



JULY MEAL PLAN 1

Day 1: Instant Pot Asian Pork Tenderloin // Sheet pan Zucchini, Squash + Broccoli // Stovetop Rice

Day 2: Weeknight Stir Fry // Stovetop Rice

Day 3: Chicken Alfredo // Garden Salad // Lemon Butter Asparagus

Day 4: Steak // Strawberry + Feta Kale Salad // Basic Biscuits

Day 5: Carnitas // Creamy Coleslaw // Guacamole // Pineapple Salsa

Cold Case

☐ almond milk	0.50 cup	☐ milk (any)	0.75 cup
☐ butter	16 tbsp	☐ orange juice	2 tbsp
☐ feta cheese	4 tbsp	☐ parmesan cheese (optional)	0.50 cup
☐ Greek yogurt*	0.50 cup		

Frozen

☐ frozen peas	2 cups
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Meat

☐ 1-inch thick steaks	4	☐ pork shoulder butt/shoulder (bone-in or boneless)	3 lb
☐ chicken breast	1 lb	☐ pork tenderloin	10 oz

Pantry

☐ apple cider vinegar*	3 tbsp	☐ honey	3 tbsp
☐ baking powder	2.50 tsp	☐ honey or maple syrup (optional)	1 tsp
☐ balsamic vinegar	4 tbsp	☐ jasmine rice	4 cups
☐ brown sugar	0.25 cup	☐ lime juice	2 tbsp
☐ chicken stock* (or water)	0.50 cup	☐ nutritional yeast	1 tsp

☐ coconut aminos (or soy sauce or liquid aminos)	0.50 cup	☐ olive oil	1.5 cup + 6 tbsp
☐ coconut oil	2 tbsp	☐ pineapple chunks	2 cups
☐ cornstarch	2 tsp	☐ sesame seed oil	1 tbsp + 1 tsp
☐ Dijon mustard	2 tbsp	☐ sliced almonds	1 cup
☐ fettuccine pasta	16 oz	☐ soy sauce	0.33 cup
☐ flour	2 cup + 2 Tbsp	☐ sriracha (!)	1 tsp
☐ full-fat canned coconut milk	0.50 cup	☐ sunflower seeds (optional)	0.50 cup
☐ ginger paste	1 tsp	☐ vinegar	1 cup

Produce

☐ asparagus	1 lb	☐ green beans	1 cup
☐ avocados	2	☐ green onions (optional)	2
☐ baby carrots	0.50 lb	☐ iceberg lettuce	1 head
☐ bag coleslaw (no dressing)	1 16 oz	☐ jalapeno (optional)	1
☐ bag shredded carrots	1 10 oz	☐ kale	1 lb
☐ bell pepper (any color)	2	☐ large yellow squash	2
☐ bell pepper (optional)	0.5	☐ large zucchini	2
☐ broccoli	1 head	☐ lemon	0.5
☐ bunch cilantro	0.5	☐ lime	0.63
☐ carrot (optional)	1	☐ minced garlic	2 tsp
☐ celery	3 ribs	☐ mushrooms	4 oz
☐ cilantro	0.25 cup	☐ onion	1
☐ cucumber	1	☐ red bell pepper	0.50 cup
☐ fresh ginger	2 tbsp	☐ red onion	0.50 cup
☐ fresh green beans	0.50 lb	☐ roma tomato	1
☐ fresh strawberries	1 cup	☐ tomatoes	0.50 pt
☐ garlic	4 cloves		

Spices

☐ bay leaves	4	☐ ground coriander	1.5 tsp
☐ cumin	3.25 tsp	☐ Italian seasoning*	2 tsp
☐ dried basil	0.50 tsp	☐ onion powder	0.50 tbsp

☐ dried oregano	1 tbsp + 1.50 tsp	☐ pepper	4.38 tsp
☐ dried parsley	0.50 tbsp	☐ red pepper flakes (!)	0.25 tsp
☐ dried thyme	0.25 tsp	☐ salt	4 tbsp
☐ garlic powder	1 tbsp + 2 tsp	☐ sesame seeds (optional)	2 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.*