

Lunch – Whole 30

PORK & APPLES AND ORANGE

\$3.65/SERVING EST



Ingredients and groceries scaled from original 1 serving

3 1/3 tablespoons olive oil

40 cups spinach

5 lb. Pork Chops, (Bone in)

5 teaspoons cinnamon

10 pinches black pepper

5 apples cored and thinly sliced

1 cup water

Prep: 5 mins

Cook: 20 mins

1. Heat half the oil in a skillet over medium heat. Add spinach and cook until wilted. Remove to a plate and set aside.
2. Sprinkle cinnamon and pepper over pork chop.
3. Heat remaining oil in skillet over medium heat. Add pork chop and brown on both sides.

4. Add apples and water. Cover and reduce heat to medium low. Cook until the pork reaches an internal temperature of 145° about 10-12 minutes.
5. Serve pork chop and apples with spinach.

ORANGE

\$0.54/SERVING EST

Ingredients and groceries scaled from original 1 serving

10 oranges sliced

Prep: 2 mins

1. Wash and slice orange. Serve.