

- Day 1: Bulk cooking + baked chicken breasts, roasted carrots and potatoes
- Day 2: Mexican lentils
- Day 3: Crockpot cranberry apple pork, salad, brown rice
- Day 4: Spaghetti
- Day 5: Pork tacos & pinto beans
- Day 6: Roasted winter veggies & beans, brown rice, spinach salad

SHOPPING LIST

**optional

MEAT

Whole pork butt

Split chicken breasts – stock up at 0.99 / lb

**Ground beef, Italian sausage, or TVP crumble

**Ham shank

CONDIMENTS

Balsamic vinegar

Olive oil

**salad dressing (your choice)

PRODUCE

Baking apples (2-3)

Romaine lettuce (3 pk)

Fresh spinach (2 meals)

Carrots (1 bunch)

Potatoes

Butternut squash (1)

Parsnip (1)

Onions

Cilantro (2 meals)

Parsley (2 meals)

**Green pepper

**jalapeno pepper

**Tomato

**Avocado

**Mushrooms

**salad veggies (your choice)

CANNED GOODS

2 cans whole berry cranberries

1 can Great Northern beans

Spaghetti sauce

1 can crushed or diced tomato

2 cans vegetable or chicken stock

**Salsa

SPICES

Kosher salt

Salt

Oregano

Basil

Thyme

Chili powder

Paprika

Black pepper

DAIRY

shredded Monterey jack

**Sour cream

DRY GOODS

Brown rice

Pinto beans

Tortillas

Dried mixed fruit

Lentils

1 box pasta

Bulk cooking + baked chicken breasts, roasted carrots and potatoes

When I come home from grocery shopping I deal with the meat right away. With the split chicken breasts I might do one of three things.

1. Skin and lightly season the chicken breasts with pepper and garlic powder. Bake at 350 degrees for about 50 minutes. Let the meat rest, then when it's cool enough to work with, slice it off the bone. Fill sandwich baggies with about 2 cups of meat per baggie. Squeeze as much air as you can out. Then fill a gallon freezer baggie with the smaller baggies. Label and freeze.
2. Debone the chicken breasts and bag two breasts and two tenderloins per meal. Sometimes I put some marinade in the baggie too. Squeeze, label and freeze.
3. Cook the chicken in the crock pot on low with water, a quartered onion, and a couple cloves of garlic. When it's done, let it rest until it's cool and then shred it. Fill sandwich baggies, squeeze, fill gallon freezer bag, squeeze, label and freeze.
4. Freeze the bones for future chicken stock.

With the pork I would cut it in half. One half goes in the fridge for day three. The other half I cut into big chunks for day 5 and store in the freezer.

Baked Chicken & roasted potatoes and carrots

Chicken breasts

Carrots

Potatoes

Parsley

Kosher salt

Black pepper

Garlic powder

Season the chicken breasts. For kids I just use black pepper and garlic powder. For adults I add Italian seasonings. Bake at 350 for about 50 minutes.

Slice the potatoes into 1 ½ inch chunks. Slice the carrots at an angle at 1 ½ inch intervals. Toss in a bowl with olive oil, salt & pepper. Spread in a single layer on a cookie sheet. Roast at 400 for 20-25 minutes until brown and tender. (I would stick the veggies in the oven the last 10 minutes the chicken was cooking at 350. When I take the chicken out I would turn the oven up to 400.) Toss with minced parsley.

Mexican lentils

¼ cup olive oil
2 onions, chopped
1 carrot, chopped
1 ½ t Oregano
1 T Chili powder
1 T Paprika
3 cups vegetable stock
1 cup dry lentils, sorted & rinsed
Salt to taste
¼ cup chopped cilantro
1 15 oz can crushed or diced tomatoes
Shredded Monterey Jack cheese for garnish

Heat oil in a large pot and sauté onions and carrot for 5 minutes, until onions are soft and translucent. Add oregano, chili powder and paprika and sauté 1 minute. Add stock, lentils, salt, cilantro, and tomatoes and cook, covered, until lentils are tender, about 45 minutes.

