



 **SWEET**  
**PEAS** MEALS

3-DAY MEAL PLAN





# 3-DAY MEAL PLAN PREVIEW

S

**Slow Cooker Sweet and Spicy Pork Shoulder**

M

**Easy Skillet Vegetable Lasagna**

T

**Grilled Chicken Blueberry Feta Salad with Lemon Poppy Seed Vinaigrette**

## BREAKFAST & LUNCH IDEAS

Need breakfast and lunch inspiration this week? Here are a few easy ideas!

**Banana Blueberry Baked Oatmeal Cups**

**Banh Mi Rice Bowls**

## WEEKLY CHALLENGE

### Loaded Taco Bar Challenge!!!

Is there any better way to celebrate the weekend than with a taco party?! We like to prepare grilled chicken and grilled steak for tacos, then set it out with an array of toppings (because, hello - life is allllllll about the toppings!) for a build your own taco bar. Check out some of our favorite taco toppings below or get creative with your own. Invite the neighbors over, whip up some margaritas, and be sure to check in with us on Instagram to show us your taco bar by using [#SPMChallenge!](#)

## WEEKEND FUN

### TGIF:

Jessica's Blueberry Mojitos with Lavender Syrup

### WEEKEND BRUNCH:

THE Breakfast Sandwiches

### WEEKEND BAKING:

Maria's Chocolate Banana Bread

## DON'T FORGET...

Check in with the Sweet Peas Meals Community in the members-only Facebook group to ask questions or talk about ingredient swaps. We love to hear from you!

#sweetpeasmeals

[sweetpeasmeals.com](http://sweetpeasmeals.com)

IG: @sweetpeasmeals

FB: SweetPeasMeals

# Shopping List

The ingredients listed here are everything that you'll need for this 3-Day Preview of Sweet Peas Meals, serving 4 people (often with a just a little extra leftover!).

We suggest utilizing this shopping list with 4 easy steps:

**1** Each ingredient notes which night's meals the ingredient is used in (indicated in the parentheses). If you decide not to make a particular recipe this week, go through your list & simply cross off ingredients associated with that meal.

**2** Before you head to the store, shop your own refrigerator, freezer, & pantry to see which ingredients you have on hand - many of the ingredients used in our week's recipes are staples. If you already have an ingredient at home, cross it off your shopping list for the week.

**3** Don't forget to check out this week's Breakfast & Lunch Ideas! These are optional recipes meant for you to pick & choose in order to customize a meal plan that will work best for your schedule & your family. See an idea you like? Simply add the ingredients listed at the bottom of the recipe to your shopping list before you head to the store.

**4** Running low on any of your favorites? Use the blank lines to add in anything else you need from the store this week!

## DINNER MENU:

**Sun:** Slow Cooker Sweet and Spicy Pork Shoulder

**M:** Easy Skillet Vegetable Lasagna

**Tu:** Grilled Chicken Blueberry Feta Salad with Lemon Poppy Seed Vinaigrette

## WEEKEND FUN:

**A.** **#SPMChallenge:** Loaded Taco Bar Challenge!

**B.** **TGIF cocktail hour:** Jessica's Blueberry Mojitos with Lavender Syrup

**C.** **Weekend brunch:** THE Breakfast Sandwiches

**D.** **Weekend baking:** Maria's Chocolate Banana Bread

## PRODUCE

- baby spinach, enough for 6 cups (C)
- 8 cups mixed salad greens (Tu)
- 3 large ripe bananas (D)
- 1 pint blueberries (Tu, B)
- 3 lemons (Tu)
- 2 limes (B)
- 2 large avocados (Tu, C)
- 8-ounces mushrooms (M)
- 1 red bell pepper (M)
- 1 red onion (Tu)
- 1 yellow onion (M)
- 1 seedless cucumber (Sun)
- 1 zucchini (M)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FRESH HERBS AND SPICES

\* While fresh herbs are always going to be the most flavorful, you can typically swap out fresh herbs for dried herbs, using 1/3 the amount called for in the recipe.

