



# Pantry Meal Plan

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## From My Kitchen to Yours



These are wild times and I want to help as much as I can. I hope this easy meal plan serves as inspiration for you during this difficult time. Right now, you may not be able to find all of the ingredients in the guide, however, I hope you will shop smart and I hope that it gives you some new ideas on how to use traditional pantry staples you may have laying around. Feel confident in making swaps! You may not have all of the exact spices — just use what you can! Or perhaps you have canned tuna and not salmon — use that instead! Be flexible! In challenging times, I've always found comfort and nourishment in the kitchen and around the table with the ones I love. I hope you will too.

XO,  
*Alex*

# Menu

Monday

Split Pea Soup with Ham

Tuesday

Apple Cider Vinegar Pulled Pork

Wednesday

One Pot "Yummy Pasta"

Thursday

Whole30 Salmon Croquettes

Friday

Tikka Masala Lentils



THE *Defined* DISH

# Grocery List

## PRODUCE

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> 2 Medium Yellow Onions | <input type="checkbox"/> 1 Knob Fresh Ginger                                   | <input type="checkbox"/> Taco Garnishes (See Apple Cider Vinegar Pulled Pork Recipe) |
| <input type="checkbox"/> 1 Medium White Onion   | <input type="checkbox"/> 2 Heads of Garlic                                     |  |
| <input type="checkbox"/> 1 Celery Bunch         | <input type="checkbox"/> 1 Bunch Fresh Thyme                                   |  |
| <input type="checkbox"/> 1 Large Carrot         | <input type="checkbox"/> 1 Bunch Fresh Cilantro (Optional)                     |  |
| <input type="checkbox"/> 1 lb. Yellow Potatoes  | <input type="checkbox"/> 1 Bunch Fresh Dill or Parsley (Optional)              |  |
| <input type="checkbox"/> 2 Lemons               | <input type="checkbox"/> Riced Cauliflower (Optional, See Tikka Masala Recipe) |  |

## PANTRY ITEMS

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Extra Virgin Olive Oil                 | <input type="checkbox"/> Curry Powder  | <input type="checkbox"/> 2 6-ounce Cans Salmon                            |
| <input type="checkbox"/> Avocado Oil (Optional)                 | <input type="checkbox"/> Cayenne   | <input type="checkbox"/> 1 Jar Grainy Mustard                             |
| <input type="checkbox"/> Kosher Salt                            | <input type="checkbox"/> Cinnamon  | <input type="checkbox"/> 1 Jar Mayonnaise                                 |
| <input type="checkbox"/> Cracked Black Pepper                   | <input type="checkbox"/> Tapioca Starch  | <input type="checkbox"/> 1 Jar Louisiana Hot Sauce                        |
| <input type="checkbox"/> Bay Leaves                             | <input type="checkbox"/> Tapioca Starch  | <input type="checkbox"/> 1 8oz. Jar Marinara                              |
| <input type="checkbox"/> Cajun Seasoning                        | <input type="checkbox"/> Your Choice of Tortillas                                | <input type="checkbox"/> 1 6 oz. Can Tomato Paste                         |
| <input type="checkbox"/> Old Bay Seasoning                      | <input type="checkbox"/> 1 lb. Dry Split Green Peas                              | <input type="checkbox"/> 2 32 oz. Chicken Broth                           |
| <input type="checkbox"/> Ground Cumin                           | <input type="checkbox"/> 16 oz. Dry Brown Lentils                                | <input type="checkbox"/> 1 32 oz. Veggie Broth (Or Another Chicken Broth) |
| <input type="checkbox"/> Turmeric                               | <input type="checkbox"/> 1 Box of Dried Fusilli Pasta                            | <input type="checkbox"/> Apple Cider Vinegar                              |
| <input type="checkbox"/> Paprika                                | <input type="checkbox"/> Rice of your Choice (Optional, See Tikka Masala Recipe) | <input type="checkbox"/> 1 13 oz. Can Unsweetened Coconut Milk            |
| <input type="checkbox"/> Powdered Ginger (If Fresh Unavailable) |  |   |

## PROTEINS

- |   |
|---|
| <input type="checkbox"/> 2 Cups Diced Ham                     |
| <input type="checkbox"/> 4.5-5lb. Bone-in Pork Shoulder Roast |
| <input type="checkbox"/> 1 Large Egg                          |





A top-down photograph of two white ceramic bowls filled with a thick, yellow split pea soup. The soup is garnished with small pieces of pink ham, green peas, and a sprig of fresh dill. The bowls are set on a grey, textured cloth. A semi-transparent white rectangular box is centered over the image, containing the text 'Monday' and 'SPLIT PEA SOUP WITH HAM'.

