



## The Plan

### Sunday

BBQ Pork Sandwiches  
Classic Slaw  
Corn on the Cob with Butter and Parm

### Monday

Caesar Salad with Rotisserie Chicken  
Baguette (optional)

### Tuesday

Hawaiian Pizza  
Corn, Tomato, Basil Salad

### Wednesday

Miso-Butter Tofu  
Avocado Salad with Red Onion and Herbs  
Rice

### Thursday

Pasta Con Ceci

### Friday

Go out. Order in. Relax. You earned it!

## The Shopping List

### Produce

dill or cilantro  
green cabbage (Savoy/Napa)  
6 ears corn  
1 yellow onion  
1 red onion  
garlic  
1 head fresh romaine

2 containers cherry tomatoes  
1 lemon  
pineapple  
basil  
scallions  
2 avocados (not super ripe, they have to last til Thursday)

**Pantry\***

salt & pepper  
celery seed  
dried thyme  
red pepper flakes  
bay leaf  
olive oil  
cider vinegar  
red wine vinegar  
mayonnaise  
honey  
barbecue sauce\*\*  
soy sauce  
hot sauce or dried *guajillo* chiles  
4 oil-packed anchovy fillets  
good quality marinara sauce\*\*  
tomato paste  
small can chicken or vegetable broth  
white or brown rice  
1 15-ounce can chickpeas

**Meat & Dairy**

butter  
2 ½ pound pork loin roast (or  
shoulder if you want it fattier)  
Rotisserie Chicken\*\*\*  
Parmigiano-Reggiano  
2 ounces prosciutto or ham  
1 8-ounce ball mozzarella  
1 block extra firm tofu

**Bread/Refrigerated/Other**

4 hamburger buns, preferably whole  
wheat  
1 16-ounce ball pizza dough  
white miso paste (available at  
Japanese markets or better  
supermarkets)  
ditalini pasta  
baguette (optional)

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\*Hopefully you have most of this already

\*\*Check DALS for homemade versions

\*\*\*or 1 ½ pounds split chicken breasts; salted, peppered, and roasted at 375°F for 40 minutes

**Wracking your brain trying to figure out how to express your gratitude for this? Nothing would make me happier than if you pre-ordered *How to Celebrate Everything* on Amazon, Barnes & Noble, or Indiebound. Thank you!**

## Extra Recipes

### **Slaw**

In a medium bowl, whisk together 1/3 cup cider vinegar, 3 tablespoons mayonnaise, 1/2 teaspoon celery seed, 1 1/2 teaspoons honey, a handful of chopped dill, salt and pepper. Shred 1/2 small head of green cabbage and toss with the dressing.

### **Avocado & Red Onion Salad**

Chop two avocados into medium-size chunks and toss with 1 tablespoon minced red onion, sprinkle of hot pepper flakes, glug of olive oil, 2 teaspoons red wine vinegar, leftover dill or cilantro (chopped) from earlier in the week, salt and pepper.