- garlic, enough for 7 cloves (M, Tu, C)
- 1 bunch fresh basil, enough for 1/3 cup chopped (M)
- 1 bunch fresh lavender, enough for 2 sprigs (B)
- 1 bunch fresh mint leaves, enough for 2 handfuls (B)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEAT AND SEAFOOD

- 1 pound boneless, skinless chicken breasts (Tu)
- 1 pound boneless, skinless chicken thighs (A)
- 1 2-pound flank steak (A)
- 1 3-4 pound pork shoulder (Sun)
- 4 slices prosciutto (C)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## GRAINS AND BREADS

- 12-16 8-inch tortillas, corn or flour, your choice (A)
- 2 ciabatta or brioche buns (C)
- 8 dried lasagna noodles (M)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## EGGS AND DAIRY

- 3 large eggs (C, D)
- butter, enough for 1/4 C or 1/2 a stick (D)
- feta cheese, enough for 3/4 cup crumbled (Tu)
- 6-ounces fresh mozzarella
- parmesan cheese, enough for 1/4 cup (M)
- ricotta cheese, enough for 1/2 cup (M)
- 4 slices white cheddar or your favorite sliced cheese (C)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PACKAGED/CANNED GOODS AND CONDIMENTS

- dijon mustard, enough for 1 tablespoon (Tu)
- honey, enough for 2 tablespoons
- 1 24-ounce jar pasta sauce (M)
- 1 15-ounce can diced tomatoes (M)
- 1 6-ounce jar sun dried tomatoes in oil (C)
- low-sodium soy sauce, enough for 1/2 cup (Sun)
- hoisin sauce, enough for 2 tablespoons (Sun)
- chili garlic paste, enough for a heaping 1/4 cup (Sun)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BAKING SUPPLIES

- all-purpose flour, enough for 1 cup (D)
- baking soda, enough for 1 teaspoon (D)
- granulated sugar, enough for 1/2 cup (B)
- brown sugar, enough for 1 1/4 cups packed (Sun, D)
- Dutch process cocoa powder, enough for 1/2 cup (D)
- vanilla extract, enough for 1 teaspoon (D)
- semisweet chocolate chips, enough for 1 cup (D)
- almonds, enough for 1 cup (Tu)
- poppy seeds, enough for 1 teaspoon (Tu)
- dried culinary lavender, enough for 2 teaspoons (B)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## OILS, VINEGARS, SPICES, AND HERBS

- olive oil, enough for 2/3 cup (Sun, M, Tu, C)
- canola oil, enough for 1/4 cup - vegetable or coconut oil works too! (D)
- toasted sesame oil, enough for 2 tablespoons (Sun)
- rice vinegar, enough for 1 tablespoon (Sun)
- crushed red pepper flakes, enough for a dash (M)
- dried basil, enough for 1/4 teaspoon (M)
- dried oregano, enough for 1/4 teaspoon (M)
- taco seasoning, enough for 4 tablespoons (A)
- sesame seeds, enough for 1 tablespoon (Sun)
- salt and black pepper, to season
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BEVERAGES

- club soda, enough for 3 ounces (B)
- white rum, enough for 3 ounces (B)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Meal Prep Tips

Meal prepping is an essential part of pulling together delicious and nutritious meals for your family all week long!

Our belief is that a little bit of prep at the beginning of the week will go a long way to help making dinner seem a lot less daunting and a lot more fun (especially when you're busy or exhausted after work!), but no one should have to dedicate hours on Sundays to meal prep marathons! Sundays are for family time and relaxation!!

Find some meal prep suggestions for this week's meal plan below. Most can be done while as you're multi-tasking in the kitchen over the weekend. Make it a family event by getting everyone involved!

## **MEAL PREP TIPS:**

### **CHOP VEGGIES FOR THE WEEK (10 minutes)**

*Chopping veggies for the week alone cuts out half of the prep work involved with many of our recipes! Store them separate airtight containers in the refrigerator.*

- Dice 1 yellow onion (M)
- Thinly slice ½ red onion (Tu)
- Dice 1 red bell pepper (M)
- Dice 1 zucchini (M)
- Slice 8 ounces mushrooms (M)

### **PREP SAUCES AND VINAIGRETTES (5 minutes)**

*Preparing sauces and vinaigrettes in advance gives them time for all of their flavors to meld together. Store in separate airtight containers in the refrigerator.*

- Make lemon poppy seed vinaigrette (Tu)

### **MARINATE PROTEINS (5 minutes)**

*Marinating proteins in advance allows all of the flavor from the marinade to soak into the protein. Store in an airtight container in the refrigerator to avoid leaking!*

