



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Sliced Rubbed Steak and Spinach Side Salad	Pork & Broccoli Stir Fry	Chicken Picatta Steamed Carrots	Asian Chicken with Peanut Slaw	Ranch Taco Chili	Slow Cooker Smokey Pork  Green Beans

# Grocery List:

\*meals serve 3-4 people

	Protein		Seasonings/Oils		Produce		Canned Goods/Misc
	4 sirloin steaks		rub/seasoning of choice for steaks *see recipe		avocado (optional, see steak recipe)		grated parmesan cheese
	8 boneless skinless chicken breast		oil & vinegar *see spinach salad recipe		baby spinach- 1 bag		butter spray
	2 lb pork shoulder		oyster sauce (in the International foods aisle usually)		sweet bell pepper (red, yellow or orange) 1 Large or 2 small		capers (optional, see chicken picatta recipe)
	1 lb lean ground beef		Toasted Asian Sesame dressing		8 oz broccoli florets (1 large head of broccoli)		4 oz chicken broth
	12 oz boneless pork chops		1 envelope taco seasoning		8 oz mushrooms, sliced		sweetener (optional for steamed baby carrots)
	2% shredded cheddar cheese		1 envelope ranch seasoning		bulb of garlic		1/2 cup peanuts
			paprika		ginger (optional- see pork stir fry recipe)		15 oz black beans
					2 lemons		16 oz salsa of choice (or Rotel)
					1 lb baby carrots		barbecue sauce (lowest sugar available)
					1 bag pre-shredded cabbage slaw		hot sauce (Wildfire pork)
					bag of frozen green beans		

\*pkg = package



## Sliced Rubbed Steak

- 4 lean sirloin steaks
  - 1 1/2 **tbsp** rub of choice (I used Smokey Applewood Rub)
  - 1 avocado, optional
1. **Rub steaks well with chosen rub or seasoning. Let sit for about 15 minutes. Heat grill in the meantime.**
  2. **Grill steaks, flipping when edges start to look browned (or until desired doneness). Remove steaks to a cutting board and let it rest about 5 minutes.**
  3. **Slice the steaks against the grain and serve with spinach side salad. Also good with sliced avocado on the side.**

## Easy Spinach Salad

- 4 cups fresh baby spinach leaves, (about 1 cup per person)
  - 2 **small or 1 large** sweet bell peppers, chopped (yellow, red or orange)
  - 1/2 cup shredded 2% cheddar cheese
  - 1 tbsp. olive oil
  - 2 tbsp. vinegar
1. **Add spinach to a large bowl. Add bell pepper and shredded cheese.**
  2. **In a dressing mixer (or in a cup with a lid) mix together oil and vinegar. Pour over salads. \*\*This recipe is fantastic with Orange Infused Canola Oil and Pomegranate Balsamic Vinegar - sold through The Pampered Chef. Contact me for more details and other pantry items!**



# Pork & Broccoli Stir Fry

- **1/4** cup oyster sauce
- **1** tbsp. olive oil
- **12** oz boneless pork chops, thinly sliced
- **8** oz broccoli florets
- **8** oz mushrooms, sliced
- **4** cloves garlic, pressed
- ginger, minced \*optional

- 1. In a small bowl mix together 3/4 cup water and 1/4 cup oyster sauce (oyster sauce can be found in the "International Food" aisle and is very reasonably priced)**
- 2. Heat wok or large skillet over medium high. Spray with olive oil or cooking spray (I love my olive oil mister bottle.) Add pork and cook until golden, about 2 minutes per side. Transfer to a plate. Spray again with oil and add broccoli, mushrooms and garlic. Cook about 2 minutes.**
- 3. Add ginger and oyster sauce. Cook about 3 minutes more. Return pork and juices. Stir 1 to 2 minutes to heat pork through. Season with salt and pepper as needed.**



## Chicken Picatta

- 4 boneless, skinless chicken breast
  - salt & pepper
  - 1/2 cup grated parmesan cheese
  - olive oil spray
  - butter spray
  - 2 lemons, 1 thinly sliced, 1 juiced
  - 4 garlic, pressed
  - 3 tbsp. capers \*if available
  - 1/2 cup chicken broth
1. **Split and butter fly the chicken (cut it in half horizontally and open like a book.) Turn the oven to 250 F and place a platter or large dinner plate in the oven to heat.**
  2. **heat a large skillet over medium heat. Season the chicken with salt and pepper and "dredge" in parmesan cheese. Spray skillet with olive oil. Working batches, brown the chicken lightly on each side, spray again with oil as needed. Transfer to warmed platter and cover with foil to keep warm while you make a sauce.**
  3. **Spray the pan with butter spray (about 5 or so sprays). Add the lemon slices and lightly brown. Add the garlic and stir 1 minute. Add the capers if using. Deglaze the pan with chicken broth and add the juice of the other lemon.**
  4. **Slide the chicken back into the pan and coat with the sauce. Serve with sauce drizzle on top.**

## Sweet Carrots

- 1 lb. baby carrots
  - 4 packets splenda
  - cooking spray or butter spray
1. **Boil or steam carrots until soft.**
  2. **Spray well with cooking or butter spray; until coated.**
  3. **Toss with splenda (or sweetener of choice) and serve.**



## Asian Chicken with Peanut Slaw

- **4** Chicken Breasts, Chopped into 1 inch pieces
- **1 bag** Cabbage Slaw (cabbage, carrots, etc)
- **1/2 cup** Peanuts
- **3/4 cup, divided** Toasted Asian Sesame Dressing

1. **After cutting up chicken, place in a bowl and add 1/4 cup dressing. Turn to coat and let marinade 30 minutes.**
2. **Heat a skillet to medium high heat, spray with cooking spray and add chicken.**
3. **While chicken is cooking, put cabbage slaw in a mixing bowl and add peanuts. Add remaining dressing and toss together.**
4. **Continue cooking chicken and turn occasionally until done (no pink). Serve on top off cabbage slaw.**



## Slow Cooker Taco Chili

- 1 lb. lean ground beef
  - 1 can (15 oz) black beans, drained and rinsed
  - 1 envelope taco seasoning
  - 1 envelope ranch seasoning
  - 1 jar (16 oz) salsa (or rotel)
  - 1/4 cup 2% Shredded Cheddar Cheese
1. **Heat a medium skillet to medium high heat, spray with cooking spray. Brown the ground beef and add to bottom of slow cooker.**
  2. **Add Ranch and Taco seasonings; stir well.**
  3. **Add salsa (or Rotel) and black beans, continue to stir until well combined. Cook on low for 6-8 hours. Serve with sprinkled cheese on top.**



# Slow Cooker Smokey Pork

- 2 lbs. boneless pork shoulder
- 1 bottle low-sugar bbq sauce
- 4 teaspoons hot pepper sauce
- 1/2 teaspoon paprika

1. **Place pork in slow cooker.**
2. **Mix remaining ingredients; pour over meat. Cover with lid.**
3. **Cook on low for 8 hours; or high for 4 hours. Shred with two forks and serve.**

Serve with frozen green beans prepared per package instructions and seasoned with salt and pepper.

