



**COOK
ONCE**

COOK ONCE, DINNER FIX

meal plans

COOKONCE.COM

MEAL PLAN 1

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.

MEAL PLAN 2

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

number of servings: 16 total

MONDAY



BEEF MEAL #1

Loaded Avocado Bacon
Burgers *with* Wedge
Sweet Potato Fries

RECIPE PAGE 108 / SERVES 4

TUESDAY



CHICKEN MEAL #1

Sun-Dried Tomato Bacon
Chicken Pasta

RECIPE PAGE 38 / SERVES 4

WEDNESDAY



BEEF MEAL #2

Crispy Beef Hash *with*
Simple Tzatziki

RECIPE PAGE 109 / SERVES 4

THURSDAY



CHICKEN MEAL #2

Jamaican-Inspired Bowls
with Mango Salsa *and*
White Rice

RECIPE PAGE 39 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- ☐ Avocado, 1
- ☐ Bell pepper, red, 1
- ☐ Cilantro, 1/3 bunch, for garnish
- ☐ Cucumber, 1
- ☐ Garlic, 2 cloves
- ☐ Lemon, 1
- ☐ Lettuce, 4 leaves
- ☐ Limes, 4
- ☐ Mango, large, 1
- ☐ Parsley, 8 stems
- ☐ Potatoes, baby Yukon gold, 1 pound
- ☐ Red onion, 1
- ☐ Sweet potatoes, 1 pound
- ☐ Tomatoes, 2

MEAT

- ☐ Bacon, 4 slices
- ☐ Chicken thighs, boneless skinless, 3 pounds
- ☐ Ground beef, 3 pounds

DAIRY

- ☐ Cheddar cheese, 2.96 ounces (4 slices)
- ☐ Feta cheese, crumbled, 1 ounce (¼ cup)
- ☐ Greek yogurt, full-fat, 8 ounces (1 cup)

PANTRY

- ☐ Black beans, 1 (15-ounce) can
- ☐ Extra-virgin olive oil, 4 fluid ounces (½ cup)
- ☐ Hamburger buns, 4
- ☐ Kalamata olives, pitted, ½ cup
- ☐ Mayonnaise, 4.23 ounces (½ cup)
- ☐ Soy sauce or tamari, 2 fluid ounces (¼ cup)
- ☐ White rice, 6.35 ounces (1 cup)

SPICES

- ☐ Allspice, ground, 2 teaspoons
- ☐ Chipotle chile powder, 1 tablespoon
- ☐ Cinnamon, ground, ¼ teaspoon
- ☐ Garlic powder, 2 ½ teaspoons
- ☐ Nutmeg, ground, ¼ teaspoon
- ☐ Onion powder, 1 teaspoon
- ☐ Oregano, 1 tablespoon
- ☐ Paprika, ½ teaspoon
- ☐ Thyme, dried, 2 teaspoons

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 thighs for the Sun-Dried Tomato Bacon Chicken Pasta and the Jamaican-Inspired Chicken bowls. Chop the chicken into 1/2-inch cubes, then store ½ of the chicken (about 3 cups) in an airtight container labeled Sun-Dried Tomato Bacon Chicken Pasta and the other half in a container labeled Jamaican-Inspired Bowls. Refrigerate until ready to use.
- ✓ At the same time that the chicken is baking, bake the bacon for the Sun-Dried Tomato Bacon Chicken Pasta on the lower oven rack. Crumble the bacon and store in an airtight container in the refrigerator.
- ✓ If you have enough space, you can also bake the potatoes for the Crispy Beef Hash on the lower oven rack. If not, bake the potatoes once the bacon comes out of the oven, then store them in the refrigerator in an airtight container.
- ✓ Make the rice for the Jamaican-Inspired bowls.
- ✓ Slice the sweet potato fries for the Loaded Avocado Bacon Burgers and store in an airtight container in the refrigerator.
- ✓ Form the burger patties for the Loaded Avocado Bacon Burgers, then transfer to an airtight container and refrigerate. You can place a piece of parchment paper between the layers of patties to keep them from sticking.
- ✓ Make the Simple Tzatziki for the Crispy Beef Hash. Store in the refrigerator in an airtight container.
- ✓ Chop the cucumber, tomato, and onion for the Crispy Beef Hash. Store in an airtight container (a mason jar is best for reducing the smell of the onions) in the refrigerator.
- ✓ Make the mango salsa for the Jamaican-Inspired Bowls and store in an airtight container in the refrigerator.

MEAL PLAN 3

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.