- Marinate chicken in poppy seed vinaigrette for grilled chicken blueberry feta salad (Tu)

### **PREP BREAKFASTS, LUNCHES, AND SNACKS FOR THE WEEK (Time Varies)**

*Making any breakfasts, lunches, or snacks this week? Get them prepped in advance to save a ton of time during the week and to help you have healthy, convenient options ready to go when you need them! Here are some ideas to prep this week's optional breakfasts and lunches:*

- Make a batch of banana blueberry baked oatmeal cups for grab-and-go breakfasts and snacks this week.
- Pickle carrots and radishes, make rice, and assemble banh mi rice bowls with leftover pork from Sunday's dinner in separate containers for a quick lunch or two this week.

# Slow Cooker Sweet & Spicy Pork Shoulder

*Slow cooker sweet and spicy pork shoulder is one of Jessica's absolute favorites! The pork has a perfect sweet heat (without being too spicy!) and is paired with the fresh, crisp cucumbers that are marinated in a drizzle of toasted sesame oil - the best flavor combination!*

Yield: Serves 4-6

Prep time: 15 minutes

Cook time: 8 - 10 hours

Total time: 8 - 10 hours (includes cooking time)

## INGREDIENTS:

1 pork shoulder, 3 to 4 pounds  
 2 tablespoons olive oil  
 1/2 cup low-sodium soy sauce  
 1/3 cup loosely packed brown sugar  
 1/4 cup chili garlic paste  
 2 tablespoons hoisin sauce  
 toasted sesame oil, for drizzling  
 1 seedless cucumber, thinly sliced (I like to use the mandolin for this)  
 1 tablespoon rice vinegar  
 1 tablespoon toasted sesame oil  
 1 teaspoon chili garlic paste  
 1 tablespoon sesame seeds  
 salt and black pepper, to season

## DIRECTIONS:

1. **Sear the pork shoulder:** Heat a large skillet over medium-high heat and add olive oil. Season the pork shoulder with the salt and pepper and place it in the skillet. Sear on all sides until golden brown, about 1 to 2 minutes per side. Turn off the heat and set aside.

2. **Prepare the slow cooker:** In the bottom of your slow cooker, whisk together soy sauce, brown sugar, chili garlic paste and hoisin sauce. Add the pork shoulder and cover. Cook for 8 to 10 hours on low. Once finished, the pork should fall apart with a fork. Shred it well (removing any bones/fat/etc) and toss the shredded meat in its chili garlic cooking liquid.

3. **Make sesame cucumbers:** While the pork is cooking, place the cucumber slices in a bowl. Whisk together the vinegar, sesame oil and chili garlic paste. Pour over the cucumbers and toss well to coat. Season with the salt and pepper, then sprinkle on the sesame seeds.

4. **Serve with sesame cucumbers.** Drizzle with toasted sesame oil and serve with more chili garlic paste.



## RECIPE NOTES:

- This pork pairs perfectly with jasmine or brown rice. Prepare according to the directions on the package, and stir in some chopped cilantro if you wish! You could also amp up the veggies by serving with steamed broccoli.
- You'll likely have a few servings of pork leftover. You can use leftovers in sandwiches, tacos, with eggs, in a pasta dish, or in this week's suggested lunch - banh mi rice bowls!

# Easy Skillet Vegetable Lasagna

*Easy skillet vegetable lasagna is a family favorite in Maria's house! Your family is going to love this shortcut version of classic lasagna is guaranteed to be a family favorite! It is made in one skillet, is loaded with healthy veggies, and makes a great weeknight meal in less than 40 minutes.*

Yield: serves 6-8

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

## INGREDIENTS:

1 tablespoon olive oil  
 1 yellow onion, diced  
 1 red bell pepper, seeds removed and diced  
 1 zucchini, diced  
 8 ounces mushrooms, sliced  
 3 cloves garlic, minced  
 1/4 teaspoon dried basil  
 1/4 teaspoon dried oregano  
 dash of crushed red pepper flakes  
 8 dried lasagna noodles, uncooked  
 1 24-ounce jar pasta sauce or homemade marinara sauce  
 1 15-ounce can diced tomatoes, undrained  
 salt and black pepper, to taste  
 1/2 cup ricotta cheese  
 6 ounces fresh mozzarella, thinly sliced  
 1/4 cup Parmesan cheese, freshly grated  
 1/3 cup fresh basil, chopped for garnish

## DIRECTIONS:

**1. Sauté the vegetables:** In a large skillet, heat the olive oil over medium-high heat. Add onion, pepper, zucchini, and mushrooms, and cook for 5-7 minutes or until the vegetables are tender. Add in the garlic, dried basil, dried oregano, and dash of crushed red pepper flakes.