# Monday

SPLIT PEA SOUP WITH HAM

MONDAY

# Split Pea Soup with Ham

Serves 8

## Ingredients

- 2 tbsp extra virgin olive oil
- 1 cup yellow onion, diced (or 1/2 medium onion)
  - 3/4 cup carrot, diced (or 1 large carrot)
  - 3/4 cup celery, diced (or 2 large stalks)
  - 2 cloves garlic, minced
  - 1 tsp kosher salt
  - 1/2 tsp freshly cracked black pepper
- 1 lb split green peas, dried and rinsed, until the water runs clear
  - 2 cups ham, diced \*see notes
  - 4 cups chicken broth
  - 4 cups water
  - 2 bay leaves
  - 5 sprigs fresh thyme
  - 1 tsp cajun seasoning
- 1 lb yellow potatoes, peeled and diced into 1/4 inch cubes
  - 1 tbsp fresh lemon juice
- 1 tbsp fresh dill, parsley or thyme for garnish (whatever you have!)

## Instructions

1. Heat a large pot over medium heat with the olive oil. Add the onion, carrot, celery and garlic. Season with salt and pepper. Cook, stirring, until tender, about 4 minutes.
2. Add the split peas and ham. Stir to combine. Pour the chicken broth, water, bay leaves, thyme and cajun seasoning into the pot and bring soup to a boil. Reduce to a simmer, cover, for 30 minutes.
3. Add the potatoes. Simmer, uncovered, stirring occasionally, until the potatoes are tender, about 20 minutes.
4. Remove the bay leaves and thyme stems. Taste and adjust salt and pepper, as desired. Finish with fresh lemon juice and fresh herb of your choice for garnish. Serve and enjoy!

## Notes

\*If you are using leftover ham and have a ham bone, throw that in the soup while it's cooking for best results. I just remove it right before serving.

Reheating Directions: I like to reheat mine on the stovetop in a saucepan and add a little extra broth to thin it out (as it tends to thicken even more after refrigerating).



THE *Defined* DISH





# Tuesday

APPLE CIDER VINEGAR PULLED PORK



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T U E S D A Y

# Apple Cider Vinegar Pulled Pork

*Serves 6*

## Ingredients

- 4.5-5lb. bone-in pork shoulder roast
  - kosher salt, to taste
  - black pepper, to taste
- ground cumin, (about 1-2 tsp.)
  - 2 tbsp. olive oil
- 1 yellow or white onion, sliced
  - 3-4 cloves of garlic
- 1/2 cup apple cider vinegar
  - 1 cup chicken broth
- tortillas (of your choice)
- taco garnish of your choice (diced white onion, cilantro...whatever you have!)

## Instructions

1. Preheat oven to 325 degrees.
2. Season all sides of the pork shoulder generously with kosher salt and black pepper, you want to be sure it has plenty of season on it since it is such a large cut of meat. Then, season all over with cumin. Use at least 1 tsp of cumin, but I used a little more than that so that the roast was seasoned evenly.
3. In a large dutch oven (or use a large skillet now if you are using a crockpot), heat 2 tbsp. of olive oil over medium-high heat. When hot, but not smoking, sear the pork on all sides until golden brown (about 4 minutes per side).
4. When all sides are browned, remove the pork from the dutch oven or skillet and set aside on a plate.
5. Turn the heat down to low, toss in the sliced onion and garlic cloves; season with a little salt and pepper and sauté for about 2 minutes.
6. For Crockpot: If you are using a crockpot, place the sautéed onions and garlic in the bottom of the crockpot and place the browned pork over. Pour in apple cider vinegar and chicken broth around the pork. Cover and cook until the pork is fork tender, about 6 to 8 hours on high or 8 to 10 hours on low.
7. For Dutch Oven: Pour in the apple cider vinegar and the chicken broth.
8. For Dutch Oven: Return the pork to the pot. Cover, place in the oven and cook for 3-4 hours, or until the pork is fork tender (mine only took 3 hours and it was a 4.5 lb. shoulder)
9. When cooking time is complete and the pork is fork tender, remove the pork from the crockpot or dutch oven and onto a large cutting board or baking sheet. Using two forks, shred the meat — discarding the bones and any unnecessarily large hunks of fat.
10. Place shredded meat back into the apple cider sauce, toss around until it soaks all the sauce back up.
11. Serve with your tortillas and garnishes of choice. Enjoy!



