

# SHOPPING LIST

## PRODUCE

- Lettuce
- Tomato
- Apples x2
- English Cucumber
- Onion
- Spinach (10oz)
- Bell Pepper
- Green Onions

## MEAT DEPT

- Ground Turkey (3lb)
- Pork Tenderloins (2.5lbs)

## DAIRY

- Cheddar Cheese (16oz)
- Sour Cream (8oz)

## PANTRY

- Ranch dressing
- Pickles
- BBQ Sauce
- Vinegar
- White Rice (1lb)
- Chili Seasoning
- Corn (15oz)
- Chili Tomatoes (14.5oz)
- Black Beans (15oz)
- Tortilla Chips
- Canned Chicken (12.5oz)
- Mandarin Oranges (15oz)
- Poppyseed Dressing
- Italian Bread
- Stir Fry Seasoning
- Chicken Broth (14.5oz)
- Italian Seasoning
- Green Beans (14.5oz)
- Elbow Noodles (1lb)
- Mayo

Assuming you have cooking oil, brown sugar, soy sauce, white sugar, and your favorite seasonings!

## Cheeseburger Bowls

### Need:

1lb ground turkey

Lettuce

Ranch dressing

Tomato

Pickles

Shredded Cheddar Cheese

1. First, we will brown our ground beef in a skillet. I like to add my favorite burger seasonings like a Montreal Steak blend or something similar. Drain any excess grease and set aside. (This can easily be done ahead of time and then reheated for later)
2. Now we will get our veggies ready by cleaning and chopping our lettuce, tomato, and shredding our cheese.
3. I like to layer my lettuce at the bottom and then top with tomato, pickles, cheese, and my ground turkey. You can use ranch dressing or even use Thousand Island dressing for a Big Mac taste!

**Pro Tip:** To save time for the week, I would actually cook all 3 pounds of ground turkey at once with minimal seasonings. Then drain and separate them into separate containers to cut down cooking time for this week! (You can also freeze cooked ground turkey too!)

## Apple Barbeque Pork Loin with Creamy Cucumbers & Rice

### Need:

1-1.5lb pork tenderloin

2 apples (chopped)

1/2 cup barbeque sauce

2 tbsp brown sugar

1 English Cucumber

1/2 onion

1/2 cup sour cream

3tbsp vinegar

1 tbsp sugar

1 cup white rice

1. This will be a crockpot meal and we will be using 1 tenderloin in this pack of two. I start by placing 1 pork tenderloin in my sprayed crockpot, then place the apples on top.
2. In a small bowl, mix bbq sauce and brown sugar, then pour over pork and apples. Cook on low for 4-6 hours or on high for 2-3 hours. Once done, pork will be very tender and will shred easily.
3. We want to chop our cucumber and onions into nice slices about 1/4 inch thick. In a small bowl, combine sour cream, vinegar, sugar, and favorite seasonings like dill or garlic then mix well. Pour this over the cucumbers and onions, and chill for at least 1 hour (can easily make this ahead of time!)
4. When it is close to dinner, we will make basic white rice (1 cup rice, 2 cups water). I keep this plain because the pork will have a wonderful sauce. I serve pork over the rice with cucumbers on the side!

## **Black Bean Turkey Chili**

### **Need:**

1lb Ground Turkey

1/2 onion

Chili Seasoning Mix

15oz can corn

14.5 oz can Chili Ready Tomatoes

15oz Black beans

Tortilla Chips

Sour Cream

Shredded Cheddar Cheese

1. In a large pot, I start by browning my ground turkey and I add 1/2 a chopped onion as well. Drain any excess grease.
2. I really like my chili flavorful so I use chili seasoning and chili ready tomatoes, but if you like it more mild you can use plain diced tomatoes. I do like to drain the corn and rinse the black beans before adding them to the pot.
3. Let this simmer for about 20 minutes to thicken up. Then serve this with tortilla chips, sour cream, and shredded cheese!

You will probably have some lettuce and tomato leftover from the Cheeseburger Bowls, so you can easily have a side salad with your chili too!

## **Orange Chicken Salad**

### **Need:**

10oz bag of Spinach

12.5oz can Chicken

15oz can Mandarin Oranges

Poppysseed Dressing

Italian Bread

1. We will start by draining and rinsing our canned chicken. I like to add a little pepper to the chicken but don't add too much salt based seasonings because it can get too salty quick.
2. We do a simple base of torn spinach, mandarin oranges (drained), chicken, and poppyseed dressing.
3. If you don't like poppyseed dressing, you can easily use a vinaigrette or make one using the mandarin orange juice, oil, and vinegar!
4. I always like bread with my salad, so we will make some simple garlic bread or cheese toast to serve with this salad!

\*You can easily add cheese to this salad. A feta or goat cheese would be nice, or you can even use parmesan or mozzarella!\*

## Ground Turkey Snap Pea Stir Fry with Rice

### Need:

1lb Ground Turkey  
20oz Snap Pea Stir Fry veggies (Frozen)  
Stir Fry Seasoning  
(may need soy sauce & oil)  
1 cup white rice  
2 cups water

1. The rice takes the longest to cook, so we will make a basic white rice of 1 cup dry white rice and 2 cups water. Heat to boiling, then simmer for 15-20 minutes until tender.
2. In a large skillet, I brown my ground turkey and then drain any excess grease.
3. The veggies can be steamed in the microwave, but I usually add them to my pan and put the lid on to steam them that way.
4. Depending on the stir fry sauce, this one calls for a little soy sauce, water, and oil to be added to the seasoning first then poured over the turkey and veggies. (You can also use sweet and sour sauce, teriyaki sauce, or any sauce you like!)
5. We will serve the turkey and veggies over the rice!

## Italian Pork Medallions with Macaroni Salad & Green Beans

### Need:

1-1.5lb pork tenderloin  
1/4 cup flour  
salt & pepper  
1 cup chicken broth  
Italian Seasoning  
14.5oz can Green Beans  
8 oz Macaroni Noodles  
Bell Pepper (chopped)  
2-3 Green Onions (chopped)  
1/2 cup mayo  
2 tbsp vinegar  
1/3 cup of sugar

1. I make the macaroni salad first, by boiling the pasta until tender then draining and putting in an ice bath to chill. In a small bowl, mix mayo, vinegar, sugar, and your favorite seasonings like garlic, pepper, etc. Pour the mayo mix over the cooled pasta, chopped bell pepper, and onion. Refrigerate this for at least 30 minutes. (Easily can be made ahead of time)
2. We are going to slice our 2nd tenderloin into 1/2 in slices, and dredge in flour with salt & pepper. Fry this in oil for about 1-2 minutes on each side. Set pork aside, and add chicken broth and Italian seasonings to the pan. Cook until broth is reduced by 1/3, then add your drained green beans to the pan. I cook another 2-3 minutes.
3. Serve the pork with the green beans and light sauce with the macaroni salad on the side! (If you have any leftover bread, serve garlic bread with this too!)