

# WEEKLY MEAL PLAN

**Mon**

## Honey PineappleBBQ Chicken Sandwich

4 fresh pineapple slices + 3 tablespoons fresh pineapple juice  
4 slices red onion  
lettuce  
(4) hamburger buns (regular or Kings Hawaiian)  
1 cup ketchup  
1/3 cup honey  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon ground mustard  
1/2 teaspoon smoked paprika  
1/4 teaspoon cayenne pepper  
1 tablespoon canola oil  
2 lbs. boneless skinless chicken breast

**Tues**

## Slow Cooker Pulled Pork Bahn Mi

2 cloves garlic  
3 large carrots  
2 small radishes  
1 bunch cilantro  
1/4 cup soy sauce  
2 tablespoons apple cider vinegar  
2 tablespoons brown sugar  
2 tablespoons fish sauce  
2 tablespoons olive oil  
1/2 cup white vinegar  
1/2 cup sugar  
6 crusty hoagie rolls  
mayonnaise  
2-3 lb. pork butt/shoulder/roast

**Wed**

## Thai Chicken Salad Wrap with Blueberries

1 cup romaine lettuce 1 cup blueberries  
3/4 cup cabbage 3/4 cup shredded carrots  
2 limes 1" piece ginger  
1 cup shelled edamame  
4 wraps or tortillas  
1/3 cup + 3 tablespoons soy sauce  
12 tablespoons honey  
1/2 teaspoon red hot pepper flakes  
1/2 cup peanut butter  
2 boneless skinless chicken breasts

**Thurs**

## Spinach Berry Smoothie

2-3 cups fresh spinach leaves  
2 frozen bananas  
1 heaping cup frozen mango  
Variety of mixed berries (for topping)  
1 heaping tablespoon almond butter  
hemp seeds (for topping)

**Fri**

## Mixed Berry Chopped Mason Jar Salad

1 small clove garlic  
1/2 red bell pepper  
1/4 avocado  
1/2 cup mixed berries  
2 cups baby spinach  
4 tablespoons olive oil  
4 tablespoons balsamic vinegar  
1/2 teaspoon honey  
2 tablespoons chia seeds plus more for topping  
1/4 cup Great Northern beans  
1 large hard boiled egg  
1 ounce cooked, chopped chicken

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