



# Meal Plan Week 18

Grilled Thai Pork Tenderloin + Blackened Salmon Tacos + Stuffed Peppers + Slow Cooker Cuban Mojo Pork + Classic Lasagna + Bonus Blueberry Cobbler + Easy Brazilian Lemonade (Limeade)



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- Cilantro (3 bunches)\*
- Shallots (3)\*
- Lemongrass (1 stalk)
- Fresh ginger
- Head of garlic (2)\*
- Persian cucumbers (1 lb)
- Thai or serrano chilies
- Limes (8)\*
- Romaine Lettuce shredded
- Red onion
- Ripe avocado (2)
- Jalapeno
- Whole peppers any color (6)
- Yellow onions (2)\*
- Zucchini
- Mint leaves
- Fresh basil or dried basil
- Fresh parsley
- Blueberries (3 cups)

## Meat/Poultry/Fish:

- Pork tenderloin (1 lb)
- Salmon filets (4)
- Ground Beef (2 lbs)\*
- Boneless pork shoulder or pork butt (3-4 lbs)
- Sweet Italian sausage (1 lb)

## Pantry:

- Coconut milk (1 cup)
- Brown sugar\*
- Fish sauce
- Soy sauce
- Creamy peanut butter
- White granulated sugar\*
- Vegetable oil
- White or brown rice
- Diced tomatoes (15 oz)
- Olive oil
- Crushed tomatoes (28 oz)
- Tomato paste (12 oz)
- Tomato sauce (15 oz)
- Lasagna noodles regular or no cook (12 noodles)
- All-purpose flour
- Vanilla extract
- Baking powder
- Sweetened condensed milk (1 can)

## Bread/Bakery:

- Corn or flour tortillas (8 or more)

## Other:

- Orange juice
- Lime juice (1/2 cup) either buy fresh limes to squeeze or bottled lime juice.

## Seasonings:

- Crushed red pepper flakes
- Ground coriander\*
- Ground cumin\*
- Salt\*
- Chipotle chili powder
- Ancho chili powder
- Paprika
- Kosher salt\*
- Onion powder
- Garlic powder
- Dried oregano\*
- Black pepper\*
- Dried parsley
- Italian seasoning
- Fennel seeds
- Nutmeg
- Ground cinnamon

## Dairy/Eggs:

- Monterey jack or cheddar cheese (8 oz)
- Ricotta cheese (16 oz)
- Eggs (2)\*
- Grated mozzarella cheese (3/4 lb)
- Grated parmesan cheese (1 cup)
- Salted butter

\*Ingredient is used for more than one recipe.