



MAY 2021 MEAL PLAN 1

Day 1: Broccoli Salad with Bacon + Chickpeas // Grilled Chicken // Jalapeno Cheddar Biscuits

Day 2: Picadillo Stew // Jalapeno Cheddar Biscuits

Day 3: Southwest Sweet Potato Skillet

Day 4: Baked Potato Bar

Day 5: Homemade Italian Sausage // Root Vegetable Saute

Cold Case

- | | | | |
|--|----------|--|----------|
| <input type="checkbox"/> almond milk | 0.50 cup | <input type="checkbox"/> sour cream (optional) | 0.50 cup |
| <input type="checkbox"/> cheddar cheese (optional) | 2 cups | <input type="checkbox"/> unsalted butter | 10 tbsp |
| <input type="checkbox"/> parmesan cheese | 0.25 cup | <input type="checkbox"/> yogurt* | 1 cup |

Meat

- | | | | |
|---|------|---|------|
| <input type="checkbox"/> bacon (optional) | 2 lb | <input type="checkbox"/> ground beef (optional) | 1 lb |
| <input type="checkbox"/> chicken breasts | 4 | <input type="checkbox"/> ground pork | 1 lb |
| <input type="checkbox"/> ground beef | 1 lb | | |

Pantry

- | | | | |
|--|---------------|---|-------------|
| <input type="checkbox"/> apple cider vinegar* | 3 tbsp | <input type="checkbox"/> tomato sauce | 2 8 oz cans |
| <input type="checkbox"/> baking powder | 4 tsp | <input type="checkbox"/> flour | 4 cups |
| <input type="checkbox"/> baked beans* | 1 16 oz can | <input type="checkbox"/> olive oil | 14 tbsp |
| <input type="checkbox"/> black beans* | 2 15 oz cans | <input type="checkbox"/> raisins | 0.50 cup |
| <input type="checkbox"/> chickpeas* | 1 15 oz can | <input type="checkbox"/> red wine vinegar | 1 tbsp |
| <input type="checkbox"/> diced green chilies | 1 4 oz can | <input type="checkbox"/> sugar (optional) | 2 tbsp |
| <input type="checkbox"/> fire roasted tomatoes | 1 14.5 oz can | <input type="checkbox"/> sunflower seeds | 1 cup |

Produce

<input type="checkbox"/> avocado (optional)	1	<input type="checkbox"/> minced garlic	2 tsp
<input type="checkbox"/> broccoli	2 heads	<input type="checkbox"/> onion	0.5
<input type="checkbox"/> carrots	0.50 lb	<input type="checkbox"/> parsley	2 tsp
<input type="checkbox"/> cilantro (optional)	0.50 bunch	<input type="checkbox"/> parsnips	0.50 lb
<input type="checkbox"/> green onion	1 bunch	<input type="checkbox"/> potatoes	8 small + 4 large
<input type="checkbox"/> greens (kale, chard)	1 bunch	<input type="checkbox"/> red onion	0.25
<input type="checkbox"/> jalapenos	4	<input type="checkbox"/> turnip	0.50 lb
<input type="checkbox"/> large sweet potatoes	2		

Spices

<input type="checkbox"/> basil	1 tsp	<input type="checkbox"/> oregano	0.25 tsp
<input type="checkbox"/> black pepper	1 tsp	<input type="checkbox"/> paprika	1 tsp
<input type="checkbox"/> chili powder	2 tbsp	<input type="checkbox"/> pepper	1.50 tsp
<input type="checkbox"/> garlic powder	2 tsp	<input type="checkbox"/> red pepper flakes (!)	1 tsp
<input type="checkbox"/> ground cumin	6 tsp	<input type="checkbox"/> salt	2 Tbsp + 3.25 tsp
<input type="checkbox"/> ground fennel seed (optional)	0.25 tsp	<input type="checkbox"/> thyme	0.25 tsp
<input type="checkbox"/> onion powder	2 tsp		

*Note: Items marked with * can be made from scratch if you have the time. Go to the recipe in 30 Minute Dinners to find the from scratch version.*

