

# Menu #1

## Week's Plan

Six-Meal  
Stock-up

### Sunday

- Slow Cooker Chili (you pick: go vegetarian or con carne)
- Salad
  - *Double down: make one batch in the slow cooker and prep a second batch in a freezer bag and freeze for the future.*

### Monday

- Breakfast-for-Dinner Casserole
- Fruit Salad
  - *This makes an enormous casserole. When it is finished cooking, cut it in half and wrap one half tightly and freeze to reheat in the future.*

### Tuesday

- Chicken Malai wali Murghi (Indian chicken in a creamy curry sauce)
- Basmati Rice with Peas
- Naan
  - *Cook once: make a double batch of rice - one batch for tonight, one for Friday's dinner. For extra flavor, replace some water to cook rice with 1 can of chicken or vegetable stock. Add ½ c. frozen peas at end.*

### Wednesday

- Pulled Pork Sandwiches
- Steamed Green Beans
- Cole Slaw
  - *You'll use the leftover pork in Saturday's meal*

### Thursday

- Grilled cheese sandwiches
- Tomato soup
  - *Consider add-ins or switch-ups: Cheddar and apple slice grilled cheese with butternut squash soup; brie and grape grilled cheese with french onion soup, or mozzarella and parmesan with tomato slice grilled cheese and minestrone soup, etc.*

### Friday

- Special Fried Rice
- (serve with sriracha if you like a little bit of spicy!)
  - *Use rice from Wednesday and leftover pork from Thursday.*

### Saturday

- Your choice (leftovers, take out, restaurant)

### Notes:

This plan leaves you with one flex-day for going out to eat or grabbing take-out or a pizza.

Thursday and Friday are Quick-cook nights and Sunday, Monday and Wednesday make use of your slow cooker.

You will also have 2 frozen meals (egg casserole and chili) put away for future use on busy days!

# Menu #1

Six-Meal Stock-up

## Shopping List

Add to the list any optional items or other items you need to pick up for breakfasts, snacks, or lunches. Check your storage to see if you can cross anything off the list before you shop.

Qty	Vegetables
3	Onions
3	Carrot
9	Garlic cloves
1½ in.	Ginger root
5	Scallions
1	Baby Bok Choy
1 bag	Prepared salad
½ lb	Green beans (side for 4)

Qty	Dairy/Cold
14	eggs
2 c.	Shredded cheese
3 tbsp	Heavy cream
1 cup	milk
2 tbsp	Plain yogurt
1 c.	Prepared cole slaw
4 slices	Cheese (grilled cheese)
4 tbsp	Butter
1 cup	Frozen Peas
1 pkg	Frozen Hashbrowns
1 cup	Frozen Corn

Qty	Cans and Jars
75 oz	Diced tomatoes
2 tbsp	Chilies in adobo (sauce)
3 tbsp	Coconut Oil
1/3 c.	Soy Sauce
1 tbsp	Maple syrup/ honey (opt.)
3drops	Dark sesame oil
1 tbsp	Worcestershire Sauce
4 tbsp	Barbecue sauce
15 oz	Veg or Chicken stock
1 box	Tomato soup (serves 4)
	Salad dressing

Qty	Fruits
1	lemon
1 lb	Prepared fruit salad (side for four)

Qty	Meat
½ lb	Ground beef (optional - chili)
1 lb	Bacon/Breakfast sausage
¾ lb	Chicken breast
2.5 to 3 lb	Pork shoulder/Boston Butt

Qty	Baking/Spices/Dry Goods
½ to ¾ c.	Dry Pinto Beans (from the bulk section of the store)
½ to ¾ c.	Dry Black Beans (or you could use kidney beans)
2 cups	Basmati rice
4 tbsp	Chili Powder
5 tsp	Ground Cumin
3	Dry bay leaves
1 tsp	Ground coriander
½ tsp	Turmeric
Pinch	Cayenne pepper
½ tsp	Garam masala
1 pkg	Hamburger buns
1	Naan bread
8 slices	Bread

