

# Summer Vacation 7-Day Meal Plan

## Recipe Guide

### Day 1 – Pulled Pork Sandwiches with Sweet Corn Slaw

Serves: 8-12

#### Ingredients:

##### For Pulled Pork:

- 1 Tablespoon Smoked Paprika
- 1 Tablespoon Packed Light Brown Sugar
- 1 Teaspoon Kosher Salt
- 1 Teaspoon Freshly Ground Black Pepper
- 1/8 Teaspoon Cayenne Pepper
- 1 (3-4 Pound) Boneless Pork Shoulder, trimmed and cut into 2-inch chunks
- 1/4 Cup Honey
- 3 Tablespoons Red Wine Vinegar
- 1 Large Sweet Onion, thinly sliced
- 4 Large Cloves Garlic, thinly sliced

##### For Sweet Corn Slaw:

- 1/4 Cup Plain Greek Yogurt
- 1/4 Cup Mayonnaise
- 1 Tablespoon Fresh Lemon Juice
- 1 Teaspoon Honey
- 1 Garlic Clove, minced



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- 1/2 Teaspoon Salt
- 1/4 Teaspoon Freshly Ground Black Pepper
- 4 Cups Shredded Cabbage
- 2 Cups Yellow Corn Kernels
- 2 Green Onions, thinly sliced

##### For Serving:

- Martin's Sandwich Potato Rolls
- Barbecue Sauce of Choice

#### Directions:

1. *Make Sweet Corn Slaw:* In a medium bowl, whisk together yogurt, mayonnaise, lemon juice, honey, garlic, salt, and pepper. Add cabbage, corn kernels, and green onions; toss to combine. *(Note: This slaw can be made up to 6 hours in advance. Cover and refrigerate until ready to use.)*
2. In a small bowl, mix together the smoked paprika, brown sugar, salt, pepper, and cayenne. Rub the spice mixture all over the pork. In another small bowl, stir together the honey and vinegar.
3. Scatter the onion and garlic over the bottom of a 4- to 5-quart slow cooker, and top with the pork. Pour the honey-vinegar mixture over the pork. Cover and cook for 4 ½ to 5 hours on high or 9 to 10 hours on low, or until the meat is tender and shreds easily with a fork.
4. Using a slotted spoon, remove meat and onions from slow cooker and transfer to a large bowl. Shred meat. Skim fat from cooking liquid. Add back enough of the cooking liquid to moisten the meat.
5. Pile the pulled pork onto Martin's Sandwich Potato Rolls and drizzle with barbecue sauce of choice. Top with the sweet corn slaw, or serve it on the side. Enjoy!

*Meal Prep Tip:* Prepare the Sweet Corn Slaw and Slow Cooker Pulled Pork the night before your meal and refrigerate until ready to heat and serve.

*Leftover Suggestions:* This recipe serves 8-12 people, so a family of 4 should have plenty of leftovers.

**Recipe:** <https://potatorolls.com/recipes/pulled-pork-sandwiches-sweet-corn-slaw>

## Day 2 – Mexican Street Corn Brats

Serves: 4-6

### Ingredients:

- 4 Ears Sweet Corn, unshucked
- 2 Tablespoons Unsalted Butter
- 1 Small Garlic Clove, minced
- 3 Tablespoons Mayonnaise
- 2 Tablespoons Sour Cream
- 1 Tablespoon Fresh Lime Juice
- 1/8 Teaspoon Chili Powder
- 1/4 Teaspoon Paprika
- 5 Bratwursts
- 5 Martin's Long Potato Rolls
- 2 Green Onions, thinly sliced
- Crumbled Feta Cheese, for serving
- Fresh Cilantro Leaves, for serving



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### Directions:

1. Preheat grill for indirect grilling over medium heat.
2. Peel back the corn husks, leaving them attached, and remove as many of the silks as you can. Spread 1 tablespoon of butter on each ear of corn, then replace the husks to cover corn.
3. Grill corn 10 minutes over indirect heat, then remove from grill and let sit until cool enough to handle. (Keep grill heated for bratwursts.)
4. Meanwhile, in a small bowl, stir together garlic, mayonnaise, sour cream, lime juice, chili powder, and paprika until well combined.
5. Carefully unwrap corn and cut corn kernels from cobs.
6. Mix together corn and mayo mixture in a medium bowl. Transfer to a prepared baking dish, and bake at 350° for 15-20 minutes or until heated through and the flavors have melded.
7. Meanwhile, grill brats for 15 minutes over indirect heat, turning occasionally. Transfer brats to direct heat and increase temperature to medium-high. Cook an additional 5 minutes or until browned with an internal temperature of 160 degrees F. Remove from grill and turn off heat.
8. Place brats in buns; top with baked street corn mixture, green onions, feta cheese, fresh cilantro leaves, and extra chili seasoning for garnish. Serve.

*Meal Prep Tip:* The Mexican Street Corn can be prepared earlier in the day through step 6a, then packed into a baking dish, covered, and stored until ready to cook the bratwurst.

*Leftover Suggestions:* This recipe serves 4-6 people; for larger groups or to accommodate leftovers, double the recipe or simply cook extra bratwurst for future meals.

*Bonus:* Check out <https://potatorolls.com/blog/summer-corn-recipes> for more inspiration!

**Recipe:** <https://potatorolls.com/recipes/mexican-street-corn-brats>

### Day 3 – Grilled Chicken and Mango Skewers

Serves: 8

#### Ingredients:

- Martin's Long Potato Rolls
- 3 Medium Ears Sweet Corn, cut from cob
- 2 Tablespoons Butter
- 6 Tablespoons Green Onions, sliced
- 2 Pounds Boneless Skinless Chicken Breast, cut into 1-inch cubes
- 1 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 4 Medium Mangos, peeled and cut into 1-inch cubes
- 2 Tablespoons Olive Oil
- Lime wedges



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#### Directions:

1. In a large skillet, heat butter over medium-high heat. Sauté cut corn until crisp-tender, about 5 minutes. Add a pinch of salt and pepper.
2. Stir in green onions. Keep warm
3. Toss chicken with salt and pepper. Thread chicken and mango onto 16 metal or soaked wooden skewers. Brush with oil.
4. Grill, covered, over medium heat or broil 4 in. from heat until chicken is no longer pink, 10-12 minutes, turning occasionally.
5. Serve on Martin's Long Rolls with lime wedges. Top with corn mixture.

*Meal Prep Tip: Save time by preparing the corn for Days 2 and 3 at the same time. Simply grill the corn the day before, allow to cool, and then cut from the cob. If desired, you can also cube and/or marinate the chicken the day before using your choice of marinade.*

*Leftover Suggestions: Grill extra chicken and mango skewers and use in salads, wraps, or tacos for future lunches.*

**Recipe:** <https://potatorolls.com/recipes/grilled-chicken-and-mango-skewer-subs/>

## Day 4 – Cowboy Mini Burger | Diner Style Mini Burger | Taco Pizza Mini Burger

Yield: 12 sliders / 6 servings

### Ingredients:

#### For Cowboy Mini Burger:

- 4 Martin's 12-Sliced Slider Potato Rolls
- 12 Ounces Ground Beef (0.75 lbs.)
- Salt and Pepper, to taste
- 4 Slices American Cheese
- 4 Slices Bacon
- 1/2 Cup Crispy Fried Onion Strings
- 4 Tablespoons BBQ Sauce of Choice

#### For Diner-Style Mini Burger:

- 4 Martin's 12-Sliced Slider Potato Rolls
- 12 Ounces Ground Beef (0.75 lbs.)
- Salt and Pepper, to taste
- 4 Slices American Cheese
- 4 Slices Tomato
- 1/2 Cup Shredded Lettuce
- 1/4 Cup Diced Onions
- 8 Dill Pickle Chips
- 4 Tablespoons Ketchup
- 4 Tablespoons Mustard



