

Lunch – Whole 30

PORK AND SQUASH and PUMPKIN SEEDS AND ORANGE

\$2.48/SERVING EST



Ingredients and groceries scaled from original 1 serving

3 $\frac{3}{4}$ lbs. pork tenderloin

1/3 cup olive oil

10 pinches garlic powder

10 dashes salt

10 dashes pepper

10 wedges lemon

5 cups zucchini sliced

5 cups yellow squash sliced

Prep: 5 mins

Cook: 30 mins

Pork Tenderloin

1. Preheat oven to 400°.

2. Mix garlic powder, salt, and pepper together in a small bowl. Coat both sides of the pork tenderloin with the seasonings.
3. Heat half the olive oil in a pan over medium heat.
4. Add pork tenderloin to the pan and cook for about 10 minutes, searing on all sides.
5. Transfer the pork tenderloin to an oven safe pan and place into the oven to bake for about 20 minutes.
6. Slice and serv with lemon wedge.

Sautéed Squash

1. Wash and slice squash.
2. Heat remaining olive oil in a pan over medium heat.
3. Arrange the squash in an even layer on the bottom of the pan. Season with salt and pepper and let cook for 3 minutes or until bottom side is lightly browned.
4. Turn the squash slices over and let cook for an additional 3 minutes before removing from heat.

PUMPKIN SEEDS AND ORANGE

\$1.00/SERVING EST

Ingredients and groceries scaled from original 1 serving

10 oz. pumpkin seeds

10 oranges

Prep: 1 min

1. Pour pumpkin seeds into a bowl. Serve with orange.