Adjust salt to taste. Serve with grated cheese.

Crock pot cranberry apple pork, salad, brown rice

Into the crock pot go the pork butt, 2 cans of whole berry cranberry sauce, 2-3 chopped baking apples, and a can of water. Cook on low all day. Serve with brown rice and a salad of Romaine lettuce and spinach. (My kids LOVE this.)

Spaghetti

1 lb pasta
1 lb meat (ground beef, Italian sausage)
1 diced green pepper
8 oz mushrooms, sliced
1 jar spaghetti sauce

Boil water, cook pasta. While the pasta is cooking, brown any meat you want to use. When the meat is about done, toss in as much sliced green pepper and mushrooms as you want. When the veggies are soft, pour on the spaghetti sauce and heat through.

Tips:

- If you are using a cheaper ground beef, you'll probably want to drain the grease off before adding your veggies.
- This is the perfect time to whip out your pre-cooked chicken breast! In that case, I'd sauté the veggies with olive oil, add defrosted precooked chicken, then spaghetti sauce.

Pork tacos & pinto beans

This is a recipe for a Saturday or Sunday, not for a weeknight. My starting point is Jason's [chambanamoms post on carnitas from June 21, 2010](#).

Pinto beans are easy but take a long time. Sort half the bag looking for pebbles, then rinse and dump in the crock pot. If you have some ham or a ham shank, put that in the crock pot too. I get the best flavor with a ham shank. Fill the crock pot up almost all the way with water. Cook on low for 8-10 hours. If by 2 or 3 pm they are not starting to look soft, turn the crock pot up.

Jason's directions:

4 pounds bone-in pork shoulder roast, cut into 1 1/2- to 2-inch slabs
Salt

Moist cooking. Heat the oven to 375 degrees. Cut each slab of pork in half and lay the pieces in a baking dish (they should fit into a 13 x 9-inch baking dish without being crowded). Liberally sprinkle with salt (about 1 teaspoon) on all sides. Pour 1/3 cup water around the meat, cover tightly with foil, and bake for 1 hour.

Dry cooking. Raise the oven temperature to 450 degrees. Uncover the meat and cook until the liquid has completely reduced and only the rendered fat remains, about 30 minutes. Now, roast, carefully turning the meat every 7 or 8 minutes, until lightly browned, about 20 minutes longer. Break the meat into large pieces and serve on a warm platter, sprinkled with salt.

While the pork is in the last 30 minutes, get all your taco fixings on the table. Tortillas, salsa, sour cream, cheese, lettuce, tomatoes, avocado. You could quickly fry up jalapeno pepper, onions, and mushrooms.

Put aside 1 1/2 cup of beans for tomorrow.

Roasted Winter Vegetables and Beans

Oil

1 small butternut squash peeled, seeded, cut into 1/2 inch pieces

2 carrots, sliced

1 parsnip, sliced

3 small potatoes, unpeeled, halved, sliced

2 small onion, cut into wedges

1 can Great Northern beans, drained and rinsed

1 ½ cups pinto beans from yesterday

1 teaspoon dried basil leaves

1/2 teaspoon dried thyme leaves

½ cup mixed dried fruit, cut into large pieces

3 tablespoon balsamic vinegar

1 1/2 tablespoon olive oil

handful of parsley, minced

Salt and pepper to taste

Preheat oven to 425 degrees.

Lightly grease a 13x9 Pyrex-type pan. In the pan, combine fresh vegetables and beans and drizzle with oil, sprinkle with herbs and toss. Bake, uncovered, until vegetables are tender, about 25 - 30 minutes. Season to taste with salt and pepper.

Add dried fruit the last 5 minutes. Spoon vegetable mixture into bowl. (At this point I would separate out the kids portion because mine don't like balsamic vinegar) Mix vinegar and oil; drizzle over vegetables, add parsley and toss.

Serve with a salad and rice. Want some meat? Add some of the pre-baked chicken you've got sliced in the freezer.