

MONDAY



Steak Salad

- The recipe is written for 1 serving but I've adjusted the grocery list to make 2 servings.

TUESDAY



Air Fryer Pork Chops

- This recipe is written for 4 pork chops, but is very easy to halve.
- Serve the pork chops with sides of your choice. Try German red cabbage and baked potatoes. Be sure to add the sides to the shopping list.

WEDNESDAY



Egg Roll in a Bowl

- The recipe makes 4 servings. If you have some left over, it's perfect for lunch.
- If you have leftover pork chops, substitute them for the ground meat. You won't need to brown the meat; simply add finely minced pork chops to the pan with the vegetables.

THURSDAY



Pesto Salmon in Parchment Paper

- This is an easy dinner to make with minimal clean-up.
- If you'd like to make your own pesto, try my basil pesto or cilantro pesto.

FRIDAY



English Muffin Pizzas

- Easy individual pizzas are great for a quick dinner or lunch. Serve them with a bowl of soup, salad, chips, or veggies and dip.

BONUS



Classic Pound Cake

- Pound cake is perfect for 2 people because it keeps well in the freezer. Wrap the slices individually. They thaw very quickly.
- Serve the cake as is, or top it with fresh fruit and whipped cream. The post has lots of topping ideas.

NOTES

- Cooking Quote of the Week: "If you combine wine and dinner, the new word is winner." – Author unknown



GROCERY LIST FOR MEAL PLAN #80

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

- garlic (2 cloves) - *W*
- ginger root (1) - *W* (see note)
- red onion (1) - *M/Th*
- yellow onion (1) - *W*
- green onions (5) - *W*
- carrots (6) - *M/W*
- celery (2 stalks) - *M*
- cremini or white mushrooms (8 oz) - *W*
- zucchini or summer squash (1) - *Th*
- cherry or grape tomatoes (1 c) - *Th*
- hearts of romaine lettuce (2) - *M*
- coleslaw mix (16 oz) - *W*
- oranges (2) - *M*

DAIRY / REFRIGERATED

- shredded mozzarella cheese ($\frac{3}{4}$ c) - *F*
- unsalted butter (1 c / 2 sticks) - *Bonus*
- large eggs (4) - *Bonus*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- toasted sesame oil (optional) - *W*
- paprika - *Tu*
- garlic powder - *Tu*
- onion powder - *Tu*
- ground nutmeg - *Bonus*

BREAD / PASTA / GRAINS

- English muffins (2) - *F*

PANTRY

- honey - *M*
- brown sugar - *Tu*
- granulated sugar - *Bonus*
- low-sodium soy sauce - *W*
- rice vinegar - *W*
- Sriracha - *W*
- cornstarch - *W*
- vanilla extract - *Bonus*
- all-purpose flour - *Bonus*

MEAT / FISH / PROTEIN

- eye of round steak (2, or 8 oz total) - *M*
- 2 boneless pork chops, about 1-inch thick - *Tu*
- ground pork, chicken, turkey, or beef (1 lb) - *W*
- 2 salmon fillets (6 oz each) - *Th*

CANNED GOODS

- kalamata olives ($\frac{1}{2}$ c) - *Th*
- basil pesto ($\frac{1}{4}$ c) - *Th*
- pizza sauce ($\frac{1}{4}$ c) - *F*

OTHER

- sides for pork chops - *Tu*
- sesame seeds and/or wonton strips (optional) - *W*
- English muffin pizza toppings such as pepperoni, ham, mushrooms - *F*
- toppings for pound cake (optional) - *Bonus*

NOTES

- Ground ginger may be used instead of fresh ginger root (*W*), but we highly recommend using fresh ginger as it adds amazing flavor it adds to the recipe.
- If you have extra eggs, English muffins, and pesto - consider making egg sandwiches for an easy breakfast or lunch.

