

Meal Plan

for HOSTING guests

Recommendations from an **ENFJ**

Garlic Ginger Glazed Sticky Pork

m

- 1½ pounds boneless pork loin
- 5 cloves garlic
- 2-inch knob fresh ginger
- ½ cup mild honey
- 4 tablespoons sriracha (substitute: chili garlic sauce)

- 1 tablespoon rice wine vinegar or white wine vinegar
- Other stir-fry vegetables such as 1 head broccoli, 1 red bell pepper, 1 medium yellow onion

Creamy Cajun Chicken Pasta

t

- 2 boneless skinless chicken breasts
- 1 package linguine (we recommend 8 oz. instead of 4 oz. like recipe says)
- 1 bunch green onions
- ½ cup heavy whipping cream
- 2 tablespoons sun-dried tomatoes

- dried basil
- garlic powder
- cajun seasoning (garlic powder + onion powder + white pepper + cayenne pepper + paprika + black pepper)
- ¼ cup parmesan

Spiced Chickpea Glow Bowls

w

- 1 medium yellow onion
- 1 clove garlic
- spices: chili powder, cumin, turmeric, garam masala, cinnamon, and cayenne
- 2 (14-ounce) cans chickpeas
- 2 (14-ounce) cans fire roasted diced tomatoes

- 1 cucumber
- 1 cup couscous
- mint, parsley, and/or cilantro
- 1 cup plain yogurt
- 1 cup hummus
- 1 lemon
- pita bread or pita chips

Cheesy Chicken Enchilada Soup

th

- 1 cup diced white onion
- 3 cloves garlic
- ½ cup flour
- 3 cups chicken stock
- 2 cups chicken breast
- 1 (10-ounce) can red enchilada sauce
- 1 (14-ounce) can black beans

- 1 (14-ounce) can diced tomatoes
- ½ teaspoon ground cumin
- 8 ounces sharp cheddar cheese
- optional toppings: tortilla chips/strips, diced avocado, sour cream, fresh cilantro, and/or pico de gallo

Chicken Satay With Spicy Peanut Sauce & Cucumber Relish

f

- 1 can coconut milk
- 1 tablespoon fish sauce
- 3 tablespoons red curry paste
- 1 tablespoon fresh cilantro
- ground turmeric
- 1 pound chicken breast (substitute: pork tenderloin)

- ½ cup peanut butter
- ½ cup chicken stock
- ⅓ cup brown sugar
- 2-3 limes
- 1 large cucumber
- 1 shallot
- ⅓ cup white vinegar
- 1 thai chile or serrano pepper (optional)

New York-Style Homemade Pizza (Dough and Sauce)

s/s

- 4½ cups bread flour
- .35 ounces instant yeast, such as SAF Instant Yeast (about 2 teaspoons)
- 4 tablespoons extra virgin olive oil
- 2 tablespoons sugar
- 1 (28-ounce) can whole peeled tomatoes

- 1 tablespoon unsalted butter
- 2 medium cloves garlic
- dried oregano and red pepper flakes
- 1 medium yellow onion
- fresh basil
- mozzarella cheese
- your favorite toppings!