



JULY MEAL PLAN 2

Day 1: Blackened Salmon // Mango Salsa // Almond Green Beans + Broccoli

Day 2: Slow Cooker BBQ Beef // Creamy Coleslaw // Biscuits // Corn on the Cob

Day 3: Spicy Shrimp Tacos // Mango Salsa // Creamy Coleslaw // Roasted Carrots + Parsnips

Day 4: Grilled Cilantro Lime Chicken // Southwestern Corn // Side Salad

Day 5: Chicken + Blueberry Kale Salad // Biscuits

Cold Case

☐ butter	18 tbsp	☐ milk (any)	1.50 cups
☐ feta cheese	4 tbsp	☐ orange juice	2 tbsp
☐ Greek yogurt	1 cup		

Frozen

☐ frozen corn	12 oz
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Meat

☐ beef roast	2 lb	☐ salmon fillets	4
☐ chicken breasts	8	☐ shrimp	1 lb

Pantry

☐ baking powder	5 tsp	☐ honey or maple syrup (optional)	1 tsp
☐ balsamic vinegar	4 tbsp	☐ lime juice	4 tbsp
☐ BBQ sauce*	2 cups	☐ olive oil	5.75 cups + 2 Tbsp
☐ beef broth	1 cup	☐ sliced almonds	0.50 cup
☐ coconut oil	1 tbsp	☐ sunflower seeds (optional)	0.50 cup
☐ corn tortillas	8	☐ vinegar	1 cup
☐ Dijon mustard	1 tbsp	☐ walnuts	1 cup
☐ flour	4 cups	☐ Worcestershire sauce	2 tbsp

- ☐ Hawaiian rolls (optional) 12

Produce

☐ bag coleslaw (no dressing)	1 16 oz	☐ iceberg lettuce	1 head
☐ bag shredded carrots	1 10 oz	☐ jalapeno	2
☐ bell pepper (any)	0.5	☐ kale	1 lb
☐ bell pepper (optional)	0.5	☐ large carrots	4
☐ blueberries	1 cup	☐ lime	1
☐ broccoli	1 head	☐ mango	4 cups
☐ bunch cilantro	0.5	☐ minced garlic	1 tbsp + 4 tsp
☐ carrot (optional)	1	☐ onion	0.5
☐ cilantro	1 bunch	☐ parsnips	2
☐ cucumber	1	☐ red bell pepper	1 cup
☐ ears of corn	4	☐ red onion	1
☐ garlic	9 cloves	☐ tomatoes	0.50 pt
☐ green beans	0.50 lb + 1 cup		

Spices

☐ black pepper	1 tsp	☐ garlic powder	1.50 tbsp + 0.5 tsp
☐ cayenne pepper	1 tsp	☐ onion powder	1.50 tbsp
☐ dried basil	1.50 tsp	☐ pepper	3.25 tsp
☐ dried oregano	1 Tbsp + 1 tsp	☐ red pepper flakes (!)	0.25 tsp
☐ dried parsley	0.50 tbsp	☐ salt	7.75 tsp + 1 Tbsp
☐ dried thyme	1 tbsp + 0.25 tsp	☐ smoked paprika	1.50 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.*