



JULY MEAL PLAN 3

Day 1: Instant Pot Beef Stew // Lemon Butter Asparagus // Biscuits

Day 2: Slow Cooker Thai Chicken Curry // Coconut Rice

Day 3: Taco Bowls // Coconut Rice

Day 4: Instant Pot Chicken Detox Soup // Biscuits

Day 5: Chimichurri Meatballs // Instant Pot Quinoa // Side Salad

Cold Case

- | | | | |
|--|-----------|---|-------|
| ☐ butter | 13 tbsp | ☐ shredded cheddar cheese (optional) | 1 cup |
| ☐ milk (any) | 1.50 cups | ☐ sour cream (optional) | 1 cup |
| ☐ parmesan cheese | 4 oz | | |

Frozen

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|--------------------------------------|--------|
| ☐ frozen peas | 3 cups |
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Meat

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|---|------|--------------------------------------|-------|
| ☐ chicken | 1 lb | ☐ ground beef | 3 lbs |
| ☐ chicken breast | 1 lb | ☐ stew meat | 2 lbs |

Pantry

- | | | | |
|--|-----------|---|-------------------|
| ☐ apple cider vinegar | 1 tbsp | ☐ coconut flakes (optional) | 4 tbsp |
| ☐ baking powder | 5 tsp | ☐ coconut milk | 2 (14.5 oz) can |
| ☐ beef or chicken stock* | 2.50 cups | ☐ coconut oil | 2 tbsp |
| ☐ can full fat coconut milk | 1 | ☐ flour | 4.50 cups |
| ☐ can garbanzo beans* | 2 15 oz | ☐ jasmine rice | 2 cups |
| ☐ can pineapple chunks | 2 20 oz | ☐ olive oil | 1.5 cups + 2 tbsp |
| ☐ cashews | 0.50 cup | ☐ quinoa | 1 cup |
| ☐ chicken broth* | 2 quarts | ☐ sunflower seeds (optional) | 0.50 cup |

☐ chimichurri sauce	1 jar	☐ tomato paste	2 tbsp
☐ coconut aminos	2 tbsp	☐ vinegar	1 cup

Produce

☐ asparagus	1 lb	☐ iceberg lettuce	1 head
☐ bell pepper (optional)	0.5	☐ large carrots	4
☐ bell peppers (any color)	2	☐ large onions	5
☐ broccoli florets	3 cups	☐ lemon	0.5
☐ bunch cilantro	0.5	☐ lime (optional)	1
☐ carrot (optional)	1	☐ parsnips	1 cup
☐ carrots	1 cup	☐ potatoes	1 cup
☐ celery ribs	4	☐ spinach or kale	2 cups
☐ cilantro (optional)	2 bunch	☐ sweet potatoes	1 lb
☐ cucumber	1	☐ tomato	1
☐ fresh ginger	3 tbsp	☐ tomatoes	0.50 pt
☐ garlic	2 cloves	☐ turnips	1 cup
☐ head lettuce	0.5		

Spices

☐ dried basil	0.50 tsp	☐ onion powder	1.50 tbsp
☐ dried marjoram	1 tsp	☐ pepper	0.50 tbsp + 1.25 tsp
☐ dried oregano	1 tbsp	☐ red curry powder	3 tbsp
☐ dried parsley	0.50 tbsp	☐ red pepper flakes (!)	1.25 tsp
☐ dried thyme	2.25 tsp	☐ salt	2 tbsp + 4.75 tsp
☐ garlic powder	1.50 tbsp + 1.5 tsp	☐ taco seasoning*	2 tbsp
☐ Italian seasoning*	1.50 tbsp + 0.50 tsp	☐ turmeric	0.25 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.*

