

MEAL PLAN

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.*