THE no plan MENU PLAN

A MODERN COMMONPLACE BOOK
& OPERATION SKINNY JEANS

WEEK # RECIPES	INGREDIENTS	DIRECTIONS
Stuffed Peppers (CAL) **Cook Time: 45 min**	• 2 Bell Peppers • ½ lb shredded chicken (about 1 breast) • ½ can corn • 1 c cooked rice (or quinoa) • ½ c. shredded cheese for the top	Preheat oven to 375. Slice the peppers from the top to bottom, giving you 4 halves. Clean out seeds. Mix together shredded chicken breast, corn and rice and portion into peppers. Set peppers into a pan and fill about an inch up with water. Bake for 40 minutes. In the last 5 minutes sprinkle cheese on top.
Pork Tenderloin (LC, P) **Cook Time: 1 hour**	• 1 Pork Tenderloin • Salt & Pepper to taste • 2 Sweet Potatoes • ½ lb Brussels Sprouts (or asparagus or something else if you hate delicious vegetables)	Season pork loin and wrap in foil. Put on a medium high grill and rotate every 5 minutes until all 4 sides have been on the grill. Check internal temp, and if it is less than 165, move to the top rack for another 5-10 minutes, or finish in a 350 degree oven for 5-10 minutes. Bake Sweet Potatoes for 45 minutes at 400 and throw in Brussels when there is 30 minutes left to go.
Chicken and Roasted Red Pepper Paninis **Cook Time: 1 hour (red peppers)** **15 minutes (paninis)**	• 4-6 slices of sourdough bread • ½ lb shredded chicken (about 1 breast) • ¼ c. feta cheese • 2-4 slices provolone cheese • 1 red pepper • Italian Seasoning • Paprika & additional herbs if desired	Preheat to 450. Place the whole red pepper (washed) on a foil-lined pan. Roast in oven for 40-60 minutes. Take out and let cool for 30 minutes. In a small bowl, mix feta with seasoning and mix until soft. Spread on bread. Layer pepper, chicken, provolone, and any additional toppings on sourdough. Grill on panini press, grill, or pan on stove until melted and bread is toasted. Serve with fruit salad.
Simple Taco Salad (CAL) **TIP: cut chicken for meatless meal!** **Cook Time: 30 minutes**	• ½ bag of tortilla chips • 1 lb shredded chicken (about 2 breasts) • 1 can corn • 1 can black beans • ½ bag shredded lettuce • 1-2 tomatoes • mozzarella cheese • salsa	In skillet, warm up chicken, black beans, corn and salsa. Serve on chips, topped with chopped lettuce, tomatoes, cheese, and additional salsa. TIP: Add guac or sour cream or your favorite toppings! TIP: Leave out meat for meatless meal.
Chicken Salad Salad **Cook Time: 30 minutes**	• 2 lb shredded chicken (about 2-3 breasts) • ½ cup finely chopped celery • 1 finely chopped bell pepper • ½ cup mayonnaise • ½ c. plain greek yogurt • S&P & lemon juice	Mix mayonnaise, yogurt and seasoning together. Toss with remaining ingredients. Chill and serve on lettuce with a big helping of fruit salad! TIP: Add feta, blue cheese or Italian dressing!
BONUS MEAL **Buffalo Chicken Pita** **Cook Time: 5 min**	• ½ lb shredded chicken (about 1 breast) • 1 c. plain greek yogurt • Hot sauce to taste • Blue cheese crumbles (optional) • 2 pitas, halved • Lettuce and tomato	Mix shredded chicken, greek yogurt, and hot sauce into a chicken salad. Serve in a pita with lettuce and tomato, and blue cheese crumbles if that's your thing.

PREP DAY

MAKE SHREDDED CHICKEN (CAL)

Thaw bag of frozen chicken breasts 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!

Additional: Make roasted red peppers on prep day to prepare!

MAKE FRUIT SALAD (V)

Cut up your favorite fruit: apples, grapes, kiwi, strawberries, melons, or canned pineapple. Store in fridge.

TIP: Mix in a little bit of Sprite or lemon-lime soda to keep it from browning.

GROCERY LIST

INGREDIENTS:

- 5-6 lb. bag of frozen chicken breasts
- 1 Pork Tenderloin
- 4 Bell Peppers (including 1 red)
- 2 cans corn
- 1 c cooked rice (or quinoa)
- 1 ½ c. plain greek yogurt
- 4-6 slices of sourdough bread
- ¼ c. feta cheese
- 2-4 slices provolone cheese
- 2 pitas, halved
- 1 bag lettuce
- 2 Sweet Potatoes
- ½ lb Brussels Sprouts
- ½ bag of tortilla chips
- 1 can black beans
- 2-3 tomatoes
- 1 bag mozzarella cheese
- Salsa
- 1 cup finely chopped celery
- ½ cup mayonnaise
- Choose your favorite fruits: pineapple, melons, berries, apples, or grapes
- Blue cheese crumbles (optional)

PANTRY ITEMS:

- Salt and Pepper
- Italian Seasoning
- Hot sauce to taste
- Paprika & additional herbs if desired
- Lemon Juice (optional)

FOOD KEY

(V) Vegetarian (P) Paleo (LC) Low-Carb (CAL) Low-Calorie