

# Weekly Meal Plan

## Easy Meal Prep Sunday + Flexible Family Dinners

with @christinesnotebook

### Sunday

**Prep:** Braise 6-8 lbs chuck roast with garlic, onion, and bone broth. Using a large dutch oven pot, season meat *well* with salt and pepper, sear meat, remove meat from pan. Add aromatics and saute, add optional flavorings like tomato paste, and red wine vinegar. Add meat back, cover meat  $\frac{2}{3}$  with water or broth. Cover with lid and place dutch oven pot in oven at 300 for 4-6 hours until tender. Shred meat and reserve meat and juice for later in the week.

### Dinner: Hawaiian Chicken Tacos w/ Jalapeno Ranch

Recipe below is a double batch. This is Dinner for Sunday and Thursday.

[Get the recipe → pinchofyum.com/instant-pot-hawaiian-chicken-tacos](https://pinchofyum.com/instant-pot-hawaiian-chicken-tacos)

3-4lbs. boneless skinless chicken thighs  
4 cups fresh pineapple, finely chopped  
2 jalapeño, minced (remove ribs and seeds for less heat)  
1 red onion, minced  
6 cloves garlic, minced  
2 teaspoon chili powder  
2 teaspoon cumin  
2 teaspoon salt  
2 tablespoon sriracha  
2 tablespoon yellow mustard  
1/2 cup water or broth

### Jalapeno Ranch

1/2 cup mayonnaise  
1/4 cup olive oil  
1/4 sour cream  
1 tablespoon white vinegar  
2 jalapeño (remove ribs and seeds)  
1 clove garlic  
1 teaspoon dried dill (or 1/4 cup fresh)  
1/4 cup fresh parsley  
1/4 cup fresh chives (or 1/2 tsp onion powder)  
1/2 teaspoon salt + pinch of pepper

**Instructions:** Add all ingredients to instant pot and cook on high pressure for 15 minutes. Shred meat and transfer to sheet pan and broil for 10-15 minutes. Add dressing ingredients to a food processor and until until smooth. Shred a whole small cabbage (core removed) and toss with all of the Jalapeno Ranch. Save this slaw into an airtight container as you'll need it for two more meals!

### Monday

### Dinner: BBQ Chuck Roast over Roasted Sweet Potatoes

Serve with slaw (cabbage + jalapeño ranch dressing)

**Prep:** Prepare Naan bread dough for Tuesday.

**Instructions:** Pierce sweet potatoes with a fork and roast at 425 for 45 minutes. Heat up 1/3<sup>rd</sup> of the shredded chuck roast in a saute pan. Season as needed. Serve over sweet potatoes with BBQ sauce and extra slaw.

## Tuesday

### Dinner: Beef Gyros on Homemade Naan Bread w/ Tzatziki sauce

**Instructions:** Heat up half of the leftover chuck roast in a skillet with some olive oil, garlic, and oregano.

[Get the naan recipe → littlespoonfarm.com/sourdough-naan-recipe](http://littlespoonfarm.com/sourdough-naan-recipe)

#### Naan Bread

##### Single batch - I usually double this

½ cup (125 g) sourdough starter or discard

2 ½ cups (300 g) all-purpose flour

½ cup (120 g) milk

¼ cup (60 g) plain yogurt

1 tablespoon (15 g) olive oil

1 ½ teaspoons (7 g) sea salt

#### Tzatziki Sauce

1 cup plain Greek yogurt

1 cucumber, shredded and squeezed dry with a towel

½ tsp salt

½ tsp dried dill

Juice of half a fresh lemon

Drizzle of olive oil

1 garlic clove, grated

#### Instructions:

Mix wet ingredients then dry in a bowl and mix well with your hands. Cover and let it ferment in the fridge overnight. At dinner time, take the dough out of the fridge and divide into 8 pieces. Let sit for 30 minutes, roll out to ⅓ thick and cook on a hot cast iron skillet

#### Instructions:

Shred the cucumber and squeeze out excess liquid using a clean towel. Mix the cucumber into the Greek yogurt. Add salt, dried dill, lemon juice, olive oil, and grated garlic. Stir well. Chill before serving.

## Wednesday

### Dinner: Pasta with Hearty Chuck Roast Ragu

#### Instructions:

Saute a minced onion, 2 minced whole carrots, and 2 minced celery ribs in olive oil. Add a clove of minced garlic. Add the rest of the shredded chuck roast. Add 1 tsp oregano and 1 tsp salt. Add 2 tbsp balsamic vinegar, tomato paste, and a large can of crushed tomatoes and simmer on low for 30 minutes for a quick ragu sauce. As it's cooking, thin out with ½ cup water or broth if it's thickening up too much. Serve over pasta with parmesan or pecorino romano.

## Thursday

### Dinner: Hawaiian Chicken Tacos

#### Instructions:

Lay chicken filling out on a sheet pan and broil for 10-15 minutes until warmed and slightly crisped. Serve over toasted tortillas with the leftover slaw.

## Friday - Clean out the fridge and eat any leftovers!

## Grocery List

### Proteins

- 3-4 lbs boneless skinless chicken thighs
- 6-8 lbs chuck roast

### Produce

- 4 cups fresh pineapple (about 1 medium-large pineapple)
- 4 jalapeños
- 1 red onion
- 1 yellow onion (for ragu)
- 1 heads garlic
- 2 whole carrot (for ragu)
- 2 ribs celery (for ragu)
- 1 small head of cabbage
- 6-7 large sweet potatoes
- Fresh parsley (½ cup)
- Fresh chives (½ cup or substitute onion powder)
- 2 cucumbers (1 for yogurt sauce, 1 extra for serving or gyros)
- 1 lemon
- Dried or Fresh Dill

### Dairy

- 1 cup mayo (homemade or store bought)
- Parmesan or Pecorino Romano
- Plain Greek yogurt

### Pantry Items

- Tortillas (corn or flour, for tacos)
- Pasta (for ragu night)
- Ingredients for homemade pita (or store-bought)
- Olive oil
- White vinegar
- Balsamic vinegar (for ragu)
- Bone broth (4-5 cups for braise)
- BBQ sauce
- Mustard (2 tbsp)
- Sriracha (2 tbsp)
- Chili powder (2 tsp)
- Cumin
- Dried dill (2 tsp or 1/4 cup fresh)
- Onion powder (optional)
- Crushed tomatoes
- tomato paste
- optional: bone broth. Homemade preferred! Can skip this and use water

### Notes: