



JULY MEAL PLAN 4

Day 1: Slow Cooker Creamy Buffalo Chicken // Celery + Carrot Sticks

Day 2: Buffalo Chicken Pizza // Side Salad

Day 3: Buffalo Chicken Salad

Cold Case

☐ almond milk	0.50 cup	☐ milk	0.50 cup
☐ butter	10 tbsp	☐ sour cream	0.50 cup
☐ cheddar cheese	0.50 cup	☐ unsalted butter	10 tbsp
☐ cheddar cheese (optional)	1 cup		

Meat

☐ 1-inch thick steaks	4	☐ ground beef	1 lb
☐ boneless chicken breasts	1.50 lb	☐ Italian sausages	6

Pantry

☐ baking powder	4 tsp	☐ coconut aminos or soy sauce	0.25 cup
☐ bone broth*	2 quarts	☐ flour	4 cups
☐ brown sugar	0.25 cup	☐ jasmine rice	4 cups
☐ can black beans*	1 (15 oz)	☐ olive oil	7 tbsp
☐ can corn	1 (15 oz)	☐ salsa*	0.50 cup
☐ can diced tomatoes	2 (15 oz)	☐ sesame oil	2 tsp
☐ can garbanzo beans*	1 (15 oz)	☐ tortillas (flour or corn)*	8
☐ chile verde salsa*	1 cup		

Produce

☐ avocado	1	☐ jalapenos, sliced thin or diced	4
☐ bell peppers (any)	4	☐ large bell peppers (any color)	4
☐ bunch cilantro	0.5	☐ large onions	4

☐ carrots	4	☐ medium russet potatoes	4
☐ celery	2	☐ mushrooms	20 oz
☐ garlic	9 cloves	☐ onions	5
☐ green onions (optional)	0.25 cup	☐ parsley	1 bunch
☐ head lettuce	0.5	☐ potatoes	2 lb

Spices

☐ chili powder	2 tbsp + 0.5 tsp	☐ Italian seasoning*	2 tsp
☐ coriander	0.50 tbsp	☐ minced onion	1 tbsp
☐ coriander seed	0.50 tbsp	☐ onion powder	1.50 tsp
☐ cracked pepper	1 tbsp	☐ paprika	1 tsp
☐ crushed red pepper (!)	0.50 tbsp + 0.5 tsp	☐ pepper	6.6 tsp
☐ cumin	1 tbsp + 1 tsp	☐ red pepper flakes (!)	0.25 cup
☐ dill	0.50 tbsp	☐ rosemary	0.50 tbsp
☐ dried oregano	0.50 tsp	☐ salt	15 tsp
☐ garlic flakes	1 tsp	☐ taco seasoning*	2 tbsp
☐ garlic powder	3.50 tsp	☐ thyme	0.50 tbsp
☐ ground ginger	0.25 cup		

*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.*