MEAL PLAN 4

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

number of servings: 16 total



MONDAY

SEAFOOD MEAL #1

Lemon-Pepper Halibut
with Broccoli Salad and
Wild Rice

RECIPE PAGE 210 / SERVES 4



TUESDAY

VEGETARIAN MEAL #1

Chile Verde Halibut Melts
with Chile-Lime Tartar Sauce

RECIPE PAGE 211 / SERVES 4



WEDNESDAY

SEAFOOD MEAL #2

General Tso's Cauliflower

RECIPE PAGE 43 / SERVES 4



THURSDAY

VEGETARIAN MEAL #2

Cauliflower Tinga Tacos

RECIPE PAGE 245 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- ☐ Apple, red, 1
- ☐ Avocado, 1
- ☐ Broccoli florets, 3 cups
- ☐ Cauliflower, 4 medium heads
- ☐ Cilantro, ¼ bunch
- ☐ Garlic, 2 cloves
- ☐ Ginger, 1 (1-inch) piece
- ☐ Green onions, 2
- ☐ Lemons, 3
- ☐ Lettuce, 4 leaves
- ☐ Limes, 5
- ☐ Onion, red, ½

MEAT

- ☐ Halibut, 8 (5-ounce) filets

DAIRY

- ☐ Muenster Cheese, 3 ounces (4 slices)

PANTRY

- ☐ Bread, sandwich, 8 slices
- ☐ Chili garlic sauce, 2 tablespoons
- ☐ Chipotle chiles in adobo sauce, 1 (3.7-ounce) can
- ☐ Cornstarch, 2 tablespoons
- ☐ Extra-virgin olive oil, 4 fluid ounces (½ cup)
- ☐ Fish sauce, ½ teaspoon
- ☐ Green chiles, diced, 1 (4-ounce) can
- ☐ Honey, 3.95 ounces (1/3 cup)
- ☐ Mayonnaise, 6.35 ounces (¾ cup)
- ☐ Potato chips (optional)
- ☐ Rice vinegar, 2 fluid ounces (¼ cup)
- ☐ Rice, white, 9.53 ounces (1 ½ cups)
- ☐ Sesame oil, toasted, 2 teaspoons
- ☐ Tomato paste, 4.8 ounces (½ cup)
- ☐ Tortillas, corn, 8
- ☐ Vegetable broth, 8 fluid ounces (1 cup)
- ☐ Wild rice, 6.4 ounces (1 cup)

SPICES

- ☐ Cumin, 1 teaspoon
- ☐ Oregano, 2 teaspoons
- ☐ Poppy seeds, 1 teaspoon
- ☐ Sesame seeds, white, 1 teaspoon

MEAL PREP CHECKLIST

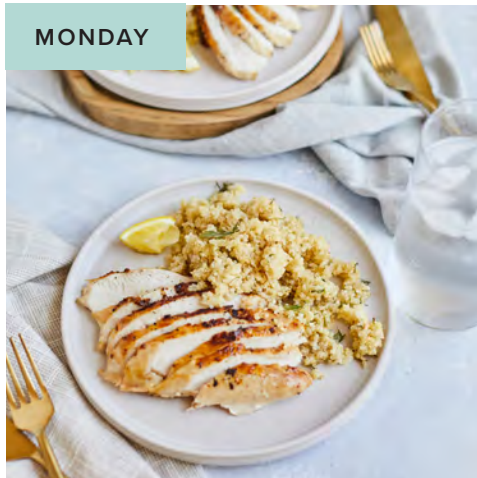
If you'd like to get a head start on prepping for these dinner series, here's a quick cheat sheet of prep that you can knock out a full day in advance.

- ✓ Cook the wild rice for the Lemon-Pepper Halibut dinner, then let cool slightly and store in a container in the refrigerator.
- ✓ Roast the cauliflower for the General Tso's Cauliflower and the Cauliflower Tinga Tacos. Transfer half the cauliflower (about 6 cups) to an airtight container labeled 'General Tso's', then place the other half in an airtight container labeled 'Cauliflower Tinga' and refrigerate.
- ✓ Make the white rice for the General Tso's Cauliflower, then let cool slightly and store in a container in the refrigerator.
- ✓ Make the sauce for the General Tso's Cauliflower, then store in an airtight container in the refrigerator.
- ✓ Make the broccoli salad for the Lemon Pepper Halibut dinner and store in a container in the refrigerator until ready to use. Note: the apple pieces will brown a bit. If you'd like, you can wait to chop the apple until right before you serve the salad.
- ✓ Make the tartar sauce for the Chile Verde Halibut Melts, then store in an airtight container in the refrigerator.
- ✓ Make the sauce for the Cauliflower Tinga Tacos, then store in an airtight container in the refrigerator.