**2. Add the pasta:** Break the lasagna noodles into large pieces and add them into the pan. Pour the pasta sauce and tomatoes over the noodles, making sure all of the noodles are covered. You might have to use a spoon to push down some of the noodles. Season with salt and black pepper, to taste.

**3. Cook the pasta:** Reduce heat to medium and cover the skillet with a lid. Cook for 20 minutes or until noodles are al dente. Remove the lid and gently stir in the ricotta cheese. Top the lasagna with fresh mozzarella slices. Put the lid back on until the cheese melts, about 3-4 minutes. Remove the lid and garnish with Parmesan cheese and fresh basil. Scoop the lasagna into bowls or put on plates and serve warm.



## RECIPE NOTES:

- If your skillet doesn't have a lid, you can also use a large baking sheet or a pre-measured piece of aluminum foil to cover the skillet. The goal is to just prevent the steam from leaving the pan so the lasagna noodles can cook to a perfect al dente.
- Feel free to use your favorite vegetables - whatever looks good to you in the store or is on sale! When it comes to store-bought sauce, we love anything by DeLallo.
- To make this lasagna skillet gluten-free, use gluten-free lasagna noodles.

# Grilled Chicken Blueberry Feta Salad with Lemon Poppy Seed Vinaigrette

*This salad is just as easy to make as it is delicious and filling! Our trick is making the lemon poppy seed vinaigrette do double duty as a salad dressing and a marinade for the grilled chicken. Paired with feta, blueberries, and avocados, this salad is going to make your whole family happy!*

Yield: serves 4  
Prep time: 30 minutes  
Cook time: 12 minutes  
Total time: 35 minutes

## INGREDIENTS:

1/3 cup olive oil (extra virgin works great in vinaigrettes)  
3 lemons, juiced (about 1/3 cup fresh lemon juice)  
2 tablespoons honey  
1 tablespoon Dijon mustard  
2 cloves garlic, minced  
1 teaspoon poppy seeds  
1/4 teaspoon salt  
1 pound boneless, skinless chicken breasts  
8 cups mixed salad greens  
1 cup blueberries  
1 large avocado, sliced  
1 cup almonds  
3/4 cup crumbled feta cheese  
1/2 large red onion, thinly sliced  
salt and ground black pepper, to taste

## DIRECTIONS:

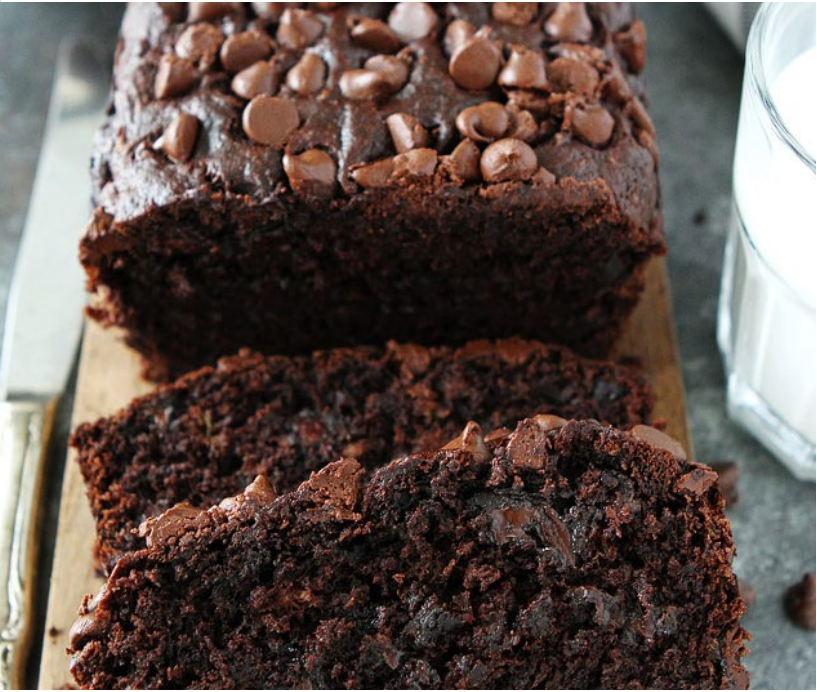
- 1. Make the dressing/marinade:** In a small bowl, whisk together the olive oil, lemon juice, honey, mustard, poppy seeds, and Kosher salt. Taste and season with additional salt and pepper as needed. Reserve half.
- 2. Marinate the chicken:** Place the chicken breasts into a large Ziploc bag or bowl. Pour in half of the dressing and toss to coat the chicken breasts evenly. Marinate the chicken for 20 minutes. If you have time, you can let the chicken marinate for up to 2 hours.
- 3. Grill the chicken:** Heat the grill to medium high heat. Remove the chicken from the bag or bowl and place on the grill. Cook for 6-8 minutes on each side or until chicken is cooked through. Note-discard the dressing that the chicken was in. Let the chicken rest while you prepare the salads.
- 4. Assemble the salads:** Divide the greens, blueberries, avocado, almonds, feta, and red onion onto four plates. Slice the grilled chicken and place on top of the salads. Drizzle with remaining lemon poppy seed dressing and serve immediately.



