



# THE "NO PLAN" MENU PLAN

by A Modern Commonplace Book

WEEK 2 PREP DAY	RECIPE	INGREDIENTS	DIRECTIONS	GROCERY LIST
<p><b>MAKE SHREDDED PORK</b> Place pork in the crock pot and stab it all over with the tip of a knife. <b>Rub</b> 1 T. sea salt all over pork. <b>Drizzle</b> 1 T. of the the liquid smoke all over and <b>set</b> crock pot to low; cook about 16 hours. Shred and keep in fridge.</p> <p><i>SUBSTITUTION: cook and shred chicken from week 1 or buy 2 rotisserie chickens from the grocery store.</i></p> <p><b>MAKE SALAD</b> Toss 2 bags of your favorite lettuce, 2-4 diced tomatoes, 1 cucumber (optional), and diced carrots (optional). Store in fridge.</p> <p><b>GROUND BEEF</b> Brown 1 lb. ground beef on stove, add ½ diced large onion. Cook 8-10 minutes until brown. Store in fridge.</p> <p><b>TIP for Black Bean Burgers:</b> Crush crackers with rolling pin in ziplock to substitute for bread crumbs and keep in your pantry,</p>	<p><b>Shredded Pork Tacos</b></p> <p><i>SUBSTITUTION: use chicken or black beans for a meatless option.</i></p> <p>COOK TIME: 10 minutes</p>	<ul style="list-style-type: none"> <li>• 4-6 soft taco shells</li> <li>• 1-2 cups of shredded pork</li> <li>• Shredded cheddar cheese</li> <li>• 1 diced tomato</li> <li>• 4 lettuce leaves, shredded</li> <li>• 1 cup salsa</li> </ul>	<p>Warm pork in microwave. Layer pork, salsa, cheese, lettuce and tomato in taco shells. Serve with salad.</p> <p><b>TIP: Use remaining homemade salsa from Week 1.</b></p>	<ul style="list-style-type: none"> <li>• 3 lb pork shoulder blade roast, lean, all fat removed</li> <li>• 1 lb lean ground beef</li> <li>• 1 T. liquid mesquite smoke</li> <li>• 8 hamburger buns</li> <li>• 1 can black beans</li> <li>• 4-6 soft taco shells</li> <li>• 1 cup salsa</li> <li>• 3 bags of lettuce</li> <li>• 4-6 tomatoes</li> <li>• 1 cucumber (optional)</li> <li>• 1 bag of baby carrots (optional)</li> <li>• 2-3 russet potatoes</li> <li>• 1 onion</li> <li>• 1 bag shredded cheddar cheese</li> <li>• 1 bottle barbeque sauce</li> <li>• 1 clove garlic</li> <li>• 2 - 16 oz. cans diced tomatoes</li> <li>• 2 - 16 oz. cans kidney beans</li> <li>• 8 oz. tomato sauce</li> <li>• Sour Cream (optional)</li> <li>• Green onions (optional)</li> <li>• Bacon bits (optional)</li> </ul> <p><b>PANTRY ITEMS:</b></p> <ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 1 T. coarse sea salt</li> <li>• 1 c. bread crumbs</li> <li>• Dried oregano</li> <li>• Dried basil</li> <li>• Cumin</li> <li>• Chili powder</li> <li>• Garlic powder</li> <li>• S&amp;P</li> <li>• ketchup / mustard (optional)</li> </ul>
	<p><b>Slow Cooker Chili</b></p> <p><b>TIP: Make this a 30 minute meal by warming all ingredients on the for 30 minutes.</b></p> <p>COOK TIME: Slow Cooker</p>	<ul style="list-style-type: none"> <li>• Browned ground beef/onions</li> <li>• 1 clove garlic, finely chopped</li> <li>• 2 cans diced tomatoes, not drained</li> <li>• 2 cans kidney beans, drained</li> <li>• 1 can (8 oz) tomato sauce</li> <li>• 2 T. chili powder</li> <li>• 1 ½ t. ground cumin and garlic powder</li> <li>• S&amp;P to taste</li> </ul>	<p>Add beef and all ingredients to slow cooker. Cook on high (4 or 6 hours) or on low (8 or 10 hours). Top with cheddar cheese, sour cream.</p> <p><b>Serve with salad.</b></p>	
	<p><b>Barbeque Pork on Buns</b></p> <p><i>SUBSTITUTION: use shredded chicken</i></p> <p>COOK TIME: 10 minutes</p>	<ul style="list-style-type: none"> <li>• 4 hamburger buns</li> <li>• 1-2 cups of shredded pork</li> <li>• 1 bottle barbeque sauce</li> </ul>	<p>Heat pork in microwave and add barbeque sauce to taste. Serve on buns with salad.</p> <p><b>TIP: Make your own barbeque sauce with 1 cup ketchup, 1/2 T. brown sugar, 1 T. soy sauce, 1 T. Worcestershire sauce, 1 T. apple cider vinegar, ½ t. red pepper flakes (or more to taste), and 1-2 cloves of garlic, minced (not on grocery list)</b></p>	
	<p><b>Baked Potato Bar</b></p> <p>COOK TIME: 1 hour</p>	<ul style="list-style-type: none"> <li>• 2-3 russet potatoes</li> <li>• 1-2 cups of chili</li> <li>• Shredded cheddar cheese</li> <li>• Sour Cream (optional)</li> <li>• Green onions (optional)</li> <li>• Bacon bits (optional)</li> </ul>	<p>Wash potatoes and stick with fork. Bake at 350° for one hour. Warm chili in microwave and top potatoes with chili and cheese. Add your favorite toppings. Serve with salad.</p> <p><b>TIP: Serve buffet-style for company!</b></p>	
	<p><b>Black Bean Burgers</b></p> <p>COOK TIME: 30 minutes</p>	<ul style="list-style-type: none"> <li>• 4 hamburger buns</li> <li>• 1 can black beans, drained</li> <li>• 1 egg</li> <li>• 1/2 onion, chopped</li> <li>• 1 cup bread crumbs</li> <li>• 1 t. dried oregano &amp; basil</li> <li>• ½ t. garlic powder / S&amp;P</li> <li>• 4 lettuce leaves</li> <li>• 1 tomato, sliced</li> <li>• ketchup / mustard (optional)</li> </ul>	<p>Put beans in a large bowl and mash with a fork or potato masher. Add egg, onion, bread crumbs, oregano, basil, garlic powder, and S&amp;P. Mix well and shape into 4 patties. Grill on indoor grill, or in skillet over medium heat. Cook (flipping once on skillet), until brown on both sides and cooked through, about 10 minutes total. Transfer to buns, top with lettuce, tomatoes, ketchup and mustard (optional). Serve with salad.</p>	