

# \$5 MEAL PLAN

  
20-minute  
meal

  
freezer-  
friendly

  
slow cooker  
meal

  
one-dish  
dinner

  
chop  
ahead

  
make  
ahead

## 1 SLOW COOKER CUBAN STYLE PORK ROAST

4 Servings



ACTIVE TIME 5 minutes

COOK TIME 4 hours on low

### INGREDIENTS

1 1/2 lbs. pork loin  
1 1/2 tsp smoked paprika  
1 Tbsp dried oregano  
1 1/2 tsp ground cumin  
1 tsp fresh garlic, minced  
1/4 cup orange juice  
1 Tbsp lime juice  
1 cup brown rice, as side dish  
Fresh veggies, as side dish

### DIRECTIONS

1. Spray your slow cooker with nonstick cooking spray.
2. Place the pork loin in the slow cooker.
3. In a small bowl, mix all the remaining ingredients, except the rice and veggies.
4. Pour the herb and spice mixture over the pork loin.
5. Cover with the lid and set to low. Cook for 4 hours or until internal temperature reaches 150 F. Allow the pork to rest for 3 minutes before slicing and serving.
6. Prepare rice as directed on package.
7. Prepare fresh veggies.
8. Serve [Slow Cooker Cuban Style Pork Roast](#) with sides of rice and veggies.

## 2 GRILLED FLANK STEAK WITH TOMATILLO SALSA

4 Servings



ACTIVE TIME 10 minutes

COOK TIME 15 minutes\*

### INGREDIENTS

1 cup brown rice  
1 1/2 lbs. flank steak  
Salt and pepper, to taste  
6 small tomatillos, leaves removed  
1 small jalapeño, seeded and diced  
(omit if you don't want it to be spicy!)  
Leaves from 6 stems of cilantro  
Juice from 1 lime  
15 oz. can black beans, drained and rinsed

### DIRECTIONS

1. Prepare the rice as directed. (Note: brown rice can take up to 50 minutes.)\*
2. Preheat the grill.
3. Season both sides of the flank steak with salt and pepper. When the grill is hot, add steak to the grill and cook 6 to 8 minutes per side. Cooking time will depend on thickness of the filet, heat of the grill and how done you prefer your steak.
4. While the steak is grilling and the rice is cooking, add the tomatillos, jalapeno, cilantro leaves, salt and pepper to a small food processor and puree into fresh tomatillo salsa.
5. Warm the black beans in a small saucepan, if desired.
6. Slice the cooked steak into strips.
7. Serve [Grilled Flank Steak topped with Tomatillo Salsa](#) with a side of rice and black beans.

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## 3 SLOW COOKER SPINACH ARTICHOKE DIP CHICKEN



4 Servings



ACTIVE TIME 15 minutes

COOK TIME 6 hours on low

### INGREDIENTS

4 small boneless, skinless chicken breasts  
1 tsp garlic powder  
Salt and pepper, to taste  
1 cup Parmesan cheese  
2 cups shredded mozzarella cheese  
10 oz. frozen spinach, cooked and well drained  
8 oz. cream cheese, softened  
2 cups chopped artichoke hearts  
Fresh veggies, as side dish

### DIRECTIONS

1. Place the chicken breasts into the base of the slow cooker and sprinkle with garlic powder, salt and pepper.
2. In a mixing bowl, combine the Parmesan cheese, mozzarella cheese, well drained spinach, cream cheese and chopped artichoke hearts.
3. Place the spinach artichoke mixture on top of the chicken. Set the slow cooker on low and cook for 6 hours. (If your slow cooker runs hot, you might want to add 1/2 cup of water around the chicken.)
4. Once the chicken is cooked, remove it and slice it up and then add the spinach artichoke dip over the sliced chicken.
5. Prepare veggies.
6. Serve [Slow Cooker Spinach Artichoke Dip Chicken](#) with a side of veggies.

## 4 GRILLED RATATOUILLE

4 Servings



ACTIVE TIME 20 minutes

COOK TIME 20 minutes

### INGREDIENTS

1/4 cup olive oil + extra to brush on  
2 medium onions, quartered  
2 green bell peppers, quartered  
2 eggplants, cut in 1" slices lengthwise  
2 medium zucchini, cut in 1" slices lengthwise  
2 medium yellow squash, cut in 1" slices lengthwise  
4 large tomatoes, halved  
8 cloves garlic  
1 tsp each of basil, marjoram, thyme, and parsley  
Salt and pepper, to taste  
1 head romaine, as side dish

### DIRECTIONS

1. Preheat the grill.
2. In a small bowl, combine 1/4 cup olive oil with the basil, marjoram, thyme, and parsley.
3. Use 1/2 of the oil mixture to brush over the vegetables.
4. Grill the vegetables approximately 4 inches from the flame. Grill tomatoes, peppers, garlic, and mushrooms for 6-7 minutes. Grill the zucchini, yellow squash, eggplant, and onions for 13 – 15 minutes.
5. Put the garlic cloves through a garlic press and add to the remaining oil mixture.
6. Chop the grilled vegetables and place them in a large bowl. Pour remaining oil mixture over vegetables and toss to thoroughly coat.
7. Wash and chop romaine.
8. Serve [Grilled Ratatouille](#) at room temperature over a bed of romaine.

