

Meal Plan 11- Week of June 30 to July 6

Dinner Recipes

- **Sunday:** [Instant Pot Carnitas](#) or [Slow Cooker Carnitas](#) with [Grilled Corn](#)
- **Monday:** [Instant Pot BBQ Pulled Pork](#) or [Slow Cooker BBQ Pulled Pork](#), [Homemade Coleslaw](#), and [Baked Fries](#) or [Air Fryer Fries](#)
- **Tuesday:** Burrito Bowls with leftover Carnitas and [Instant Pot Cilantro Lime Rice](#)
- **Wednesday:** BBQ Pizza using Leftover Pulled Pork and [Grilled Peaches](#)
- **Thursday (4th of July)** [Burgers](#), [Baked Beans](#), [Potato Salad](#), [Creamy Cucumbers](#), and [Summer Fruit Salad](#)
- **Friday:** Leftovers from the Week
- **Saturday:** [Air Fryer Shrimp](#) or [Grilled Shrimp](#) and [Sauteed Squash](#)

Breakfast Ideas

- [Lemon Ricotta Pancakes](#)
- [Sausage Balls](#)
- [Strawberry Oatmeal](#)

Lunch Ideas

- [Easy Pita Pizza](#)
- [BBQ Chicken Salad](#)--use leftover BBQ pork/chicken to keep it easy
- [Mediterranean Couscous Salad](#)

Snack/Dessert Ideas

- [Frozen Yogurt Bark](#)
- [Texas Sheet Cake](#)
- [Cherry Crumb Pie](#)

Meal Plan Tips

- This week, I typically find pork butt or pork loin on sale. Purchase a large roast and cut it in half. Use one half to make carnitas and the other to make BBQ Pork. Use carnitas meat to serve on rice for burrito bowls. Use BBQ pork for sandwiches and a delicious BBQ pork pizza. If you don't eat pork, use boneless, skinless chicken breasts, but cut the cooking time to 4 hours using the crockpot recipes or follow my [Instant Pot Chicken Tacos](#) recipe in place of carnitas and [Instant Pot BBQ Chicken](#).
- Use cabbage to make coleslaw for BBQ and as a topping for carnitas.

Grocery List

Proteins:

- 6 pounds pork loin or pork butt or chicken breasts
- 2 pounds 80/20 beef for burgers
- 1-2 pounds shrimp
- bacon (optional for baked beans)

Dairy/Refrigerated

- Sliced cheese for burgers
- cheddar cheese for burrito bowls and BBQ pizza
- mayonnaise
- sour cream
- eggs for potato Salad]
- Orange juice for carnitas

Dry Goods

- BBQ Sauce
- pale beer to cook pork (2 bottles or cans)
- chicken broth if not using beer
- brown or white rice
- soy sauce
- rice vinegar

- 1 pound dried navy beans
- molasses
- 2 (16 oz) cans tomato sauce
- Brown sugar

Bread

- tortillas for carnitas
- pizza dough
- buns for burgers & pulled pork

Produce

- 4-8 ears of corn
- 5 pounds of russet potatoes
- avocado for topping carnitas/burrito bowl
- 3-pound bag yellow onions
- 1 bunch celery
- 2 limes
- 4 lemons
- berries, grapes, kiwi, mango, etc for fruit salad
- lettuce & tomatoes for burgers
- 1 head cabbage for coleslaw and cabbage to top with carnitas
- Yellow squash and zucchini