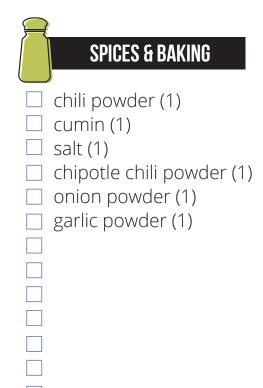




# PANTRY 13.5 oz can of tomato sauce (1) apple cider vinegar (1) maple syrup (1) rice (2) 15 oz can black beans (2) 12 oz can corn (2)





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



### **COOK PULLED PORK**

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



# **SHRED CHEESE**

2 cups total.



### **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.



## **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.



# **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.