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## 5 SHRIMP SCAMPI

4 Servings



ACTIVE TIME 10 minutes

COOK TIME 15 minutes

### INGREDIENTS

1 lb. spaghetti noodles  
3-4 Tbsp extra virgin olive oil  
2 Tbsp butter or margarine  
4 garlic cloves, crushed  
3-4 Tbsp grated parmesan cheese  
About 20 frozen shrimp, tails and veins removed  
Fresh veggies, as side dish

### DIRECTIONS

1. In medium saucepan, cook pasta as directed on package. Drain.
2. In skillet over medium high heat, add olive oil, butter or margarine, crushed garlic cloves and parmesan cheese. Stir continuously until starts bubbly. Then reduce heat and add the shrimp. Let simmer for 6-7 minutes.
3. Once pasta is cooked and drained, add shrimp sauce to the pasta noodles and mix well.
4. Prepare fresh veggies.
5. Serve [Shrimp Scampi](#) with a side of veggies.

## 6 SLOW COOKER BORRACHO BEANS WITH CHORIZO SAUSAGE

8 Servings



ACTIVE TIME 10 minutes

COOK TIME 8 hours on low

### INGREDIENTS

1 lb. dried pinto beans  
2 poblano or serrano chiles, seeded and chopped  
8 oz. Mexican chorizo sausage, cut into small pieces  
1 small white onion, chopped  
2 cloves garlic, minced  
15 oz. can diced tomatoes, undrained  
2 cups chicken stock  
1 cup tequila or Mexican beer, optional  
Salt and pepper, to taste  
Chopped cilantro leaves, optional garnish

### DIRECTIONS

1. Soak the beans in a bowl of warm water for an hour, or in a bowl of lukewarm water overnight. Drain and rinse well.
2. Add the soaked beans, chopped poblano or serrano peppers, chorizo sausage pieces, chopped onion, minced garlic, diced tomatoes (undrained), 2 cups chicken stock plus 5 cups water to your slow cooker.
3. Stir in the optional tequila or Mexican beer and add some salt and pepper. Cook on low for 8 hours.
4. Serve [Slow Cooker Borracho Beans with Chorizo](#) as a main course or side dish.

### NOTES

\*This is a perfect recipe to make as a side dish to go with the Flank Steak this week!



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## 7 RASPBERRY CRESCENT ROLLS

4 Servings, 8 rolls

 **ACTIVE TIME** 15 minutes  
**COOK TIME** 15 minutes

### INGREDIENTS

8 refrigerated crescent rolls  
4 oz. cream cheese  
2 tsp vanilla, divided  
4 Tbsp sugar, divided  
3/4 cup washed raspberries  
1 1/2 tsp cornstarch  
1/4 cup powdered sugar  
1/2 Tbsp milk

### DIRECTIONS

1. Preheat your oven to 350 F. Line a baking sheet with parchment paper or silicone baking mat. Lay the crescents triangles onto the lined baking sheet.
2. In a small bowl, mix together the cream cheese, 1/2 tsp vanilla, and 2 Tbsp sugar.
3. In a separate bowl, gently toss the raspberries, 2 Tbsp sugar, and cornstarch.
4. Scoop about 1/2 Tbsp of the cream cheese mixture on the center of each crescent roll. Then scoop about 1/2 Tbsp of your raspberry mixture onto the cream cheese. Repeat and roll up all crescent rolls and bake in the preheated oven for 15 minutes.
5. While baking, mix your powdered sugar, 1 1/2 tsp vanilla, and milk. Drizzle over the warm rolls after they finish baking.
6. Serve [Raspberry Crescent Rolls](#) for breakfast or snack.