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#### For Taco Pizza Mini Burger:

- 4 Martin's 12-Sliced Slider Potato Rolls
- 12 Ounces Ground Beef (0.75 lbs.)
- 8 Ounces Mexican Shredded Cheese Blend
- 1/2 Cup Mild or Medium Salsa
- 1/4 Cup Shredded Lettuce
- 1/4 Cup Diced Tomatoes
- 2 Tablespoons Black Olives
- 1 Bunch Fresh Cilantro
- Taco Seasoning Blend

### Directions:

1. Preheat skillet or cast-iron pan over medium-high heat.
2. *For Cowboy Mini Burger:* Cook bacon until crispy. Drain most of bacon grease from pan and return to stove over medium-high heat.
3. Season 24 oz. ground beef with salt and pepper and the remaining 12 oz. with taco seasoning. Form into twelve evenly sized patties, about 3 ounces each.
4. Add patties to hot pan and immediately smash down; this allows the burgers to sear evenly and develop a nice crust. Cook for 2-3 minutes or until bottom of burgers are fully seared.
5. Flip burgers once and cook second side for 1-2 minutes or until cooked through. Add cheese during the last 30 seconds of cooking, cover pan and allow cheese to melt.
6. Butter and toast 12 Martin's Slider Potato Rolls.
7. Top buns with burgers and corresponding toppings.
8. Serve and enjoy.

Meal Prep Tip: Cook bacon ahead of time, such as at breakfast. Prepare burger patties in advance: form ground meat into 12 loosely packed 3-oz. meat balls; cover and refrigerate until ready to use.

Leftover Suggestions: Prepare extra burger patties to accommodate larger groups or leftovers for future meals. Repurpose leftover Taco Pizza Burger patties into beef tacos or breakfast burritos!

**Recipe:** <https://potatorolls.com/blog/monthly-burger-series-america-burger-trio>

# Summer Vacation 7-Day Meal Plan

## Recipe Guide

### Day 5 – Grilled Pesto Chicken Sandwich

Serves: 4

Ingredients:

*For Pesto Marinade:*

- 1 Cup Fresh Pesto, prepared\*
  - 3 Cups Lightly-Packed Fresh Basil
  - 1/2 Cup Freshly Grated Parmesan
  - 1/3 Cup Toasted Pine Nuts
  - 3 Cloves Garlic
  - 1 Teaspoon Sea Salt
  - 1/2 Teaspoon Freshly Cracked Black Pepper
  - 1/2 Cup Extra-Virgin Olive Oil
- 1/4 Cup Rice Wine Vinegar
- 1 Teaspoon Salt
- 1 Teaspoon Granulated Sugar

*For Chicken Sandwich:*

- 1 Pound Boneless Skinless Chicken Breasts, halved lengthwise
- 4 Martin's Big Marty's Rolls



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- 1/4 Cup Red Onion, thinly sliced
- 2 Tomatoes, thickly sliced
- 1 Cup Baby Spinach

*For Lemon-Mayo:*

- 1/3 Cup Mayonnaise
- 1 Tablespoon Fresh Lemon Juice

Directions:

1. \*If making fresh pesto, combine the first 6 ingredients listed above in a food processor. Pulse until finely chopped, then with the food processor running, slowly drizzle in 1/2 cup extra-virgin olive oil until mixture is smooth and fully incorporated. Use immediately or refrigerate for up to 3 days.
2. Combine marinade ingredients in a zip-top freezer bag; add chicken breasts and marinate in fridge for at least 2 hours or overnight.
  - a. *If Using Immediately:* Keep refrigerated until ready to use, up to one day.
  - b. *If Freezing:* Transfer bag to freezer and freeze for up to 3 months. When ready to cook, transfer to refrigerator for 24 hours, or until fully thawed.
3. *To Prepare Chicken:* Heat grill or grill pan to medium-high. Grill for 20-22 minutes, flipping halfway through, until cooked through (165°F) and the juices run clear. Remove chicken from heat, loosely cover with foil, and let rest for 5 minutes. Cut chicken breasts in half crosswise into bun-sized portions.
4. Meanwhile, in a small bowl, whisk together the mayonnaise and lemon juice.
5. *Assemble Sandwich:* Top each bun with lemon-mayo, spinach, chicken, tomato, and onion. Serve immediately.

