

Weekly Meal Plan #2



Pork Piccata

Monday

4 Bone-in Pork Chops
Salt/Pepper
Flour
Olive Oil
Garlic
White Wine
Lemon
Capers
Butter
Parsley



Baked Chicken

Tuesday

3 Chicken Breasts
3 Chicken Thighs
Salt/Pepper
Buttermilk
1 Egg
Oregano
Garlic Powder
Cayenne pepper
Panko Breadcrumbs



Street Corn Soup

Wednesday

Olive Oil
Unsalted Butter
1 Yellow Onion
Chili Powder
Paprika
Salt/Pepper
Garlic
Frozen Corn (32 oz)
Chicken or Veg Broth
Heavy Whipping Cream
1 Lime
Jalapeno - Cilantro -
Cheese- Tortilla Strips



Short Ribs

Thursday

4 Lb Bone-in Beef Short
Ribs
Cornstarch
Onion Powder
Garlic Powder
Cayenne Pepper
Avocado Oil
Sweet Onions
Garlic
Balsamic Vinegar
Beef Broth
Tomato Paste
Thyme, Rosemary, Bay
Carrots



Epic Sandwiches

Friday

Mortadella
Jarlsberg Cheese
2 Soft Buns
Dijon Mustard
Mayonnaise