## 8 PIZZA GRILLED CHEESE SANDWICHES

4 Servings

 **ACTIVE TIME** 10 minutes  
**COOK TIME** 10 minutes

### INGREDIENTS


1 Tbsp olive oil  
8 slices of sandwich bread  
1/2 cup pizza sauce  
8 slices of mozzarella cheese  
32 pepperoni slices  
1/2 white onion, diced  
1/2 green bell pepper, diced  
8 oz. mushrooms, washed and sliced  
Fresh fruit, as side dish

### DIRECTIONS

1. Brush frying pan with olive oil.
2. Spoon pizza sauce onto 2 slices of bread.
3. Place cheese on top of one of the pieces of bread.
4. Top the cheese with pepperoni and the prepared veggies. Add more pepperoni on top of the veggies if you wish.
5. Place another slice of cheese on top of the veggies and pepperoni.
6. Top with the other piece of bread and place on the skillet. (Repeat until you have assembled all of your sandwiches).
7. Fry over a medium heat until the bread is brown and the cheese starts to melt. Flip and cook on the remaining side until the bread is brown.
8. Prepare fresh fruit.
9. Serve [Pizza Grilled Cheese Sandwiches](#) with a side of fruit.

## 9 SLOW COOKER BERRY CRISP

6 Servings

 **ACTIVE TIME** 10 minutes  
**COOK TIME** 2 1/2 hours on high

### INGREDIENTS

12 oz. raspberries, fresh or frozen  
12 oz. blackberries, fresh or frozen  
16 oz. strawberries, hulled, fresh or frozen  
1/2 cup sugar  
4 Tbsp cornstarch  
1/3 cup berry preserves  
1/2 cup oats  
1/2 cup light brown sugar  
1/4 cup all purpose flour  
3 Tbsp butter  
2 tsp ground cinnamon  
1 pint ice cream, optional

### DIRECTIONS

1. Spray the slow cooker with non-stick cooking spray.
2. Add the raspberries, blackberries, strawberries, sugar, cornstarch, and preserves to the slow cooker. Stir until all the berries are coated evenly.
3. In a small bowl, combine the oats, brown sugar, flour, butter, and cinnamon. Use a fork or pastry blender to cut the butter into the mixture.
4. Sprinkle the oat mixture over the berries.
5. Place the lid on and set the slow cooker to high. Cook for 2 1/2 hours. Berries will be bubbly and oat topping will be a little firm.
6. Optional: Turn your oven broiler on low and remove the lid to the slow cooker. Place the slow cooker insert in the oven for 2 – 3 minutes until top is lightly browned. Remove from oven.
7. Allow to cool for 15 minutes before serving.
8. Serve [Slow Cooker Berry Crisp](#) with optional ice cream.

### NOTES

\* Only place your slow cooker insert under the broiler, if it's safe to do so.

## 10 STRAWBERRY SORBET

8 Servings

 **ACTIVE TIME** 35 minutes\*  
**COOK TIME** 5 minutes

### INGREDIENTS

2 lbs. strawberries, washed and hulled  
1 cup sugar  
1/2 cup water  
2 cups rock salt, optional (if your ice cream maker needs it)  
5 lbs. ice, optional (if your ice cream maker needs it)

### DIRECTIONS

1. Add sugar and water to medium sauce pan. Bring to a boil, stirring occasionally. Remove from heat as soon as the sugar is dissolved.
2. Puree strawberries in a blender or food processor. . You should have about 4 cups of pureed fruit.
3. Add pureed strawberries to sugar syrup and mix well. Place mixture in the refrigerator to cool for one hour.
4. Place strawberry mixture in an ice-cream maker and follow your models directions to process the sorbet. It takes approximately 30 minutes.
5. Place sorbet in a container with a lid and place in the freezer to hard freeze your sorbet. It takes approximately 3 hours.
6. Serve [Strawberry Sorbet](#).

### NOTES

\*Allow 3 hours freezing time.

# \$5 MEAL PLAN

# Shopping List

## PRODUCE

item	quantity	meals used
<input type="checkbox"/> lime juice	1 Tbsp	①
<input type="checkbox"/> tomatillos	6 small	②
<input type="checkbox"/> jalapeno	1 small	②
<input type="checkbox"/> cilantro	8 stems	② ⑥
<input type="checkbox"/> lime	1	②
<input type="checkbox"/> white onions	4	④ ⑥ ⑧
<input type="checkbox"/> green bell peppers	3	④ ⑧
<input type="checkbox"/> eggplants	2	④
<input type="checkbox"/> zucchini	2 medium	④
<input type="checkbox"/> yellow squash	2 medium	④
<input type="checkbox"/> tomatoes	4 large	④
<input type="checkbox"/> garlic	14 cloves	④ ⑤ ⑥
<input type="checkbox"/> romaine	1 head	④
<input type="checkbox"/> poblano chiles	2	⑥
<input type="checkbox"/> raspberries	18 oz.	⑦ ⑨
<input type="checkbox"/> mushrooms	8 oz.	⑧
<input type="checkbox"/> blackberries	12 oz.	⑨
<input type="checkbox"/> strawberries	3 lbs.	⑨ ⑩
<input type="checkbox"/> fresh fruit (side)	1	⑧
<input type="checkbox"/> fresh veggies or salad (side)	3	① ③ ⑤
<input type="checkbox"/>		
<input type="checkbox"/>		