## RECIPE NOTES:

- Picky kids? - no problem! If your kids won't eat salad, you can cut up the chicken and serve it with avocado toast with blueberries and almonds on the side.
- This salad makes great lunches throughout the week as well! Make a little bit extra chicken and dressing, and prep some additional veggies and toppings. Store separately in the refrigerator in airtight containers and pack your easy, on-the-go lunches throughout the week as you need them.





 **SWEET**  
**PEAS** MEALS

WEEKEND FUN



# WEEKEND FUN!

#SPMCHALLENGE

## Loaded Taco Bar

*Is there any better way to celebrate the weekend than with a taco party?! We like to prepare grilled chicken and grilled steak for tacos, then set it out with an array of toppings (because, hello - life is allllllll about the toppings!) for a build your own taco bar. Check out some of our favorite taco toppings below or get creative with your own. Invite the neighbors over, whip up some margaritas, and be sure to check in with us on Instagram to show us your taco bar with #SPMChallenge!*

Yield: serves 6 to 8 (with leftovers!)  
Prep time: 10 minutes  
Cook time: 15 minutes  
Total time: 30 minutes

### INGREDIENTS:

1 2-pound flank steak  
1 pound boneless, skinless chicken thighs  
1/4 cup taco seasoning (to make your own homemade taco seasoning, see the notes below)  
12 to 16 tortillas (corn or flour - your choice!)  
toppings of choice!

### DIRECTIONS:

- Season the protein:** Place the steak and chicken into separate baking dishes or Ziplock bags. Season each with taco seasoning and take a moment to work it into the protein. If desired, you can let these sit in the fridge to marinate!
- Grill the steak:** Heat your grill to the highest setting. Place the flank steak directly on the grill. If it's about 1-inch thick, about 5 minutes per side will result in medium doneness. When you remove the steak from the grill, let it rest for 10 minutes before slicing the steak against the grain into super thin strips.
- Meanwhile, grill the chicken:** Place the chicken on the grill. Grill it about 5 to 6 minutes per side, then remove and let it sit for 10 minutes. Slice the chicken or shred it with two forks.
- Warm the tortillas:** While the steak and chicken rest, wrap the tortillas in foil and warm them for 5 minutes in a 200 degree F oven.
- Set up your taco bar!** Set out the steak, chicken, and tortillas, along with an array of toppings of your choice. You can prep toppings ahead of time and store in individual airtight containers in the refrigerator if you're serving a crowd - we always like to get the prep work out of the way!

CHECK OUT SOME OF OUR FAVORITE TOPPINGS, OR GET CREATIVE WITH YOUR OWN!:

- Your favorite store bought salsa (red or green!)
- **Homemade Quick Pico de Gallo:** In a bowl, mix together 1 pint quartered cherry tomatoes with 1/4 cup diced sweet onion, 1/4 cup chopped cilantro and the juice of 1 lime, stirring well. Season with a pinch of salt and pepper.
- Shredded lettuce
- Fresh cilantro



- Thinly sliced green onions (cut them at an angle to make them look fancy!)