Qty	Miscellaneous
2	Zip top freezer bags

# Menu #1

## Recipe

### Slow Cooker Chili

*Serves 4 (cook one batch, put one batch in a freezer bag for the future)*

	Ingredients
½ to ¾ cup	Dry Pinto Beans (from the bulk section of the store)
½ to ¾ cup	Dry Black Beans (or you could use kidney beans)
½ lb	Ground beef (optional)
2	Onions, diced (1 per batch)
2	Carrot, diced (1 per batch)
½ cup	Frozen Corn (per batch)
2 cloves	Garlic, minced (per batch)
2 tbsp	Chili Powder (per batch)
2 tsp	Ground Cumin (per batch)
2 X 15 oz can	Diced tomatoes (or one large can), do not drain (per batch)
1 tbsp	Adobo sauce from a can of chipotle chilies in adobo (optional) (per batch)
1	Dried Bay Leaf (per batch)

You will have twice as much of most ingredients listed above if you followed the shopping list. Following the plan, you will make one batch in the slow cooker and put one in a freezer bag.

Rinse and carefully pick over the beans. If using beef, brown and drain fat. Add all ingredients to the slow cooker and add 1/2 cup of water. Stir, cover, and cook on low for 8 - 10 hours. Check in on the chili a few times to make sure the beans haven't dried it out – you may need to add a bit more water. Other yummy things to add are: 1 tbsp cocoa powder, ¼ c. brown sugar, 1 tbsp Worcestershire Sauce (excellent – highly recommend!), ¼ c. of your favorite bbq sauce if you like. Top with shredded cheddar, crushed tortilla chips, and sour cream.

For your frozen bag, you will not include beans or optional ground beef. Assemble ingredients from onion through bay leaf in the bag. Write on the bag “Chili” and the date assembled, and “slow cooker – 8 hours – Low.” Also, write “Additional ingredients: ¾ c. dry pinto, ¾ c. dry black beans, ½ lb browned ground beef (opt) - rinse, pick over beans – add at start of cook time.”

Note: You don't need to use dry beans – you can use canned beans instead (I use 2-3 cans), but be sure to rinse them thoroughly, discard the liquid, and stir them in at the end (last hour) of cook time.



# Menu #1

## Recipe

Six-Meal  
Stock-up

### Breakfast-for-Dinner Casserole

Serves 8+

	Ingredients
1 package	Frozen Hash browns, thawed
1 lb	Breakfast sausage or bacon or combination, cooked, crumbled
12	Eggs, scrambled
1.25 cup	Milk
2	Scallions, chopped
2 cups	Shredded cheese (I use cheddar)
	Salt and pepper
	Butter or spray oil for greasing slow cooker

Generously grease slow cooker.

Layer thawed hash browns, then breakfast meat(s), then cheese, repeat until used up (I usually end up only getting two layers of each ingredient, but it will depend on your slow cooker). Scramble eggs and milk, season with salt and pepper. Pour the egg mixture over the layers (try to pour it around the layers so it flows over all of your ingredients). You may not see the egg mixture as it doesn't quite submerge the layers. This is as it is supposed to be.

You could add more vegetables, such as bell pepper, spinach, or take a southwest detour with salsa.

Cook on low for 10-12 hours until set through.



# Menu #1

## Recipe

### Chicken Malai wali Murghi

Serves 4

	Ingredients
2 cups	Cooked chicken
3 tbsp	Coconut oil
1	Small onion, finely diced
3 cloves	Garlic, peeled
½ inch	Ginger, peeled
1 tsp	Ground cumin (divided into two ½ tsps)
1 tsp	Ground coriander (divided into two ½ tsps)
½ tsp	Turmeric (divided into two ¼ tsps)
Pinch	Cayenne pepper
15 oz	Diced tomatoes
2 tbsp	Plain yogurt
½ tsp	Garam masala
3 tbsp	Heavy cream

In a large bowl, sprinkle pre-cooked chicken with 1/2 tsp cumin, 1/2 tsp coriander, 1/4 tsp turmeric, and half your desired amount of cayenne pepper. Add salt and pepper, if desired. Stir and set aside. If using fresh chicken breasts, cut into bite sized pieces, sprinkle with spices and cook quickly in 1 tbsp oil. Set aside.

