

SHOPPING List

sweetpeasandsaffron.com



PRODUCE

- romaine lettuce (4 cups) (2)
- 3 tomatoes (2, 3)
- 1 bunch cilantro (2)
- extra burrito bowl toppings (2)
- 3 medium zucchini (3)
- 2 bell peppers (4)
- 3 small sweet potatoes (4)
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PANTRY

- 13.5 oz can of tomato sauce (1)
- apple cider vinegar (1)
- maple syrup (1)
- rice (2)
- 15 oz can black beans (2)
- 12 oz can corn (2)
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REFRIGERATED

- 2-3 lb boneless pork shoulder (1)
- cheese (1 1/2 cups) (2, 3)
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SPICES & BAKING

- chili powder (1)
- cumin (1)
- salt (1)
- chipotle chili powder (1)
- onion powder (1)
- garlic powder (1)
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to skip any recipe, cross ingredients with the number corresponding to that recipe off the shopping list

- (1) Slow Cooker Pulled Pork
- (2) Pulled Pork Burrito Bowls
- (3) Pulled Pork Zucchini Boats
- (4) Pulled Pork Sweet Potato Skillet

PREP List

1

COOK PULLED PORK

get this started first as it takes the longest. You can also cook it in the Instant Pot. *reserve cooking liquid*

2

SHRED CHEESE

2 cups total.

3

COOK RICE + SHRED LETTUCE

3/4 cup uncooked rice yields roughly 2 cups cooked rice. Cool completely and store in an air tight container in the fridge.

Shred, wash, and spin dry 4 cups of romaine lettuce. Store in an air tight container in the fridge.

4

ASSEMBLE ZUCCHINI BOATS

Slice 3 medium-sized zucchinis in half, then scoop out part of the seeds.

Arrange in a 9 x 13 inch baking dish. Spoon pulled pork in, sprinkle with 1 cup cheese.

Cover and refrigerate for up to 4 days.

5

ASSEMBLE SWEET POTATO SKILLET

Slice 2 bell peppers into strips and place on one end of a large meal prep container.

Slice 4 cups of 1/2 to 3/4 inch sweet potato cubes and place on the other end.

Place 4 cups of pulled pork over the sweet potatoes and pour 1 1/2 cups of cooking liquid over the sweet potatoes.

Cover and refrigerate for up to 4 days.