- **Homemade Quick Pickled Onions:** Whisk together 3/4 cup apple cider vinegar, 1/3 cup water, 1 1/2 tablespoons sugar and 1 teaspoon salt until the sugar and salt dissolve. Place 1 red onion, thinly sliced, in a jar or a cup. Pour over the sliced onions and let sit at room temperature for an hour before serving.

- Thinly sliced fresh jalapeño pepper

- **Grilled Corn, cut from the cob:** While you grill the chicken and steak, place the corn on the cob (husked with silks removed) directly onto the grates. Grill for 5-10 minutes, turning often, until you reach your desired level of char. Season with salt and pepper, and cut kernels off the cob.

- **Jessica's Favorite Quick Guacamole:** In a bowl, mash 3 chopped avocados with a fork. Stir in the 1 jalapeno pepper (seeded and diced), 1/4 cup diced sweet onion, 1/4 cup chopped cilantro, the juice of 1 lime, and 1/4 teaspoon each salt and pepper. Mix until combined and you have the desired consistency (smashed or mashed? - your call!). Taste and season additionally with salt and pepper or more lime juice if needed.

- Thinly sliced avocado

- Freshly grated cheddar cheese

- Crumbled queso fresco cheese

- Sour cream, Greek yogurt or Mexican crema

- Lime wedges



## RECIPE NOTES:

- Making your own homemade taco seasoning couldn't be easier! Combine the following spices and store in an airtight container on your spice rack.

2 tablespoons ground cumin

1 tablespoon smoked paprika

1/2 tablespoon each: chili powder, garlic powder, onion powder

1 scant teaspoon each: salt, ground black pepper, chipotle chili powder (or red chili flake if you like some spice!)

## Jessica's Blueberry Mojitos with Lavender Syrup

Classic mojitos get a major summery update with fresh blueberries and a homemade lavender simple syrup!

Yield: makes 1 serving (easily multiplied!)

Prep time: 5 minutes

Cook time: 10 minutes

Total time: 15 minutes

### INGREDIENTS:

- 1/2 cup fresh blueberries
- 2 1/2 ounces of lavender simple syrup (recipe below)
- handful of fresh mint leaves
- 1 1/2 ounces white rum
- 1 1/2 ounces club soda
- 1 lime, juiced

### For the Lavender Simple Syrup

- 1/2 cup sugar
- 1/2 cup water
- 2 teaspoons dried culinary lavender
- 2 sprigs fresh lavender (optional, garnish)

### DIRECTIONS:

1. **Make the lavender simple syrup:** Place the sugar, water and lavender in a saucepan over medium-low heat, whisking until the sugar dissolves. Once dissolved, bring the mixture to a simmer, and cook for 1 minute. Turn off the heat and set the saucepan aside. Let the syrup cool completely before straining through a fine mesh sieve to remove the lavender. Store in an airtight container in the fridge for up to 1 week.
2. **Make blueberry puree:** Place the blueberries in a small saucepan with 1 tablespoon of water. Heat over medium-low heat until the berries burst and become liquidy. Transfer the mixture to a blender or food processor and blend until pureed smooth. (You can strain this mixture through a fine mesh sieve if desired, but no need to bother if you don't mind little flecks of blueberry in your mojito.) Store in an airtight container in the fridge for up to 1 week.
3. **Assemble blueberry mojito!:** Add 2 tablespoons of the blueberry puree in the bottom of the glass. Add the lavender syrup and stir. Add the fresh mint leaves and muddle them in the bottom of the glass. Cover in ice, rum, soda and lime juice. Mix with a long spoon. Garnish with a sprig of mint or fresh lavender and serve! Cheers!



### RECIPE NOTES:

- Feel free to make these cocktails friendly for kiddos and non-drinkers by serving them spritzer style and swapping the alcohol for extra soda water.
- You can reuse lavender syrup in many different ways - like in a delicious homemade latte or stirred into iced coffee for a weekend treat!.

## THE Breakfast Sandwiches

These are the ultimate weekend breakfast sandwiches - with layers of flavor from garlicky sauteed spinach, creamy avocado, salty prosciutto, sharp white cheddar cheese, and a rich homemade sundried tomato spread.