MEAL PLAN 5

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

number of servings: 18 total



MONDAY

TURKEY MEAL #1

Roasted Garlic Turkey
Breast *with* Lemon-Dill
Quinoa

RECIPE PAGE 74 / SERVES 4



TUESDAY

BEEF MEAL #1

Beef Enchilada Casserole

RECIPE PAGE 100 / SERVES 5



WEDNESDAY

TURKEY MEAL #2

Spiced Turkey Potato Soup

RECIPE PAGE 75 / SERVES 5



THURSDAY

BEEF MEAL #2

Teriyaki Ground Beef
Stir-Fry *with* White Rice

RECIPE PAGE 101 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- ☐ Avocado, 1
- ☐ Bell pepper, yellow, 1
- ☐ Broccoli florets, 4 cups
(or about 1 large head)
- ☐ Carrots, shredded, 2 cups
(or about 6 carrots, shredded)
- ☐ Celery, 4 stalks
- ☐ Chives, 0.75 ounces
- ☐ Cilantro, 8 stems
- ☐ Dill, 0.75 ounces
- ☐ Garlic, 6 cloves
- ☐ Lemons, 5
- ☐ Mushrooms, 8 ounces
- ☐ Onion, red, ½
- ☐ Onion, white, ½
- ☐ Potatoes, Yukon Gold, 1 ½ pounds

MEAT

- ☐ Bratwurst, 1 pound
- ☐ Ground beef, 3 pounds
- ☐ Turkey breast, bone-in split breast,
2 (about 2 pounds each)

DAIRY

- ☐ Butter, salted, 1.98 ounces
(4 tablespoons)
- ☐ Cheese, shredded, 11.85 ounces
(3 cups)
- ☐ Sour cream, 2.13 ounces (¼ cup)

PANTRY

- ☐ Broth, beef, 8 fluid ounces (1 cup)
- ☐ Coconut aminos, 8 fluid ounces (1 cup)
- ☐ Enchilada sauce, 1 (15-ounce) can
- ☐ Mustard, Dijon, 2.11 ounces (¼ cup)
- ☐ Olive oil, extra-virgin, 1.5 fluid ounces
(3 tablespoons)
- ☐ Quinoa, white, 6.35 ounces (1 cup)
- ☐ Rice, white, 6.35 ounces (1 cup)
- ☐ Sesame oil, toasted, 1 teaspoon
- ☐ Tortillas, corn, 12

SPICES

- ☐ Garlic powder, ½ teaspoon
- ☐ Ginger, ground, 1 teaspoon
- ☐ Onion powder, ½ teaspoon
- ☐ Oregano, dried, 1 teaspoon
- ☐ Sesame seeds, 1 tablespoon
- ☐ Thyme, dried, 1 tablespoon

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.

- ✓ Cook the ground beef for the Beef Enchilada Casserole and the Teriyaki Ground Beef Stir-Fry. Once cooked, let cool slightly, then transfer half of the beef (about 3 ½ cups) to an airtight container and transfer to the refrigerator to use for the Teriyaki Ground Beef Stir-Fry.
- ✓ Cook the white rice for the Teriyaki Ground Beef Stir Fry. Transfer to an airtight container, then refrigerate.
- ✓ Make the quinoa to go alongside the Roasted Garlic Turkey Breast, then store in an airtight container in the refrigerator.
- ✓ Assemble the Beef Enchilada Casserole. Cover the dish, then store in the refrigerator.
- ✓ Cook the bratwurst for the Spiced Turkey Potato Soup and store in an airtight container in the refrigerator.
- ✓ Dice the celery, onions, potatoes, and mince the garlic for the Spiced Turkey Potato Soup. Store in an airtight container in the refrigerator. Note: the potatoes will brown slightly once diced but will still taste fine! If you'd like, you can wait until the day-of to dice them.
- ✓ Make the teriyaki sauce for the Teriyaki Ground Beef Stir Fry by following step 2 in the recipe. Let cool slightly, then transfer to an airtight container and store in the refrigerator.
- ✓ Chop or slice the vegetables for the Teriyaki Ground Beef Stir Fry. Store in an airtight container in the refrigerator.
- ✓ Prepare the Roasted Garlic Turkey Breast for roasting. Pat the turkey breasts dry with a paper towel, then massage them with garlic butter over the entire surface of both turkey breasts. Place the turkey skin side up in a baking pan or roasting pan, then season with salt and pepper. Cover and refrigerate.

MEAL PLAN 6

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

number of servings: 18 total



MONDAY

PORK MEAL #1

Cuban-Inspired Stewed Pork
with Black Beans

RECIPE PAGE 182 / SERVES 4



TUESDAY

PORK MEAL #2

Pork King Ranch Casserole
with Mixed Baby Greens
Salad

RECIPE PAGE 183 / SERVES 6



WEDNESDAY

SEAFOOD MEAL #1

Teriyaki Salmon Bake with
White Rice and Asparagus

RECIPE PAGE 218 / SERVES 4



THURSDAY

SEAFOOD MEAL #2

Salmon Burgers with
Sweet Potato Fries

RECIPE PAGE 219 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- ☐ Asparagus, 1 pound
- ☐ Bell pepper, any color, 1
- ☐ Bell pepper, red, 3
- ☐ Carrots, 2
- ☐ Cilantro, ¼ bunch
- ☐ Garlic, 5 cloves
- ☐ Jalapeno, 1
- ☐ Lime, 1
- ☐ Mixed baby greens, 6 cups
- ☐ Onion, red, ¼
- ☐ Onion, yellow, 2
- ☐ Onions, green, 2

