

## MEAL PLAN #55 - VALENTINE'S DAY

MONDAY



### Orzo Salad with Yogurt Dill Dressing

- This orzo salad is substantial and makes a satisfying vegetarian main course. If desired, add protein with hard boiled eggs, cooked chicken, salmon, tuna, garbanzo beans, or cheese. Be sure to adjust the grocery list accordingly.
- Makes 8 servings. Leftover salad is perfect for a quick lunch and is very portable.

TUESDAY



### Pork Medallions with Lemon Garlic Sauce

- Serve the pork medallions with steamed rice or cooked noodles. Add a salad or vegetable of your choice. I recommend sautéed Brussels sprouts or snap peas (sugar or snow peas). Be sure to adjust your grocery list accordingly.
- Serve the remaining white wine with dinner, if you like.

WEDNESDAY



### Steak Sheet Pan Dinner

- You're going to love this one pan meal! If you aren't a fan of asparagus, another vegetable (green beans, broccoli, baby carrots) can be substituted. Adjust the grocery list accordingly.

THURSDAY



### Pot Roast

- Although pot roast needs to bake for 3 hours, you can prep it in less than 30 minutes. The rest of the time is all hands-off.

FRIDAY



### Lemon Pepper Shrimp

- Serve the shrimp with an arugula salad dressed with a simple vinaigrette of olive oil and lemon juice. Ingredients are included on the grocery list.
- This would be great with bakery bread, a simple pasta, or rice. Update grocery list accordingly.

BONUS



### Chocolate Lava Cake

- Makes 4 lava cakes. The batter can be prepared ahead of time and refrigerated until you're ready to bake them. They are best eaten shortly after baking them.
- Another popular Valentine's Day dessert is this no-bake chocolate tart with only 4 ingredients.

NOTES

- Most of these recipes would be perfect for a special Valentine's Day dinner.
- For a special cocktail, try a love potion cocktail or a hibiscus mimosa.
- Cooking Quote of the Week: "I think careful cooking is love, don't you? The loveliest thing you can cook for someone who's close to you is about as nice a valentine as you can give." – Julia Child



## GROCERY LIST FOR MEAL PLAN #55

### HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

#### PRODUCE

- red onion (1) - *M*
- yellow onion - *Th*
- shallot (1) - *Tu*
- garlic (12 cloves or 2 heads) - *Tu/W/Th/F*
- baby potatoes (2 ½ lb) - *W/Th*
- roma tomatoes (3) - *M*
- English cucumber (1) - *M*
- carrots (8) - *M/Th*
- asparagus (1 lb) - *W*
- cherry tomatoes (1 pint) - *W*
- lemons (5) - *M/Tu/F*
- arugula (5 oz) - *F*
- parsley (1 bunch) - *M/Tu/F*
- dill (1 bunch) - *M (see note)*
- thyme (6-8 sprigs) - *W/Th (see note)*
- rosemary (6-8 sprigs) - *W/Th (see note)*
- salad or vegetable of choice - *Tu*

#### DAIRY / REFRIGERATED

- plain Greek yogurt (1 c) - *M*
- unsalted butter (1 stick + 2 T) - *Tu/F/Bonus*
- shredded Parmesan cheese (½ c) - *W*
- eggs (4) - *Bonus*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- garlic powder - *M/Th*
- paprika - *Th*
- bay leaf - *Th*

#### BREAD / PASTA / GRAINS

- orzo (16 oz) - *M*
- rice or pasta for serving with pork medallions - *Tu*

#### PANTRY

- sugar or honey - *M*
- granulated sugar - *Bonus*
- all-purpose flour - *Tu/Th/Bonus*
- powdered sugar (optional) - *Bonus*
- semisweet chocolate chips or chocolate bar (6 oz) - *Bonus*

#### MEAT / FISH / PROTEIN

- pork tenderloin (1 lb) - *Tu*
- top sirloin steak (2 lb) - *W*
- chuck roast (3 lb) - *Th*
- 1 lb raw shrimp, deveined, shelled, tail-on (size 16-20) - *F (see note)*

#### CANNED GOODS

- low-sodium chicken broth (8 oz) - *Tu*
- unsalted beef stock (16 c) - *Th*

#### OTHER

- frozen peas (1 c) - *M*
- dry white wine (½ c) - *Tu*
- red wine (1 c) - *Th*

#### NOTES

- If fresh herbs aren't available, substitute dried dill (2 T) on Monday and dried thyme and rosemary on Wednesday and Thursday.
- Different sizes of shrimp are fine, cook time will change slightly. You may also buy tail-on or tail-off shrimp, depending on your preferences.