Yield: serves 2

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

### INGREDIENTS:

- 1 tablespoon olive oil
- 6 cups baby spinach
- 2 cloves garlic
- 1 6-ounce jar sun dried tomatoes in oil
- 4 ounces white cheddar cheese
- 2 ciabatta or brioche buns
- 1 avocado, thinly sliced
- 4 thin slices of prosciutto
- 2 eggs, poached or fried
- salt and black pepper, to taste



### DIRECTIONS:

- Wilt the spinach:** Heat a large skillet over medium heat and add the olive oil. Stir in the spinach and garlic and cook until the greens have wilted. Sprinkle with salt and pepper and set aside.
- Make the sundried tomato spread:** Pour the sundried tomatoes and oil they're jarred in into a food processor. Blend until you have a spread. Spoon the spread into a bowl and set aside.
- Melt the cheese:** Preheat your broiler on high. Place the cheddar slices on both sides of the buns. Place on a baking sheet, cheddar side up. Broil for 1 to 2 minutes, just until the cheese is bubbly and melted.
- Build the sandwiches:** Spread the sundried tomato spread on top of the cheese, top with the spinach, followed by the avocado slices, prosciutto slices and an egg or two, cooked to your liking.

### RECIPE NOTES:

- You can make the sundried tomato spread up to 3 days in advance and store in an airtight container in the refrigerator. Come Saturday or Sunday, all you need to do to serve these weekend breakfast sandwiches is assemble them! Your family is going to feel totally spoiled.
- Make a few extras and store in the refrigerator wrapped tightly in plastic wrap for easy, on-the-go breakfasts throughout the week.

## Maria's Chocolate Banana Bread

This banana bread is seriously the best! It's moist, tender, and is the best way to use up any ripe bananas you have leftover from the week. Plus...chocolate :)

Yield: 1 loaf

Prep time: 10 minutes

Cook time: 1 hour 5 minutes

Total time: 1 hour 15 minutes

### INGREDIENTS:

- 1 cup all-purpose flour
- 1/2 cup Dutch processed cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 3 large brown bananas (1 1/2 cups mashed)
- 1/4 cup unsalted butter, melted and slightly cooled
- 1/4 cup canola oil (vegetable oil or melted coconut oil works too!)
- 3/4 cup packed light brown sugar
- 1 large egg, at room temperature
- 1 teaspoon pure vanilla extract
- 1 cup semisweet chocolate chips, divided

### DIRECTIONS:

- 1. Preheat your oven to 350°F.** Grease a 9-by-5-inch loaf pan with nonstick cooking spray and set aside.
- 2. Combine the dry ingredients:** In a medium bowl, whisk together the flour, cocoa powder, baking soda, and sea salt. Set aside.
- 3. Combine the wet ingredients:** In a large bowl, mash the ripe bananas with a fork. Add the melted butter and oil and stir until combined. Stir in the brown sugar, egg, and vanilla extract. Stir until smooth. Stir the dry ingredients into the wet ingredients, being careful to not overmix. Stir in 3/4 cup of the chocolate chips. Pour batter into prepared pan. Sprinkle the remaining 1/4 cup of chocolate chips over the top of the bread.
- 4. Bake for 60-65 minutes,** or until a toothpick inserted into the center of the bread comes out mostly clean (note, you might have some melted chocolate chips on the toothpick and that is fine...you just don't want a lot of goey batter!).
- 5. Cool and serve!** Remove the pan from the oven and set on a wire cooling rack. Let the bread cool in the pan for 15 minutes. Run a knife around the edges of the bread and carefully remove from the pan. Let the bread cool on the



### RECIPE NOTES:

- This banana bread will keep on the counter, wrapped in plastic wrap, for up to 4 days. This bread also freezes well. To freeze, cool the bread completely and wrap in plastic wrap and aluminum foil. Freeze for up to 1 month. Defrost before slicing.



 **SWEET**  
**PEAS** MEALS

**BREAKFAST, LUNCH,  
& SNACK IDEAS**



# Banana Blueberry Baked Oatmeal Cups

Banana blueberry baked oatmeal cups are perfect for breakfast on the go, school lunches, or snack time. Make a batch on Sunday and you'll be prepped for the entire week!