Heat 3 tbsp coconut oil over medium high heat in a large, wide pan. Add onions and cook until browned. Meanwhile, place garlic and ginger and 1/3c water in a blender or food processor and process until everything is an even, loose paste. (Alternatively, you could mash the garlic with the side of your knife and grate the ginger with a fine grater.) Add garlic and ginger paste to the browned onions and cook until the water from the paste has evaporated. Add the second half of each spice (1/2 tsp cumin, 1/2 tsp ground coriander, 1/4 tsp turmeric, and half your preferred amount of cayenne) and continue to cook for about 3 minutes, stirring. Reduce heat to medium low and add tomatoes. Cook for 3 more minutes, mashing the tomatoes with the back of a slotted spoon. Next, add yogurt (stir in one tbsp at a time), 1/2 cup water and the cooked chicken. Cover and let simmer for 10-15 minutes. Remove lid and add garam masala and cream. Increase heat and bring to a boil, stirring and cooking until sauce is thickened.

This recipe is my adaptation of one from [Madhur Jaffrey's "Illustrated Indian Cookery"](#) – love this cookbook – highly recommend!

# Menu #1

## Recipe

### Pulled Pork Sandwiches

*Serves 4*

	Ingredients
2.5 – 3lb	Pork shoulder/Boston Butt
1	Bay leaf
1	Lemon (juiced)
½ cup	Water
	Salt and pepper

Trim excess fat from pork shoulder.

Place pork shoulder, water, and bay leaf in slow cooker. Add lemon juice (I usually go ahead and throw the peels in, too. Sprinkle with salt and pepper. Cover.

Cook for 8 hours on low (or 5 hours on high).

When finished, remove the pork and take out any bone or fatty pieces and shred pork with two forks. Remove 1 to 2 cups of shredded pork to set aside as an ingredient for a dinner later in the week.

If you like barbecue sauce, add it to your taste and stir. If you prefer a Carolina-style barbecue, add 1/3 cup cider vinegar and a few shakes of Worcestershire sauce and stir.

Serve on hamburger buns.



# Menu #1

## Recipe

### Special Fried Rice

(Serves 4)

	Ingredients
1 to 2 cups	Shredded Pork (from Thursday)
2	Eggs, scrambled with a fork
1	Carrot, cut into matchsticks
1	Baby Bok Choy, cut into chunks
½ cup	Frozen Peas
3	Scallions, chopped (white and green)
1 inch	Ginger, peeled and finely grated
2 cloves	Garlic, minced
2 cups	Leftover Rice from Wednesday (use however much you have)
2 tbsp	Olive Oil
1/3 cup	Soy Sauce
1 tbsp	Maple syrup or honey (optional)
A few drops	Dark sesame oil

Be sure to have all ingredients chopped and prepped prior to starting to cook as the process goes quickly.

Place 1 tbsp of olive oil in a large pan or wok over medium-high heat. Add white scallions. Cook for one minute until starting to turn golden. Add carrot, cook for another minute. Add ginger, garlic, and bok choy. Cook for 30 seconds to one minute, until bok choy is wilted. Push vegetables aside and add eggs. Cook, agitating eggs constantly, for about 30 seconds. Remove all ingredients from pan and set aside.

Place pork in pan with ¼ cup of water. Stir, heating through. Once pork is fully reheated, set aside with other ingredients.

Add final tbsp of olive oil to the pan. Once hot, add rice. Allow rice on the bottom to crisp up a bit (30 seconds), then stir. Repeat the process a few times. Add soy sauce, maple syrup or honey, and previously cooked meat, egg, and vegetables. Add peas. Stir for a minute or two to heat through. Remove from heat. Add a few drops of the sesame oil and stir.

Serve with sriracha or other hot sauce, if desired.

