labeled 'Pork Salad Bowls,' then store both in the refrigerator.
- ✓ Make the bacon for the Bacon Ranch Loaded Potato. Store in an airtight container in the refrigerator.
- ✓ Make the pineapple salsa for the Chorizo and Potato Taco Bake. Store in the refrigerator in an airtight container.