

WEEKLY MEAL PLAN

Mon

Honey Pineapple BBQ 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

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

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

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