

THE *no plan* MENU PLAN

WEEK 9 RECIPES

INGREDIENTS

DIRECTIONS

Chicken and Black Bean Stuffed Peppers (CAL, V, LC) Cook Time: 1 hour	<ul style="list-style-type: none"> • 2 green peppers • 1 cup shredded chicken or pork • ½ c. shredded mozzarella cheese • ½ jar of salsa • ½ can black beans • ½ can corn 	<p>Preheat to 350°. Wash peppers and cut vertically, de-seed, and place halves in greased oven dish. Mix salsa, black beans, corn, and chicken (or pork) and fill peppers. Top with cheese. Cook for 45-60 minutes.</p> <p><i>SUBSTITUTION: cut meat for meatless meal</i></p>
Easy Mexican Casserole <i>TIP: This makes two meals. Freeze one!</i> Cook Time: 30 minutes	<ul style="list-style-type: none"> • 4-6 10" tortillas (or any size) • 1 can refried beans • ½ jar of salsa • ½ can black beans • ½ can corn • 2 c. shredded cheese • 1 cup shredded chicken or pork 	<p>Preheat oven to 350°. In a bowl, mix the chicken (or pork), salsa, black beans and corn. In a greased 13"x9" pan, place the tortillas in the bottom (you might need to tear them in half). Spread ½ can of refried beans on top. Spread ½ of meat mixture and top with ½ cheese. Repeat all layers. Cover and cook for 30 minutes. <i>TIP: Use leftover Stuffed Pepper filling, or add shredded pork, pinto beans or rice.</i></p>
Falafel (V, CAL, LC) <i>TIP: Add lettuce, tomato, cheese, dill sauce, guac - the options are endless!</i> Cook Time: 10 minutes	<ul style="list-style-type: none"> • 1 15 oz. can chickpeas, drained • 1 medium onion, finely chopped • 1 tablespoon minced garlic (or garlic powder) • 2 tablespoons parsley • ¾ teaspoon cumin • 2 tablespoons flour or breadcrumbs • S&P / Olive Oil • 4 pitas (or tortillas) 	<p>Put 1/2 the can of chickpeas, the onion, and the spices in the food processor and pulse until almost a puree. Remove. Put remaining half of chickpeas in food processor and pulse just 3-4 times until coarsely ground. Mix the course chickpeas in the first mixture. Add flour or breadcrumbs. Form the mixture into small balls, and flatten into patties. Pan-fry in olive oil at medium high until golden brown (2-5 minutes each side). Serve in pitas (or tortillas) and top with your favorite toppings!</p>
Angel Chicken Cook Time: 10 minutes	<ul style="list-style-type: none"> • 1 cup shredded chicken (or pork) • 1 packet italian dressing seasoning • ½ box of Angel Hair Pasta • 1 tbs olive oil 	<p>Boil and cook angel hair pasta. Save ½ cup of the cooking liquid and drain off the rest. Add the pasta, cooking water, packet of italian seasoning, chicken and olive oil back into the pot and stir to thoroughly combine. Enjoy!</p>
Pita Pizzas (LC, V) Cook Time: 10 minutes	<ul style="list-style-type: none"> • 4 pitas • tomato sauce or salsa • leftover veggies • ½ cup mozzarella cheese 	<p>Preheat oven to 350. Place pitas on a baking sheet or pizza stone if you are fancy. Top with sauce (I love using salsa), whatever veggies you have, and mozzarella cheese. Bake for 5-7 minutes or until pita is toasty and cheese is melted.</p>
BONUS MEAL Easy Baked Apples Cook Time: 10 min	<ul style="list-style-type: none"> • 2-4 apples • 1 tbs cinnamon • ¼ cup oatmeal or granola • 1 tbs of soft butter (or coconut oil) • 1 tbs brown sugar (optional) 	<p>Slice apples into quarter sized pieces. In a bowl, mix butter, cinnamon, oats, and brown sugar into a strudel. Pile on apples and microwave for 2-3 minutes or until soft.</p>

PREP DAY

MAKE SHREDDED CHICKEN

Thaw **3 lb.** of chicken (1/2 bag) and cut off fat. Place chicken in crock pot and cook on HIGH (4 or 6 hrs.) or LOW (8 or 10 hrs). Shred and store in fridge.

TIP: Shred chicken in Kitchenaid for uniform pieces!

-OR-

MAKE SHREDDED PORK

Place pork in the crock pot and stab it all over with the tip of a knife. **Rub** 1 T. sea salt all over pork. **Drizzle** 1 T. of the the liquid smoke all over and **set** crock pot to low; cook about 16 hours. Shred and keep in fridge.

GROCERY LIST

INGREDIENTS:

- 5-6 lb. bag of frozen chicken breasts
- **OR**
- 3 lb pork shoulder blade roast, lean, all fat removed
- 1 T. liquid mesquite smoke

AND

- 2 green peppers
- 1 jar of salsa
- 3 c. shredded mozzarella cheese
- 1 can black beans
- 1 can corn
- 4-6 10" tortillas (or any size)
- 1 can refried beans
- 1 15 oz. can chickpeas, drained
- 8 pitas (or tortillas)
- 1 medium onion
- 2-4 apples
- 1 packet italian dressing seasoning
- ½ box of Angel Hair Pasta
- Leftover veggies
- 8 oz. tomato sauce (or salsa for Pita Pizzas)

PANTRY ITEMS:

- 1 T. minced garlic (or garlic powder)
- 2 T. parsley
- 3/4 t. cumin
- 1 tbs cinnamon
- 2 T. flour or breadcrumbs
- 1 tbs brown sugar
- ¼ cup oatmeal
- S&P / Olive Oil / butter

FOOD KEY

(V) Vegetarian

(P) Paleo

(LC) Low-Carb

(CAL) Low-Calorie