MEAT

- ☐ Pork shoulder, 5 pounds
- ☐ Salmon, 2 (1 ¼ pound) fillets

DAIRY

- ☐ Heavy cream,
8 fluid ounces (1 cup)
- ☐ Mexican-Style Cheese blend,
shredded, 12 ounces (3 cups)

PANTRY

- ☐ Black beans, 2 (15-ounce) cans
- ☐ Broth, chicken, 24 fluid ounces (3 cups)
- ☐ Crushed tomatoes, 1 (28-ounce) can
- ☐ Flour, all-purpose, 1.2 ounces (¼ cup)
- ☐ Green olives, pimento-stuffed, ½ cup
- ☐ Olive oil, extra-virgin, 4.33 fluid ounces
(½ cup, plus 2 teaspoons)
- ☐ Rice, white, 6.35 ounces (1 cup)
- ☐ Teriyaki sauce, 4 fluid ounces (½ cup)
- ☐ Tortillas, corn, 12
- ☐ Vinegar, apple cider, 2 tablespoons
- ☐ Vinegar, red wine, 3 tablespoons

SPICES

- ☐ Cayenne pepper, ¼ teaspoon
- ☐ Chili powder, 2 tablespoons
- ☐ Cumin, ground, 1 tablespoon
plus 1 teaspoon
- ☐ Oregano, dried, 1 tablespoon
- ☐ Paprika, 1 tablespoon
- ☐ Sesame seeds, white, 1 tablespoon

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.

- ✓ Cook the pork shoulder for the Cuban-Inspired Stewed Pork and the Pork King Ranch Casserole. Once cooked, shred the pork, then transfer half of the pork (about 4 ½ cups) to an airtight container and label 'Cuban Pork,' if desired, then transfer the other half to a separate airtight container and label 'King Ranch,' if you'd like. Store in the refrigerator.
- ✓ Cook the white rice that accompanies the Teriyaki Salmon Bake. Store in the refrigerator in an airtight container.
- ✓ Dice or slice the onion, garlic, and bell peppers for the Cuban-Inspired Stewed Pork, then transfer to an airtight container and store in the refrigerator.
- ✓ Prepare the onion, garlic, bell peppers, and jalapeno for the Pork King Ranch casserole, then store in an airtight container in the refrigerator.
- ✓ Optional step: Assemble the Pork King Ranch Casserole. Cover with aluminum foil, then store in the refrigerator. Note: the sauce for this casserole does contain dairy 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.
- ✓ Chop the vegetables and make the dressing for the Mixed Baby Greens Salad that accompanies the Pork King Ranch Casserole. Store both in airtight containers in the refrigerator.
- ✓ Slices the sweet potatoes that go along with the Salmon Burgers. Store in an airtight container in the refrigerator.

MEAL PLAN 7

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

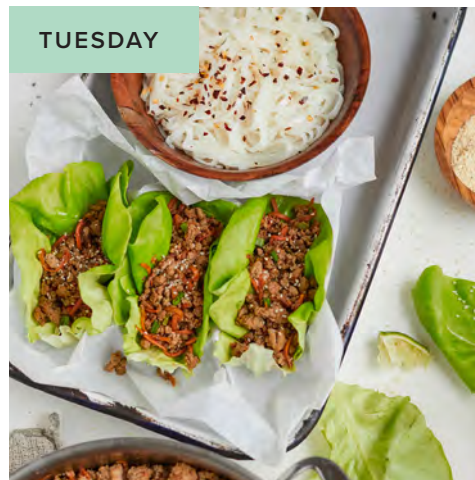
number of servings: 18 total



BEEF MEAL #1

Classic Brisket with
Gravy, Mashed Potatoes,
and Asparagus

RECIPE PAGE 92 / SERVES 5



TURKEY MEAL #1

Asian-Inspired Lettuce
Wraps with Rice Noodles

RECIPE PAGE 82 / SERVES 4



BEEF MEAL #2

Mongolian Beef Bowls

RECIPE PAGE 93 / SERVES 4



TURKEY MEAL #2

Turkey Taco Casserole

RECIPE PAGE 83 / SERVES 5

SHOPPING LIST

FRESH PRODUCE

- ☐ Asparagus, 1 bunch
- ☐ Carrots, shredded, ½ cup
- ☐ Green onions, 1 ½ bunches
- ☐ Lemon, ½
- ☐ Lettuce, butter, 6 leaves
- ☐ Lettuce, shredded, 2 cups
- ☐ Limes, 3
- ☐ Potatoes, Yukon Gold, 1 ½ pounds
- ☐ Tomato, large, 1