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# Wednesday

ONE POT "YUMMY PASTA"

W E D N E S D A Y

# One Pot "Yummy Pasta"

*Serves 2*

## Ingredients

- 2 cups dried fusilli pasta (I use Jovial Brown Rice Pasta, but use whatever you have)
  - 1 cup 2% milk
- 1 cup jarred marinara (I use Rao's)
  - 1 cup water
- 1 tsp kosher salt, or more to taste

## Instructions

1. Combine the (uncooked) pasta, milk, marinara and water in a large saucepan. Stir until well combined and then turn heat to high.
2. Bring the contents to a boil. Once boiling, stir in the salt and reduce heat to a simmer.
3. Cook, stirring often, until the pasta is tender and the liquid has mostly absorbed and there is a nice, thick sauce, 12-15 minutes.
4. Remove from heat and serve and enjoy!



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# Thursday

WHOLE30 SALMON CROQUETTES



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THURSDAY

# Whole30 Salmon Croquettes

*Serves 4*

## Ingredients

- 2 [6-ounce] cans salmon, drained
- 2 cloves garlic, minced
- 1/4 cup white or yellow onion, very finely diced
- 2 tbsp mayo
- 1 tsp grainy mustard
- 1 tsp Louisiana-style hot sauce (I use Crystal's)
- 1 tsp old bay seasoning
- 1 large egg
- 1/4 tsp black pepper
- 1/4 tsp kosher salt
- 2 tsp tapioca starch
- 3 tbsp avocado oil, for frying (Use whatever oil you have)

## Instructions

1. In a large bowl, combine all the ingredients (except for the avocado oil).
2. Using a fork, mix until well combined.
3. Using your hands, scoop about 2 tbsp of the mixture at a time and form it into a croquette (an oval shape, almost like an egg). Set aside on a clean plate until all are formed.
4. In a skillet over medium heat, heat the avocado oil until hot but not yet smoking. When hot, gently lay the croquettes in a single layer and fry until a deep golden crust forms on all sides, about 2-3 minutes per side.
5. Transfer cooked croquettes to a paper towel lined plate to remove excess oil. Serve alone or with desired dipping sauce.\*

## Notes

\* For serving, while the croquettes are great alone, feel free to serve with your desired dipping sauce - my tartar sauce, ketchup or anything else you have on hand!



THE *Defined* DISH



A top-down view of a speckled ceramic bowl filled with a rich, orange-red lentil curry. The lentils are whole and coated in a thick sauce. A portion of white, fluffy rice is served on the side, garnished with several fresh green cilantro leaves. The bowl sits on a light pink, textured cloth napkin, which is placed on a white wooden surface. A semi-transparent text box is centered over the bowl.

# Friday

TIKKA MASALA LENTILS



THE *Defined* DISH

# FRIDAY

## Tikka Masala Lentils

*Serves 6*

### Ingredients

- 2 tbsp extra virgin olive oil
- 2 cups yellow onion, diced fine (1 yellow onion)
  - 1 tsp kosher salt
  - 1/2 tsp black pepper
- 2 cloves garlic, minced or 1 tsp garlic powder
- 1/2 inch knob of ginger, peeled and finely grated or 1/2 tsp powdered ginger
  - 1 tsp paprika
  - 1 tbsp curry powder
  - 1/2 tsp cayenne
  - 1/2 tsp cinnamon
  - 1 tsp cumin
  - 1 tsp turmeric
- 1 can tomato paste (6 oz)
- 2 cups brown lentils (dry)
- 4 cups vegetable or chicken broth, low sodium
  - 1 bay leaf
- 1 13 oz can unsweetened coconut milk (I use Thai Kitchen's Brand)
  - 2 tbsp fresh lemon juice (about 1 lemon)
  - 1 tbsp fresh cilantro, for serving
- Serve with your choice of rice or riced cauliflower

### Instructions

1. In a dutch oven, heat olive oil over medium heat. Add the yellow onion, salt, pepper, garlic and ginger. Saute, stirring, until the onions are tender, about 4 minutes.
2. Add the paprika, curry powder, cayenne, cinnamon, cumin, turmeric and tomato paste. Toast spices, stirring, until very fragrant, about 2 minutes.
3. Add the lentils and stir to incorporate. Once incorporated, add the broth and bay leaf and stir to combine.
4. Bring lentils to a boil. Once boiling, reduce to a simmer, cover and cook, stirring occasionally, until lentils are almost tender, about 20 minutes. They should still have a little bit of a bite to them at this time.
5. Add the coconut milk and stir to combine. Cook, uncovered and stirring often, until the lentils are tender, but not mushy, 5 to 10 more minutes. Once the lentils are tender, stir in the fresh lemon juice. Taste, and add salt to taste.
6. Top with fresh cilantro. Serve however you please and enjoy!

