

# Summer Vacation 7-Day Meal Plan

## Shopping Checklist

- <sup>1</sup> **Pulled Pork Sandwiches with Sweet Corn Slaw**; Serves: 8-12
- <sup>2</sup> **Mexican Street Corn Brats**; Serves: 4-6
- <sup>3</sup> **Grilled Chicken and Mango Skewer Subs**; Serves: 8
- <sup>4</sup> **Cowboy Mini Burger | Diner Style Mini Burger | Taco Pizza Mini Burger**; Yield: 12 sliders / 6 servings
- <sup>5</sup> **Grilled Pesto Chicken Sandwich**; Serves: 4
- <sup>6</sup> **Greek Meatball Sliders with Tzatziki Sauce**; Yield: 12 sliders / 6 servings

### Baked Goods

- 1-2 Pack(s) Martin's Sandwich Potato Rolls <sup>1</sup>
- 2 Packs Martin's Long Potato Rolls <sup>2 3</sup>
- 2 Packs Martin's 12-Sliced Slider Potato Rolls <sup>4 6</sup>
- 1 Pack Martin's Big Marty's Rolls <sup>5</sup>

### Fresh Produce

- 1 Large Sweet Onion (about 2 cups) <sup>1</sup>
- 1 Large Red Onion (about 2 cups) <sup>4 5 6</sup>
- 2-3 Lemons (juice) <sup>1 5 6</sup>
- 1-2 Limes <sup>2 3</sup>
- Cabbage (4 cups, shredded) <sup>1</sup>
- 8-10 Ears Yellow Sweet Corn <sup>1 2 3</sup>
- 1 Bunch Green Onions (about 8) <sup>1 2 3</sup>
- 4 Medium Mangos <sup>3</sup>
- 6-8 Medium Tomatoes <sup>4 5 6</sup>
- 1 Head Lettuce <sup>4 6</sup>
- 1 Bunch Baby Spinach <sup>5</sup>
- 1 English Cucumber <sup>6</sup>
- 1 Green Pepper <sup>6</sup>

### Fresh Herbs

- 1-2 Heads Garlic (12-14 cloves) <sup>1 2 6</sup>
- 1 Bunch Fresh Cilantro <sup>2 4</sup>
- 1 Bunch Fresh Dill <sup>6</sup>
- 1 Small Bunch Fresh Mint <sup>6</sup>

### Spices

- Smoked Paprika <sup>1 2 4</sup>
- Cayenne Pepper <sup>1</sup>
- Chili Powder <sup>2 4</sup>
- Ground Cumin <sup>4 6</sup>
- Garlic Powder <sup>4</sup>
- Dried Oregano <sup>4 6</sup>
- Onion Powder <sup>4</sup>
- Crushed Red Pepper Flakes <sup>6</sup>
- Dried Parsley <sup>6</sup>

### Meat

- 1 (3-4 Pound) Boneless Pork Shoulder, trimmed <sup>1</sup>
- 1 Pack Bratwursts <sup>2</sup>
- 3-4 Pounds Boneless Skinless Chicken Breast <sup>3 5</sup>
- 4 Pounds Ground Beef (64 oz.) <sup>4 6</sup>
- 1 ½ Pounds Ground Pork <sup>6</sup>
- 4 Slices Bacon <sup>4</sup>

### Dairy

- 2 Cups Plain Greek Yogurt <sup>1 6</sup>
- 1 Small Container Sour Cream <sup>2</sup>
- 6-8 Ounces Feta Cheese <sup>2 6</sup>
- 8 Slices American Cheese <sup>4</sup>
- 8 Ounces Mexican Shredded Cheese Blend <sup>4</sup>

### Condiments

- Honey <sup>1</sup>
- BBQ Sauce of Choice <sup>1 4</sup>
- Mayonnaise <sup>1 2 5</sup>
- Ketchup <sup>4</sup>
- Mustard <sup>4</sup>
- Salsa <sup>4</sup>
- Prepared Pesto <sup>5</sup>

### Canned/Dried Goods

- Crispy Fried Onion Strings <sup>4</sup>
- Dill Pickle Chips <sup>4</sup>
- Black Olives <sup>4</sup>

### Kitchen Staples

- Granulated Sugar <sup>5</sup>
- Light Brown Sugar <sup>1</sup>
- Red Wine Vinegar <sup>1</sup>
- Unsalted Butter <sup>2 3</sup>
- Extra Virgin Olive Oil <sup>3 6</sup>
- Rice Wine Vinegar <sup>5</sup>
- Kosher Salt <sup>1 3 4 5 6</sup>
- Freshly Ground Black Pepper <sup>1 3 4 6</sup>

---

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