MEAT

- ☐ Beef brisket, 5 pounds
- ☐ Turkey, ground, 3 pounds

DAIRY

- ☐ Butter, salted, 3.45 ounces (7 tablespoons)
- ☐ Monterey jack cheese, shredded, 4 ounces (1 cup)
- ☐ Sour cream, 6 ounces (¾ cup)

PANTRY

- ☐ Broth, beef, 4 fluid ounces (½ cup)
- ☐ Broth, chicken, 2 fluid ounces (¼ cup)
- ☐ Coconut aminos, 17 fluid ounces (2 cups, plus 2 tablespoons)
- ☐ Fish sauce, ½ teaspoon
- ☐ Flour, all-purpose, 2 tablespoons
- ☐ Olive oil, extra-virgin, 3 tablespoons, plus 1 teaspoon
- ☐ Olives, black, sliced, 1 (2.25-ounce) can
- ☐ Refried beans, or whole black beans, 1 (16-ounce) can
- ☐ Rice, white, 6.35 ounces (1 cup)
- ☐ Rice noodles, thin, 1 (8.8-ounce) package
- ☐ Sesame oil, toasted, 2 teaspoons
- ☐ Soy sauce, 2 fluid ounces (¼ cup)
- ☐ Vinegar, balsamic, 2 fluid ounces (¼ cup)

SPICES

- ☐ Chili powder, mild, 2 teaspoons
- ☐ Cumin, ground, 1 teaspoon
- ☐ Garlic powder, 2 teaspoons
- ☐ Ginger, ground, 1 teaspoon
- ☐ Oregano, dried, ½ teaspoon
- ☐ Red pepper flakes, 1 ½ teaspoons
- ☐ Sesame seeds, white, 1 tablespoon, plus 1 teaspoon

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.



Cook the ground turkey for the Asian-Inspired Lettuce Wraps and the Turkey Taco Casserole. Once cooked through, transfer half of the ground turkey (about 3 ½ cups) to an airtight container and store in the refrigerator.



Make the mashed potatoes for the Classic Brisket. Let cool slightly, then store in an airtight container in the refrigerator.



Cook the white rice for the Mongolian Beef Bowls. Once slightly cooled, transfer to an airtight container and store in the refrigerator.



Make the sauce for the Mongolian Beef Bowls by following steps 3 and 4 in the recipe. Store in an airtight container in the refrigerator.



Assemble the Turkey Taco Casserole, then cover with aluminum foil and store in the refrigerator until ready to bake.

MEAL PLAN 8

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

number of servings: 16 total



MONDAY

VEGETARIAN MEAL #1

Harvest Stuffed Squash

RECIPE PAGE 256 / SERVES 4



TUESDAY

CHICKEN MEAL #1

Barbecue Chicken Casserole with Sweet Potato

RECIPE PAGE 30 / SERVES 6



WEDNESDAY

VEGETARIAN MEAL #2

Yellow Curry with Squash and Crispy Spiced Tofu

RECIPE PAGE 257 / SERVES 4



THURSDAY

CHICKEN MEAL #2

Baked Chicken Chimichangas with Beans and Slaw

RECIPE PAGE 151 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- ☐ Acorn squash, medium, 3
- ☐ Brussels sprouts, 8 ounces
- ☐ Cabbage, purple, ½ head (about 4 cups)
- ☐ Carrots, shredded, ½ cup
- ☐ Cilantro, 1 bunch
- ☐ Collard greens, 1 bunch
- ☐ Cranberries, fresh or frozen, ½ cup
- ☐ Jalapeno, 1
- ☐ Lemons, 2
- ☐ Limes, 4
- ☐ Onion, red, ¼
- ☐ Orange, small, 1
- ☐ Parsley, 8 stems
- ☐ Sweet Potatoes, 3 pounds

MEAT

- ☐ Chicken breasts or tenders, boneless, skinless, 4 pounds
- ☐ Tofu, 1 (14-ounce) block

DAIRY

- ☐ Butter, salted, 5 tablespoons
- ☐ Mexican-style cheese, shredded, 8 ounces (2 cups)
- ☐ Sour cream, 4 ounces (1/2 cup)
- ☐ Yogurt, 4 ounces (1/2 cup)

PANTRY

- ☐ Barbecue sauce, 6 fluid ounces (¾ cup)
- ☐ Beans, refried, 9 ounces (1 cup)
- ☐ Coconut milk, full-fat, 1 (13.5-ounce) can
- ☐ Fish sauce, 1 teaspoon
- ☐ Olive oil, extra-virgin, 4.5 fluid ounces (1/2 cup, plus 1 tablespoon)
- ☐ Quinoa, tricolor, 12.7 ounces (2 cups)
- ☐ Red curry paste, 2 teaspoons
- ☐ Salsa, red, 8 fluid ounces (1 cup)
- ☐ Soy sauce, 2 tablespoons
- ☐ Tortillas, flour, large 12-inch, 8