## BREAD-BAKERY-STARCHES

item	quantity	meals used
<input type="checkbox"/> brown rice	2 cups	① ②
<input type="checkbox"/> spaghetti noodles	1 lb.	⑤
<input type="checkbox"/> sandwich bread	8 slices	⑧
<input type="checkbox"/> oats	1/2 cup	⑨
<input type="checkbox"/>		
<input type="checkbox"/>		

## DAIRY-FROZEN

item	quantity	meals used
<input type="checkbox"/> orange juice	1/4 cup	①
<input type="checkbox"/> Parmesan cheese, shredded	1 cup	③
<input type="checkbox"/> mozzarella cheese, shredded	2 cups	③
<input type="checkbox"/> frozen spinach	10 oz.	③
<input type="checkbox"/> cream cheese	12 oz.	③ ⑦
<input type="checkbox"/> butter	5 Tbsp	⑤ ⑨
<input type="checkbox"/> Parmesan cheese, grated	4 Tbsp	⑤
<input type="checkbox"/> frozen shrimp	20	⑤
<input type="checkbox"/> refrigerated crescent rolls	8 ct.	⑦
<input type="checkbox"/> milk	1/2 Tbsp	⑦
<input type="checkbox"/> mozzarella cheese, slices	8	⑧
<input type="checkbox"/> ice cream, optional	1 pint	⑨
<input type="checkbox"/>		
<input type="checkbox"/>		

## MEATS

item	quantity	meals used
<input type="checkbox"/> pork loin	1 1/2 lbs.	①
<input type="checkbox"/> flank steak	1 1/2 lbs.	②
<input type="checkbox"/> boneless, skinless chicken breasts	4 small	③
<input type="checkbox"/> Mexican chorizo sausage	8 oz.	⑥
<input type="checkbox"/>		
<input type="checkbox"/>		

①	Cuban Style Pork Roast	⑥	Boracho Beans
②	Grilled Flank Steak	⑦	Raspberry Crescent Rolls
③	Artichoke Dip Chicken	⑧	Pizza Grilled Cheese
④	Grilled Ratatouille	⑨	Berry Crisp
⑤	Shrimp Scampi	⑩	Strawberry Sorbet

# \$5 MEAL PLAN

## PANTRY STAPLES

Add to your list if you don't have them on hand.

item	quantity	meals used
<input type="checkbox"/> olive oil	1/2 cup + 1 Tbsp	4 5 8
<input type="checkbox"/> black beans	15 oz. can	2
<input type="checkbox"/> dried pinto beans	1 lb.	6
<input type="checkbox"/> diced tomatoes	15 oz. can	6
<input type="checkbox"/> chicken stock	2 cups	6
<input type="checkbox"/> berry preserves	1/3 cup	9
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

## OTHER INGREDIENTS

item	quantity	meals used
<input type="checkbox"/> artichoke hearts, chopped	2 cups or 15 oz. can	3
<input type="checkbox"/> tequila or Mexican beer, optional	1 cup	6
<input type="checkbox"/> pizza sauce	1/2 cup	8
<input type="checkbox"/> pepperoni slices	32	8
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

1	Cuban Style Pork Roast	6	Boracho Beans
2	Grilled Flank Steak	7	Raspberry Crescent Rolls
3	Artichoke Dip Chicken	8	Pizza Grilled Cheese
4	Grilled Ratatouille	9	Berry Crisp
5	Shrimp Scampi	10	Strawberry Sorbet

# Shopping List

## BAKING-SPICES

item	quantity	meals used
<input type="checkbox"/> smoked paprika	1 1/2 tsp	1
<input type="checkbox"/> oregano	1 Tbsp	1
<input type="checkbox"/> cumin	1 1/2 tsp	1
<input type="checkbox"/> minced garlic	1 tsp	1
<input type="checkbox"/> garlic powder	1 tsp	3
<input type="checkbox"/> basil	1 tsp	4
<input type="checkbox"/> marjoram	1 tsp	4
<input type="checkbox"/> thyme	1 tsp	4
<input type="checkbox"/> parsley	1 tsp	4
<input type="checkbox"/> vanilla	2 tsp	7
<input type="checkbox"/> sugar	1 3/4 cups	7 9 10
<input type="checkbox"/> cornstarch	4 Tbsp + 1 1/2 tsp	7 9
<input type="checkbox"/> powdered sugar	1/4 cup	7
<input type="checkbox"/> light brown sugar	1/2 cup	9
<input type="checkbox"/> flour	1/4 cup	9
<input type="checkbox"/> cinnamon	2 tsp	9
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

## ADDITIONAL ITEMS

item	quantity
<input type="checkbox"/> rock salt and ice, as needed for your ice cream maker	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	