



## MAY 2021 MEAL PLAN 3

Day 1: Cajun Turkey, Beans, + Rice // Side Salad

Day 2: Muffin Tin Meatloaf // Green Beans // Side Salad

Day 3: Shakshuka // Cauliflower Rice // Muffin Tin Meatloaf

Day 4: Five Ingredient Sausage // Cauliflower Rice // Corn

Day 5: Nacho Dip + Toppings

### Cold Case

- |   |       |  |      |
|---|-------|--|------|
| <input type="checkbox"/> cream cheese (optional)    | 4 oz  | <input type="checkbox"/> shredded cheese | 8 oz |
| <input type="checkbox"/> eggs                       | 5     | <input type="checkbox"/> sour cream      | 8 oz |
| <input type="checkbox"/> parmesan cheese (optional) | 1 cup |  |      |

### Frozen

- |   |       |                                      |       |
|---|-------|--------------------------------------|-------|
| <input type="checkbox"/> frozen cauliflower rice* | 32 oz | <input type="checkbox"/> frozen corn | 16 oz |
|---|-------|--------------------------------------|-------|

### Meat

- |   |      |  |      |
|---|------|--|------|
| <input type="checkbox"/> ground meat            | 1 lb | <input type="checkbox"/> ground turkey | 3 lb |
| <input type="checkbox"/> ground meat (optional) | 1 lb |  |      |

### Pantry

- |   |           |  |               |
|---|-----------|--|---------------|
| <input type="checkbox"/> apple cider vinegar        | 0.50 cup  | <input type="checkbox"/> corn chips                    | 1 bag         |
| <input type="checkbox"/> BBQ sauce*                 | 0.50 cup  | <input type="checkbox"/> crushed tomatoes              | 1 (28 oz) can |
| <input type="checkbox"/> black olives, whole        | 24        | <input type="checkbox"/> flour (all purpose or almond) | 2 cups        |
| <input type="checkbox"/> black olives, sliced       | 8 ounce   | <input type="checkbox"/> maple syrup                   | 2 tsp         |
| <input type="checkbox"/> broth or water             | 1.50 cups | <input type="checkbox"/> mustard                       | 2 tsp         |
| <input type="checkbox"/> can black beans (optional) | 1 (15 oz) | <input type="checkbox"/> oil                           | 4 tbsp        |

<input type="checkbox"/> can diced tomatoes	1 (14 oz)	<input type="checkbox"/> olive oil	0.50 cup + 5 tbsp
<input type="checkbox"/> can kidney beans*	1 (15 oz)	<input type="checkbox"/> olives (Kalamata or green)	8 oz
<input type="checkbox"/> can lentils*	1 (15 oz)	<input type="checkbox"/> rice	1 cup
<input type="checkbox"/> can refried or pinto beans*	1 (15 oz)	<input type="checkbox"/> salsa	16 oz
<input type="checkbox"/> can chickpeas	1 (15 oz)	<input type="checkbox"/> tomato paste	1 tbsp

## Produce

<input type="checkbox"/> bell pepper (any)	4	<input type="checkbox"/> guacamole*	8 oz
<input type="checkbox"/> celery	6 ribs	<input type="checkbox"/> jalapeno	4
<input type="checkbox"/> cucumber	2	<input type="checkbox"/> lettuce	4 head
<input type="checkbox"/> flat leaf parsley	2 bunch	<input type="checkbox"/> onion	3
<input type="checkbox"/> garlic	7 cloves	<input type="checkbox"/> shredded carrots	4 oz
<input type="checkbox"/> green beans	1 lb	<input type="checkbox"/> tomatoes (grape or cherry)	1 pt
<input type="checkbox"/> greens (kale, chard, etc), sliced thin	1 bunch		

## Spices

<input type="checkbox"/> cardamom	1 pinch	<input type="checkbox"/> ground cinnamon	0.25 tsp
<input type="checkbox"/> cayenne pepper (!)	1 tsp	<input type="checkbox"/> ground sage	2 tbsp
<input type="checkbox"/> chili powder	2 tsp	<input type="checkbox"/> onion powder	1 tsp
<input type="checkbox"/> coriander	1 pinch	<input type="checkbox"/> oregano	1.25 tsp
<input type="checkbox"/> red pepper flakes (!)	1 tsp	<input type="checkbox"/> paprika	4.50 tsp
<input type="checkbox"/> cumin	2.50 tsp	<input type="checkbox"/> pepper	2 tsp
<input type="checkbox"/> garlic powder	2 tsp	<input type="checkbox"/> salt	4 tbsp
<input type="checkbox"/> garlic salt	1 tsp	<input type="checkbox"/> taco 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.*