*Meal Prep Tips:* Prepare pesto beforehand (see step 1) and store, sealed, in fridge until ready to use. Marinate chicken in advance using either the fridge or freezer method described in step 2.

*Leftover Suggestions:* Serve remaining chicken in salad or sandwich/wrap for future lunches.

*Bonus:* For marinade facts and additional recipes, visit <https://potatorolls.com/blog/3-simple-chicken-marinade-recipes>.

**Recipe:** <https://potatorolls.com/recipes/grilled-pesto-chicken-sandwich>

# Summer Vacation 7-Day Meal Plan

## Recipe Guide

### Day 6 – Greek Meatball Sliders with Tzatziki Sauce

Yield: 12 sliders / 6 servings

#### Ingredients:

- Martin's 12-Sliced Slider Potato Rolls
- 1 1/2 Tablespoon Olive Oil
- 1 1/2 Pound Ground Beef
- 1 1/2 Pound Ground Pork
- 2/3 Teaspoon Ground Cumin
- 2/3 Teaspoon Ground Oregano
- 1/2 Tablespoon Red Pepper Flakes
- 1/2 Tablespoon Dried Parsley
- 1 1/2 Tablespoon Fresh Dill, chopped
- 1 1/2 Tablespoon Fresh Mint Leaves, chopped
- 1/3 Cup Finely Diced Red Onion
- 6 Cloves Fresh Garlic, minced
- 1 Tablespoon Salt
- 1/3 Teaspoon Black Pepper

#### For Tzatziki Sauce:

- 1/2 Cup Seedless Cucumber, peeled and diced
- 2 Cloves Fresh Garlic
- 1/3 Cup Fresh Dill



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- 1 Cup Full-Fat Greek Yogurt
- Juice of 1 Lemon
- Salt, to taste

#### Toppings (optional):

- Lettuce
- Tomato
- Onion
- Green Pepper
- Cucumber
- Feta Cheese

#### Directions:

1. Preheat oven to 425 degrees. Prepare baking sheet by drizzling with olive oil or lining with parchment paper.
2. Add ground beef, ground pork, fresh herbs and spices, onion, garlic, salt, and pepper to large mixing bowl. Mix with hands until well combined.
3. Form meat mixture with hands into about 12 meat balls. Place on sheet pan.
4. Place meatballs in oven and bake for 30 minutes or until internal temperature reaches 165 degrees.
5. Meanwhile, make tzatziki sauce by adding cucumber, garlic, and dill to food processor and pulse until finely chopped. Add cucumber mixture to Greek yogurt and stir until well combined. Stir in lemon juice and salt and store in fridge until ready to serve.
6. Serve meatball sliders warm with tzatziki sauce on 12-Sliced Slider Rolls with optional toppings.

*Meal Prep Tip:* To save time, season and form the meat balls in advance, cover, and store in fridge until ready to cook. Prepare tzatziki sauce 2-3 hours in advance and refrigerate until ready to use.

*Leftover Suggestions:* Serve leftover meatballs over Greek salad or in a pita bread wrap with extra tzatziki sauce and veggies.

**Recipe:** <https://potatorolls.com/recipes/greek-meatball-sliders-with-tzatziki-sauce/>

## Day 7 – Carry-Out from Local Restaurants

Servings: You Decide!

Ingredients:

*Your Choice!*

Directions:

1. Choose a local restaurant (call ahead if necessary), and order a carry-out or delivery meal for the whole family.
2. Enjoy!



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To learn more about this 7 Day Summer Vacation Meal Plan and to view the accompanying Shopping Checklist Printable, visit: <https://potatorolls.com/blog/Summer-Vacation-7-Day-Meal-Plan>.