SPICES

- ☐ Chili powder, mild, 1 tablespoon
- ☐ Cumin, ground, 1 tablespoon plus ½ teaspoon
- ☐ Garlic powder, ½ teaspoon
- ☐ Onion powder, ½ teaspoon
- ☐ Oregano, dried, ½ teaspoon
- ☐ Red pepper flakes, 1 teaspoon

MEAL PREP CHECKLIST

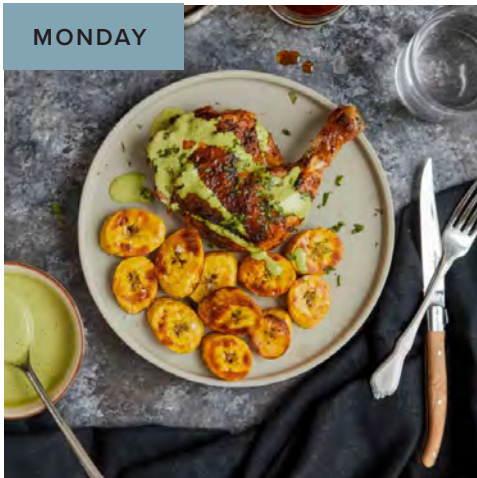
If you'd like to get a head start on prepping for these dinner series, here's a quick cheat sheet of prep that you can knock out a full day in advance.

- ✓ Press the tofu for the Yellow Curry. Press the tofu for at least 10 minutes, or as long as you have time for. Once it is fully drained of water, cut the tofu into 1-inch cubes, then line an airtight container with paper towels and add the tofu cubes to it. Store in the refrigerator.
- ✓ Make the shredded chicken for the Barbecue Chicken Casserole and the Baked Chicken Chimichangas. Once cooked, transfer about 2 2/3 cup of the chicken to an airtight container and label 'Chimichangas.' Transfer the remaining chicken to an airtight container and label 'BBQ Chicken.' Store both containers in the refrigerator.
- ✓ Bake the acorn squash for the Harvest Stuffed Squash and the Yellow Curry. Transfer four of the roasted squash halves to airtight container in the refrigerator. Set the other two squash halves aside to make the Yellow Curry.
- ✓ Roast the shredded brussels sprouts for the Harvest Stuffed Squash on the same tray you are roasting the acorn squash on. Transfer to an airtight container and store in the refrigerator.
- ✓ Roast the sweet potatoes for the Barbecue Chicken Casserole on the lower oven rack at the same time that the acorn squash and brussels sprouts are roasting. Once cooked through, set aside to use to assemble the casserole.
- ✓ Cook the quinoa for the Harvest Stuffed Squash and the Yellow Curry. Once cooked, transfer half of the cooked quinoa (about 3 cups) to an airtight container and label 'Stuffed Squash.' Transfer the other half to a separate airtight container and label 'Yellow Curry,' then store both containers in the refrigerator.
- ✓ Make the orange yogurt sauce for the Harvest Stuffed Squash listed in step 7. Store in an airtight container in the refrigerator.
- ✓ Make the Yellow Curry with Squash. Scoop the flesh from two of the acorn squash halves, then add to a blender along with the coconut milk, lime juice, and fish sauce. Transfer to an airtight container and refrigerate.
- ✓ Assemble the Barbecue Chicken Casserole, then cover with foil and store in the refrigerator.

