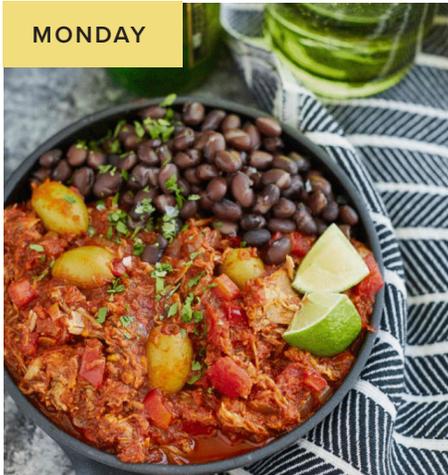


# MEAL PLAN

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

*number of servings: 18 total*

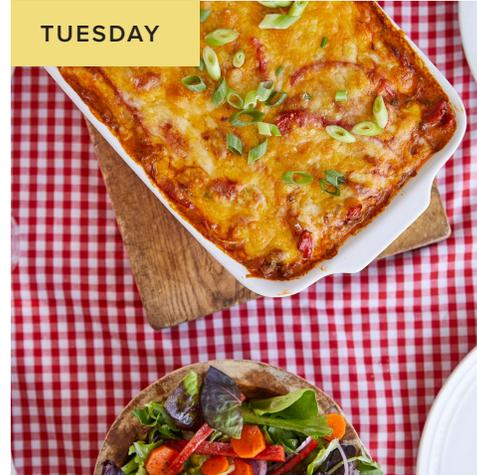


MONDAY

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.
- ✓ Slice the sweet potatoes that go along with the Salmon Burgers. Store in an airtight container in the refrigerator.