



## MAY 2021 MEAL PLAN 2

Day 1: Thyme Chicken // Creamy Mashed Cauliflower // Steamed Carrots

Day 2: Fish Sticks // Lemon Asparagus // Quinoa

Day 3: Kale Salad // Shredded Chicken

Day 4: Fish Sticks // Coleslaw and Beans // Corn

Day 5: Chicken Piccata // Fritters // Quinoa

### Cold Case

- |   |          |  |        |
|---|----------|--|--------|
| <input type="checkbox"/> butter                       | 3 tbsp   | <input type="checkbox"/> large eggs      | 10     |
| <input type="checkbox"/> butter or ghee               | 2 tbsp   | <input type="checkbox"/> unsalted butter | 3 tbsp |
| <input type="checkbox"/> yogurt, sour cream, or mayo* | 0.50 cup |  |        |

### Frozen

- |                                      |       |
|--------------------------------------|-------|
| <input type="checkbox"/> frozen corn | 16 oz |
|--------------------------------------|-------|

### Meat

- |   |          |                                     |      |
|---|----------|-------------------------------------|------|
| <input type="checkbox"/> chicken breast | 2 lb + 2 | <input type="checkbox"/> cod filets | 2 lb |
|---|----------|-------------------------------------|------|

### Pantry

- |  |                    |  |               |
|--|--------------------|--|---------------|
| <input type="checkbox"/> all-purpose flour | 3 cups             | <input type="checkbox"/> mayo*               | 0.25 cup      |
| <input type="checkbox"/> capers            | 1 tbsp             | <input type="checkbox"/> nutritional yeast   | 4 tsp         |
| <input type="checkbox"/> chicken stock*    | 0.50 cup           | <input type="checkbox"/> olive oil           | 1 cup + 1 tsp |
| <input type="checkbox"/> coconut milk      | 1 (15 oz) can      | <input type="checkbox"/> Panko bread crumbs* | 5 cups        |
| <input type="checkbox"/> coconut oil       | 0.33 cup           | <input type="checkbox"/> quinoa              | 2 cups        |
| <input type="checkbox"/> dried cranberries | 0.50 cup           | <input type="checkbox"/> sunflower seeds     | 0.50 cup      |
| <input type="checkbox"/> lemon juice       | 1/2 cup + 0.25 tsp | <input type="checkbox"/> walnuts             | 1 cup         |
| <input type="checkbox"/> maple syrup       | 1 tsp              | <input type="checkbox"/> bread*              | 1/2 loaf      |

## Produce

<input type="checkbox"/> asparagus	1 lb	<input type="checkbox"/> fresh parsley	2 tbsp
<input type="checkbox"/> baby carrots	1 lb	<input type="checkbox"/> garlic	6 cloves
<input type="checkbox"/> carrots	2 cups	<input type="checkbox"/> green cabbage	3 cups
<input type="checkbox"/> carrots (optional)	0.50 cup	<input type="checkbox"/> lacinato kale	1 lb
<input type="checkbox"/> cauliflower	1 head	<input type="checkbox"/> lemon	0.5
<input type="checkbox"/> green onions	0.50 cup	<input type="checkbox"/> limes	2
<input type="checkbox"/> green onions (optional)	4	<input type="checkbox"/> red cabbage (optional)	0.50 cup
<input type="checkbox"/> cilantro leaves	0.50 cup	<input type="checkbox"/> sweet potatoes	2 cups

## Spices

<input type="checkbox"/> dried parsley	2 tsp	<input type="checkbox"/> pepper	1.75 tsp
<input type="checkbox"/> garlic powder	0.25 tsp	<input type="checkbox"/> salt	8.75 tsp
<input type="checkbox"/> ground ginger	2 tsp	<input type="checkbox"/> thyme	1 tbsp
<input type="checkbox"/> onion powder	0.25 tsp	<input type="checkbox"/> Italian seasoning*	1 tbsp

*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.*

