

Meal Planner

SUNDAY

Instant Pot Pulled Pork
or Slow Cooker Pulled Pork

Coleslaw

Air Fryer Fries
or Oven Baked Fries

MONDAY

Baked Potatoes
or Air Fryer Baked Potatoes
with Leftover BBQ Meat

Fruit Salad

TUESDAY

Instant Pot Carnitas
or Slow Cooker Carnitas
Instant Pot Cilantro Lime Rice

WEDNESDAY

BBQ Pizza

Fruit Salad

THURSDAY

Salsa Verde Enchiladas

Leftover Rice

FRIDAY

Grilled Shrimp
or Air Fryer Shrimp

Greek Salad

SATURDAY

White Bean Pasta

Greek Salad



BREAKFAST IDEAS

Green Chile Egg Casserole

Homeamde Waffles

Overnight Oats

LUNCH IDEAS

Burrito Bowls Using Leftover Carnitas, Rice, and Cabbage

Cheese Quesadillas with Leftover BBQ Pork if desired

Greek Quinoa Salad

SNACK IDEAS

Blackberry Crisp

Oatmeal Chocolate Chip Bars

Blueberry Muffins

GROCERY LIST

Blank lines for writing a grocery list.



Meal Plan Notes

- Purchase a large 5 to 6-pound pork loin or pork shoulder roast and cut into 2 roasts. OR purchase two 3-pound pork roasts or 6 pounds of boneless, skinless chicken breasts or thighs to use in place of pork--see notes at bottom of these tips for using chicken.
- On Sunday, use half the pork roast to prepare BBQ Pork (or chicken) shred a full head of green cabbage. Use half the cabbage to make homemade coleslaw and the other half reserve to serve with the pork carnitas.
- Serve the BBQ pork as Sandwiches with coleslaw on Sunday night and serve the leftover meat over baked potatoes topped with cheese and a side fruit salad on Monday and to make a BBQ Pork Pizza on Wednesday.
- On Tuesday, use the remaining half of the pork (or chicken) to make Carnitas and use leftover cabbage for Mexican Slaw. Make extra rice if desired to make burrito bowls for quick lunches.
- On Friday, make a large Greek salad and use it to serve with the pasta on Saturday as well. I recommend using extra olives, spinach, tomatoes, etc. to make a Greek Quinoa Salad for hearty lunches throughout the week.
- To us chicken in place of pork:
 - **For BBQ Chicken:** Using my recipe for Instant Pot BBQ Chicken, double the recipe and follow the instructions as written OR cook on low in the crockpot high for 3-4 hours or on low for 4-6 hours.
 - **For Chicken "Carnitas":** Instead of using pork loin, use boneless skinless chicken breasts or thighs and the same seasoning/liquid. For the Instant Pot, cook on high pressure for 8 minutes (11 minutes if chicken frozen) with a full natural pressure release. Or cook on low in the crockpot high for 3-4 hours or on low for 4-6 hours.

Key Grocery Items

Meat/Proteins

- Purchase a 6 pound pork loin or pork shoulder roast and cut into 2 roasts. Or 6 pounds of boneless, skinless chicken breasts or thighs.
- 12-24 ounces jumbo frozen shrimp

Produce

- 1 head of cabbage
- 2 pints grape tomatoes
- Fruit for Fruit Salad: Kiwi, grapes, berries, strawberries, melon, mango, etc.
- 6 limes
- 2 lemons
- 5 ounces spinach
- 10 ounces mixed greens or additional spinach
- 1 bunch cilantro
- 1 shallot
- 2 sweet or red onions
- 5 pounds russet potatoes
- 1 large Hothouse cucumber
- mint (optional for fruit salad)

Dairy/Refrigerated

- 16 ounces orange juice for carnitas
- 16 ounces apple juice or pineapple juice for pulled pork
- cheddar cheese for BBQ pizza, burrito bowls, enchiladas, baked potato bar
- parmesan cheese for pasta (optional)
- feta for Greek salad (optional)
- 8 ounces sour cream for enchiladas

Dry Goods

- 16 ounces spaghetti
- BBQ sauce
- 15oz can cannellini beans
- 12 ounces pale lager (or extra chicken stock) for carnitas
- 3 cartons chicken stock/vegetable broth
- white wine for pasta (optional)
- 1 jar pepperoncini peppers
- croutons for Greek Salad
- kalamata olives
- jar of salsa verde or homemade salsa verde

Breads

- buns for pulled pork
- tortillas for pork carnitas, enchiladas
- long-grain brown or white rice
- pizza dough/ingredients for homemade dough (yeast, flour, honey, salt)