MEAL PLAN 9

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

number of servings: 12 total

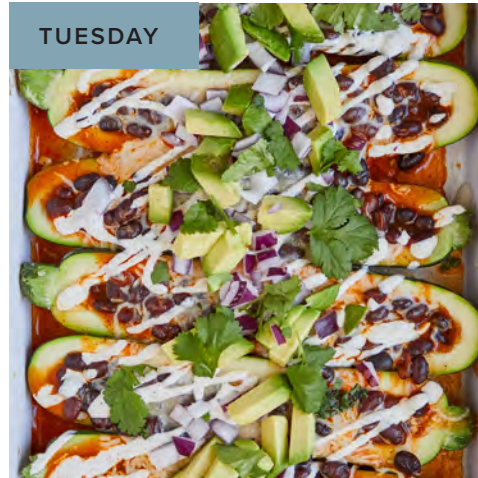


MONDAY

CHICKEN MEAL #1

Paprika Spatchcocked
Chicken *with* Green
Sauce *and* Plantains

RECIPE PAGE 62 / SERVES 2



TUESDAY

VEGETARIAN MEAL #1

Enchilada-Stuffed
Zucchini Boats

RECIPE PAGE 236 / SERVES 4

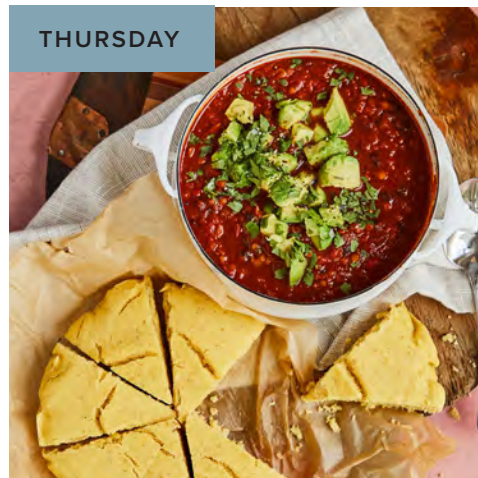


WEDNESDAY

CHICKEN MEAL #2

Stir-Fried Noodles
with Chicken

RECIPE PAGE 63 / SERVES 2-3



THURSDAY

VEGETARIAN MEAL #2

Vegetarian Chili *with*
Vegan Cornbread

RECIPE PAGE 237 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- ☐ Lemons, 2
- ☐ Cilantro, 1 ½ bunches
- ☐ Jalapeno, medium, 1
- ☐ Garlic, 9 cloves
- ☐ Limes, 3
- ☐ Plantains, large, ripe, 2
- ☐ Broccoli rabe, 1 bunch
- ☐ Onion, yellow, 1 ½
- ☐ Zucchini, medium, 4
- ☐ Avocados, 2

MEAT

- ☐ Chicken, whole, 3 ½-4 pounds

DAIRY

- ☐ Egg, 1
- ☐ Monterey Jack cheese, shredded, 4 ounces (1 cup)
- ☐ Sour cream, 4 ounces (1/2 cup)

PANTRY









- ☐ Olive oil, extra-virgin, 6 ounces (3/4 cup)
- ☐ Mayonnaise, 4 ounces (1/2 cup)
- ☐ Noodles, egg, 8 ounces
- ☐ Coconut aminos, 8 fluid ounces (1 cup)
- ☐ Enchilada sauce, red, 8 fluid ounces (1 cup)
- ☐ Fish sauce, 1 teaspoon
- ☐ Sugar, coconut, 2 tablespoons
- ☐ Beans, black, dried, 7.4 ounces (1 ½ cups)
may also substitute 4 (15-ounce) cans
- ☐ Coconut oil, 4 fluid ounces (1/2 cup)
- ☐ Cornmeal, 8 ounces (1 ½ cups)
- ☐ Flour, all-purpose, 4.8 ounces (1 cup)
- ☐ Sugar, white, ¼ cup
- ☐ Baking powder, 1 tablespoon
- ☐ Flaxseed, ground, 1 tablespoon
- ☐ Coconut milk, full-fat, 12 fluid ounces (1 ½ cups) may
also substitute any other non-dairy milk
- ☐ Lentils, red, dried, 2.47 ounces (½ cup)
- ☐ Tomatoes, crushed, 1 (28-ounce) can

SPICES

- ☐ Garlic powder, 1 tablespoon
- ☐ Cumin, ground, ¼ cup, plus 1 teaspoon
- ☐ Paprika, 1 tablespoon
- ☐ Oregano, dried, 1 tablespoon
- ☐ Bay leaf, 1
- ☐ Chili powder, mild, ¼ cup

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.

-  Cook the black beans for the Enchilada-Stuffed Zucchini Boats and the Vegetarian Chili. Once cooked through, transfer 2 ½ cups of the beans to an airtight container and label 'Vegetarian Chili' and refrigerate. Save the remaining beans to make the enchilada filling later in the prep day. If you're using canned black beans, skip this step.
-  Prepare the Paprika Spatchcocked Chicken. Follow the instructions to spatchcock the chicken, then place the chicken on a rimmed baking sheet and rub the seasoning into the chicken. Cover with foil or plastic wrap, then refrigerate.
-  Make the Green Sauce for the Paprika Spatchcocked Chicken. Store in an airtight container in the refrigerator.
-  Make the sauce for the Stir-Fried Noodles with Chicken by following Step 2 of the recipe. Store in the refrigerator in an airtight container.
-  Chop the broccoli rabe for the Stir-Fried Noodles with Chicken. Store in an airtight container in the refrigerator.
-  Prepare the zucchini for the Enchilada-Stuffed Zucchini Boats. Store in an airtight container in the refrigerator.
-  Make the filling for the Enchilada-Stuffed Zucchini Boats by mixing the black beans with the enchilada sauce. Store in an airtight container in the refrigerator.
-  Chop the onion and garlic for the Vegetarian Chili and store in an airtight container in the refrigerator.

