

Meal Plan 18- Week of Aug 18-24

Dinner Recipes

- **Sunday:** [Balsamic Pork Tenderloin](#) with [Roasted Italian Vegetables](#)
- **Monday:** [Caprese Pasta Salad](#) with Fresh Fruit
- **Tuesday:** [Vegetarian Enchiladas](#) with [Instant Pot Cilantro Lime Rice](#)
- **Wednesday:** [Grilled Pork Tenderloin](#) with leftover rice
- **Thursday:** [Pesto Chicken](#) with [Roasted Red Potatoes](#)
- **Friday:** [Pesto Pizza](#) with Side Salad with [Balsamic Vinaigrette](#)
- **Saturday:** [Hamburgers](#) with [Grilled Vegetable Kabobs](#)

Breakfast Ideas

- [Blender Banana Oatmeal Pancakes](#)
- [Easy Potato Frittata](#)
- [Instant Pot Egg Bites](#)

Lunch Ideas

- [Butterfly Snack Bags](#)
- [Egg Salad](#)
- [Healthier Cheese Quesadilla](#)

Snack/Dessert Ideas

- [No-Churn Ice Cream](#)
- [Homemade Drumstick Ice Cream Cones](#)
- [Chocolate Strawberry Smoothie](#)

Meal Plan Tips

- This week there are 2 recipes using pork tenderloin. If you have a large family, you will want to prepare 2 tenderloins each night and purchase a total of 4, or 2 packs of pork tenderloin. For a family of 4 average size eaters, 1 pack is enough.
- I find that the Caprese Salad is substantial enough to stand as a meal, especially paired with a side of fresh fruit. However, feel free to grill up some chicken breasts or chicken sausage (sundried tomato flavored is delicious!) and add to the pasta salad.
- Make extra rice on Tuesday to serve with the grilled pork tenderloin.
- Use basil to make pesto for pesto chicken, pesto pizza, and for caprese pasta salad.
- Use vine-ripened tomatoes for BLTs, and grape or cherry tomatoes for caprese pasta salad, pesto chicken, & pesto pizza (or dice and deseed garden tomatoes if you have a lot on hand.)
- Use red potatoes roasted veggies, potato salad, and roasted red potatoes. Add leftover roasted potatoes to a potato frittata.
- Bake bacon and use it to prepare BLTs and Bacon Ranch Potato Salad. Add leftover bacon to potato frittata if desired.
- If you have leftover pesto chicken, dice and add to pizza, but it is not necessary.
- Feel free to use fresh mozzarella for pesto chicken and pesto pizza OR shredded for caprese pasta salad.

Grocery List

Proteins:

- 1 pound chicken breast
- 1 package (2 per pack) of pork tenderloin
- 1 pound bacon

Dairy/Refrigerated

- 1/2 pound fresh mozzarella cheese
- 12 ounces shredded mozzarella
- parmesan cheese
- sour cream + mayo (for potato salad)
- shredded cheddar

Dry Goods

- Enchilada Sauce
- pesto (or homemade pesto)
- pine nuts to make pesto
- balsamic vinegar
- Rice—brown or white
- olive oil
- garlic
- corkscrew pasta
- ranch seasoning
- honey

Bread

- pizza dough or [homemade dough](#)
- tortillas for enchiladas

Produce

- 5 pounds of red potatoes
- 3 red bell peppers (for vegetable bake, enchiladas, and pineapple salsa)
- 2 red onions (for enchiladas, veggie bake and pineapple salsa for pork tenderloin)
- 2-4 small zucchini and/or yellow squash--for enchiladas, vegetable bake
- 2 vine-ripened tomatoes for BLTs
- 2 pints cherry/grape tomatoes
- 3-4 limes
- 1 bunch of cilantro
- 2 fresh pineapple
- toppings for enchiladas if desired
- fresh basil
- chives for potato salad