Yield: makes 12 oatmeal cups

Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

## INGREDIENTS:

2 cups old fashioned oats

1 teaspoon baking powder

1/2 teaspoon sea salt

1 teaspoon ground cinnamon

1 large ripe banana, mashed (1/2 cup mashed)

1 large egg

2 tablespoons coconut oil, melted

1 cup almond milk (we like Almond Breeze's Unsweetened Vanilla)

2 tablespoons pure maple syrup (or 2 tablespoons brown sugar or coconut sugar)

1/2 teaspoon pure vanilla extract

1 cup blueberries (fresh or frozen)

## DIRECTIONS:

1. **Preheat the oven** to 350°F. Grease a muffin pan with non-stick cooking spray and set aside. In a small bowl, combine the ground flaxseed and water. Let sit while you prepare the other ingredients.

2. **Combine the dry ingredients:** In a large bowl, combine the oats, baking powder, salt, and cinnamon. Set aside.

3. **Combine the wet ingredients:** In a separate medium bowl, combine the mashed banana, egg, melted coconut oil, almond milk, maple syrup, and vanilla extract.

4. **Finish the batter:** Add the wet ingredients to the dry ingredients and mix to combine. Gently stir in the blueberries. Pour the mixture into the prepared muffin pan, filling each cup evenly.

5. **Bake** the oatmeal cups for 23-25 minutes or until the cups are a golden brown. Remove from the oven and let the muffins cool in the pan for 5 minutes. Remove from the pan and serve warm.



## WANT TO MAKE THIS RECIPE THIS WEEK?

Add the following items to your shopping list for 1 batch:

- old fashioned oats, enough for 2 cups
- baking powder, enough for 1 teaspoon
- ground cinnamon, enough for 1 teaspoon
- 1 large ripe banana
- 1 large egg
- coconut oil, enough for 2 tablespoons melted
- almond milk, enough for 1 cup
- pure maple syrup, enough for 2 tablespoons (or brown sugar or coconut sugar)
- pure vanilla extract, enough for 1/2 teaspoon
- 1 cup blueberries (fresh or frozen)

## RECIPE NOTES:

- Oatmeal cups will keep in the refrigerator for 2-3 days in an airtight container or in the freezer for up to 1 month. To serve, reheat in the microwave for 30 seconds.
- Be sure to use gluten-free oats if you need your oatmeal cups to be gluten free.
- You can make these oatmeal cups vegan by using a flax egg instead of the egg called for in the recipe. To make a flax egg, combine 1 tablespoon ground flax meal with 3 tablespoons water while you do step #1 and set aside to let it set up.



# Banh Mi Rice Bowls

Give Sunday's slow cooker sweet and spicy pork a makeover this week with banh mi rice bowls for lunch. You use your leftover pork and rice from Sunday and make quick homemade pickled carrots and radishes for a fun, lunch-friendly take on a bahn mi sandwich - easy as that!

Yield: serves 2

Prep time: 45 minutes (includes pickling time)

Cook time: 0 minutes

Total time: 45 minutes

## INGREDIENTS:

6 tablespoons distilled white vinegar (apple cider vinegar works too)

1/4 cup sugar

1/4 teaspoon salt

1 cup shredded carrots

2 radishes, cut into matchsticks

*additional toppings of choice:* sliced cucumber, shredded cabbage, cilantro, sliced jalapeno

2 servings pork, leftover from Sunday night's dinner

3 cups cooked brown jasmine rice

## DIRECTIONS:

1. **Make the pickled carrots and radishes:** In a bowl, whisk together the vinegar, sugar and salt until the sugar and salt is dissolved. Stir in the carrots and radishes and let sit for at least 30 minutes. Drain and store the pickled vegetables in an airtight container in the fridge for up to 5 days.

2. **Assemble your bowls:** When you're ready to make or pack lunch, portion the brown rice into two bowls and top with the shredded pork. Top with the pickled carrots and radishes and your toppings of choice.



## WANT TO MAKE THIS RECIPE THIS WEEK?

Add the following items to your shopping list for 1 batch:

- distilled white vinegar or apple cider vinegar, enough for 6 tablespoons
- granulated sugar, enough for 1/4 cup
- 1 cup shredded carrots
- 2 radishes
- additional toppings of choice: sliced cucumber, shredded cabbage, cilantro, sliced jalapeno, pickled carrots/radishes