MEAL PLAN 10

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

number of servings: 18 total



MONDAY

BEEF MEAL #1

Perfect Stovetop Steaks *with*
Baked Sweet Potatoes *and*
Simple Spinach Salad

RECIPE PAGE 132 / SERVES 4



TUESDAY

PORK MEAL #1

Pork Bolognese Pasta *with*
Italian Salad

RECIPE PAGE 154 / SERVES 4



WEDNESDAY

BEEF MEAL #2

Beef Ramen Noodle Skillet

RECIPE PAGE 133 / SERVES 5



THURSDAY

PORK MEAL #2

Lemony Sausage *and*
Veggie Soup

RECIPE PAGE 155 / SERVES 5

SHOPPING LIST

FRESH PRODUCE

- ☐ Apple, red, 1
- ☐ Bell pepper, red, 2
- ☐ Bell pepper, yellow, 2
- ☐ Carrots, 4
- ☐ Carrots, shredded, ½ cup
- ☐ Garlic, 7 cloves
- ☐ Green onions, 2
- ☐ Kale, curly, 1 bunch
- ☐ Lemons, 3
- ☐ Lettuce, Bibb, 1 head
- ☐ Mushrooms, baby bella, sliced, 4 ounces
- ☐ Onion, red, 1 ¼
- ☐ Onion, white, small, 1
- ☐ Parsley, 8 stems
- ☐ Potatoes, Yukon Gold, 1 pound
- ☐ Radishes, 6 to 8
- ☐ Snow peas, 1 cup
- ☐ Spinach, baby, 3 cups
- ☐ Sweet potatoes, small, 4

MEAT

- ☐ Pork, ground, 3 pounds
- ☐ Steaks, beef rib-eye or strip, 3 pounds

DAIRY

- ☐ Butter, 4 tablespoons
- ☐ Goat cheese, crumbled, 1 ounce (¼ cup)
- ☐ Parmesan cheese, shaved, 1 ounce (¼ cup)
- ☐ Sour cream, 2 ounces (1/4 cup)

PANTRY

- ☐ Broth, chicken or beef, 96 fluid ounces (6 cups)
- ☐ Cocoa powder, unsweetened, 4 teaspoons
- ☐ Coffee, ground, 4 teaspoons
- ☐ Fish sauce, ¼ teaspoon
- ☐ Noodles, dried, ramen or lo mein, 10 ounces
- ☐ Olive oil, extra-virgin, 8.5 fluid ounces (1 cup, plus 1 tablespoon)
- ☐ Red wine, 4 fluid ounces (½ cup) may substitute beef broth
- ☐ Sesame oil, toasted, 1 teaspoon
- ☐ Soy sauce, 2 fluid ounces (1/4 cup)
- ☐ Spaghetti, dried, 12 ounces
- ☐ Tomatoes, crushed, 1 (28-ounce) can
- ☐ Vinegar, red wine, 4 fluid ounces (1/2 cup)

SPICES

- ☐ Bay leaf, 1
- ☐ Chili powder, mild, ¼ cup
- ☐ Cumin, ground, ¼ cup, plus 1 teaspoon
- ☐ Garlic powder, 1 tablespoon
- ☐ Italian seasoning, 2 tablespoons
- ☐ Oregano, dried, 1 tablespoon
- ☐ Paprika, 1 tablespoon

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 sweet potatoes that go with the Perfect Stovetop Steaks. Once cooked through, let cool slightly, then transfer to an airtight container and store in the refrigerator.
- ✓ Cook the ground pork for the Pork Bolognese Pasta and the Lemony Sausage and Veggie Soup. Once cooked, transfer half of the pork (about 3 ½ cups) to an airtight container labeled 'Bolognese,' then transfer the other half to a separate airtight container labeled 'Soup.' Store both containers in the refrigerator.
- ✓ Make a double batch of the dressing for the Simple Spinach Salad that goes with the Perfect Stovetop Steaks. You'll use it for both the spinach salad and the Italian Salad this week. Store in a mason jar or other airtight container in the refrigerator.
- ✓ Slice the mushrooms (if you didn't purchase them pre-sliced) and the bell pepper for the Beef Ramen Noodle Skillet and store in the refrigerator in an airtight container.
- ✓ Make the sauce for the Beef Ramen Noodle Skillet following Step 2 of the recipe. Store in the refrigerator in a mason jar or other airtight container.
- ✓ Dice the onion and garlic for the Pork Bolognese Pasta and store in an airtight container in the refrigerator.
- ✓ Slice the carrot, onion, and radishes for the Italian Salad that pairs with the Pork Bolognese Pasta and store in an airtight container in the refrigerator.
- ✓ Prep the vegetables for the Lemony Sausage and Veggie Soup, including dicing the onion, mincing the garlic, slicing the carrots, and chopping the potatoes, bell peppers, and kale. Store the onion and garlic in one container, the carrots, potatoes, and bell peppers in a separate container, and the kale in one final container, then store in the refrigerator. **Note:** *the potatoes may brown slightly, but they will still be fine to eat! If this bothers you, you can chop the potatoes right before making the soup.*