

## One Grocery List, Four Meals: Pork

List includes ingredients for Instant Pot Citrus Pork Recipe, Pork & Pineapple Cauliflower Fried Rice, BBQ Pork & Peppers with Roasted Sweet Potatoes and Pork Hash with Eggs

### Produce

- 1 orange
- 1 lime
- 6 small red potatoes
- 2 small onions
- 2 medium zucchini
- 1 head garlic
- 2 carrots
- 1 pineapple (Recipe calls for only ½ cup of pineapple, so if you do not want leftovers, buy fresh diced pineapple or sugar-free canned pineapple.)
- 2 medium sweet potatoes
- 3 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 medium onion

### Meat

- 5 pounds boneless pork shoulder

### Dairy

- 3 Tbsp butter
- 1 dozen eggs

### Frozen

- ½ cup sweet peas
- 4 cups cauliflower rice (this can sometimes be found near produce)

### Pantry

- Salt
- Pepper
- Coconut oil
- Ghee (if preferred over coconut oil)
- Olive oil
- Garlic powder
- Liquid aminos or coconut aminos
- Toasted sesame oil
- Toasted sesame seeds
- Smoked paprika
- Chili powder
- Ground allspice
- Tomato paste (Look for a tube of tomato paste; it's easier to use a tablespoon or two and keep in the fridge for future use.)
- Apple cider vinegar
- 1 can (8-oz.) no sugar added tomato sauce
- Maple syrup



Nutritional  
Weight & Wellness®

weightandwellness.com | 651-699-3438

# Instant Pot Citrus Pork Shoulder | Serves 12

Gluten free/Dairy free

While this recipe serves 12 when served on its own, we recommend making it for use in the following recipes: Pork & Pineapple Cauliflower Fried Rice, BBQ Pork & Peppers with Roasted Sweet Potatoes and Pork Hash with Eggs.

## Ingredients:

- 1 Tbsp kosher salt
- 2 tsp garlic powder
- Zest of 1 orange
- Zest of 1 lime
- 1 tsp ground black pepper
- 5 pounds boneless pork shoulder, cut into 3-4 pieces
- 1 Tbsp coconut oil or ghee
- ½ c. liquid including citrus juice from orange and lime plus water if needed

## Directions:

1. In a small bowl, mix salt, garlic, orange zest, lime zest and pepper. Season pork pieces with spice mixture.
2. Select Instant Pot SAUTE function; heat coconut oil. Sear pork in batches, until well browned on the outside.
3. Add liquid and return meat to the pot. Twist lid to seal.
4. Select MANUAL function and set timer for 70 minutes. Allow to naturally depressurize.

Tip: Divide pork into amount needed for recipes during the rest of the week or to freeze for future use. If frozen, thaw in the refrigerator overnight before using.

## Prep for other meals while Citrus Pork is cooking:

Spend a couple of hours in the kitchen prepping the other three recipes while the meat cooks. Store prepped food in containers in the refrigerator until ready to use.

### Pork & Pineapple Cauliflower Fried Rice

- Chop peppers and onions

### BBQ Pork & Peppers with Roasted Sweet Potatoes

- Chop peppers and onions
- Roast sweet potatoes, if desired

### Pork Hash with Eggs

- Chop onion, peppers, zucchini and garlic, cook until tender
- Cook the potatoes and dice



Nutritional  
Weight & Wellness®

## **Pork & Pineapple Cauliflower Fried Rice | Serves 4**

Gluten free/Dairy free

### **Ingredients:**

2 Tbsp coconut oil, divided  
2 eggs, beaten  
½ c. onion, small dice  
½ c. carrots, small dice  
½ tsp minced garlic  
4 c. cauliflower rice  
16 oz. Instant Pot Citrus Pork, shredded  
½ c. pineapple, small dice  
½ c. frozen sweet peas  
2 Tbsp liquid aminos or coconut aminos  
1 tsp toasted sesame oil  
2 Tbsp toasted sesame seeds

### **Directions:**

1. Heat 1 Tbsp coconut oil in a large skillet over medium heat; add eggs. Cook, scrambling until just set; remove from pan.
2. Add remaining oil to the pan; sauté onion, carrots and garlic until softened and fragrant. Increase heat to medium-high, add cauliflower, pork and pineapple; cook until cauliflower is tender crisp. Add peas, liquid aminos and sesame oil; cook 1-2 minutes stirring occasionally until peas are thawed. Add eggs and sesame seeds; adjust seasoning to taste.

**To balance:** This is balanced.



## BBQ Pork and Peppers with Roasted Sweet Potatoes | Serves 4

Gluten free/To make Dairy free use coconut oil or ghee instead of butter

### Ingredients:

2 medium sweet potatoes, scrubbed clean and poked in several places with a fork  
2 Tbsp butter  
1 red bell pepper, cut into strips  
1 yellow bell pepper, cut into strips  
1 green bell pepper, cut into strips  
1 medium onion, cut into strips  
1 tsp minced garlic  
1 tsp salt  
1 tsp smoked paprika  
1 tsp chili powder  
½ tsp ground allspice  
½ tsp ground black pepper  
2 c. (about 16 oz.) shredded Instant Pot Citrus Pork  
2 Tbsp tomato paste  
¼ c. apple cider vinegar  
1 can (8 oz.) no sugar added tomato sauce or 1 cup tomato puree  
2 Tbsp maple syrup

### Directions:

1. Heat oven to 400° F. Place sweet potatoes on a baking sheet. Bake 40-45 minutes or until tender when tested with the tip of a paring knife.
2. Melt butter in a large skillet over medium heat; add peppers and onions. Cook 2-3 minutes until they begin to soften. Add garlic, salt, paprika, chili powder, allspice and pepper; cook until fragrant. Add shredded pork and tomato paste; cook briefly. Stir in apple cider vinegar, tomato sauce and maple syrup. Reduce heat to low and simmer 10-12 minutes until sauce thickens slightly and flavors combine.
3. Serve ¼ of pork and peppers with ½ a sweet potato.

**To balance:** Add ½ tablespoon butter (or coconut oil/ghee for dairy free) to baked sweet potatoes.



## Pork Hash with Eggs | Serves 4

Gluten free/To make Dairy free use coconut oil or ghee instead of butter

### Ingredients:

6 small red potatoes  
3 Tbsp butter  
1 small onion, chopped  
2 medium zucchini, chopped  
2 red bell pepper, chopped  
8 oz. Instant Pot Citrus Pork, chopped  
1 tsp. minced garlic  
1 tsp. salt  
½ tsp. ground black pepper  
8 large eggs, poached or fried

### Directions:

1. Place potatoes in a pot of salted water; bring to a boil over medium-high heat. Cook until potatoes are just barely tender when tested with the tip of a paring knife. Drain and allow to cool slightly before dicing.
2. Meanwhile, melt butter in a large skillet over medium-high heat. Add onion, zucchini, red peppers, garlic, salt and pepper to the pan. Cook until vegetables are tender and any released liquid is evaporated. Add pork and potatoes; continue cooking until slightly browned in places.
3. Serve about ¼ of the pork mixture topped with 2 eggs.

Tip: Eggs can also be cooked in the same pan as the hash. Either use an oven-safe skillet or transfer to a baking pan. Make 8 shallow wells and crack an egg in each. Bake at 375° F until egg whites are desired doneness.

**To balance:** This is balanced.



Nutritional  
Weight & Wellness®