



## SEPTEMBER MEAL PLAN 3

Day 1: Egg Roll in a Bowl

Day 2: Fiesta Rice // Lime Crema // Easy Guacamole

Day 3: BBQ Pork Sweet Potatoes // Classic Slaw // Steamed Mixed Vegetables

Day 4: Zuppa Toscana // Sweet Potato Biscuits

Day 5: Italian Roasted Vegetables + Sausage // White Rice

### Cold Case

<input type="checkbox"/> cold butter	6 tbsp	<input type="checkbox"/> shredded Parmesan cheese	1 oz
<input type="checkbox"/> milk	0.33 cup	<input type="checkbox"/> sour cream	8 oz

### Frozen

<input type="checkbox"/> frozen corn	1 cup
--------------------------------------	-------

### Meat

<input type="checkbox"/> beef sausage	1 lb	<input type="checkbox"/> ground pork	2 lb
---------------------------------------	------	--------------------------------------	------

### Pantry

<input type="checkbox"/> all-purpose flour	2 cups	<input type="checkbox"/> granulated sugar or honey	2 tsp
<input type="checkbox"/> apple cider vinegar	1 tbsp + 1 tsp	<input type="checkbox"/> jasmine rice	2 cups
<input type="checkbox"/> baking powder	1 tbsp	<input type="checkbox"/> lime juice	2 tbsp
<input type="checkbox"/> BBQ sauce*	1 cup	<input type="checkbox"/> mayo* (optional)	0.25 cup
<input type="checkbox"/> can black beans*	1	<input type="checkbox"/> mayo*	0.75 cup
<input type="checkbox"/> can full fat coconut milk	1 14 oz	<input type="checkbox"/> olive oil	0.25 cups + 4.50 tbsp
<input type="checkbox"/> chicken stock*	4 cups	<input type="checkbox"/> red wine vinegar	1 tbsp
<input type="checkbox"/> coconut aminos (or soy sauce or liquid aminos)	4 tbsp	<input type="checkbox"/> sesame seed oil	2 tbsp
<input type="checkbox"/> coconut oil	1 tbsp	<input type="checkbox"/> sriracha (optional)	1 tsp

- |  |       |   |        |
|--|-------|---|--------|
| <input type="checkbox"/> Dijon mustard | 2 tsp | <input type="checkbox"/> white or apple cider vinegar | 1 tbsp |
|--|-------|---|--------|

## Produce

- |   |          |  |          |
|---|----------|--|----------|
| <input type="checkbox"/> avocado (optional)                   | 1        | <input type="checkbox"/> jalapeno        | 1        |
| <input type="checkbox"/> avocados                             | 2        | <input type="checkbox"/> kale            | 4 cups   |
| <input type="checkbox"/> baby carrots                         | 2 cups   | <input type="checkbox"/> large onions    | 3        |
| <input type="checkbox"/> bag coleslaw (no dressing)           | 1 16 oz  | <input type="checkbox"/> lime            | 1.13     |
| <input type="checkbox"/> bag shredded carrots                 | 1 10 oz  | <input type="checkbox"/> lime zest       | 1 tsp    |
| <input type="checkbox"/> bags shredded cabbage (coleslaw mix) | 2 10     | <input type="checkbox"/> minced garlic   | 5.50 tsp |
| <input type="checkbox"/> broccoli florets                     | 2 cups   | <input type="checkbox"/> mushrooms       | 12 oz    |
| <input type="checkbox"/> carrots                              | 1 cup    | <input type="checkbox"/> potatoes        | 12 oz    |
| <input type="checkbox"/> cauliflower                          | 2 cups   | <input type="checkbox"/> red cabbage     | 2 cups   |
| <input type="checkbox"/> celery                               | 2 ribs   | <input type="checkbox"/> red onion       | 0.50 cup |
| <input type="checkbox"/> cherry tomatoes                      | 12 oz    | <input type="checkbox"/> roma tomatoes   | 3        |
| <input type="checkbox"/> cilantro                             | 0.25 cup | <input type="checkbox"/> sweet potatoes  | 6        |
| <input type="checkbox"/> garlic cloves                        | 12       | <input type="checkbox"/> yellow potatoes | 1.50 lb  |
| <input type="checkbox"/> green or orange bell pepper          | 0.75 cup |  |          |

## Spices

- |   |                    |  |          |
|---|--------------------|--|----------|
| <input type="checkbox"/> black pepper                 | 0.25 tsp           | <input type="checkbox"/> garlic powder                 | 3 tsp    |
| <input type="checkbox"/> celery seed                  | 0.50 tsp           | <input type="checkbox"/> granulated garlic             | 0.38 tsp |
| <input type="checkbox"/> red pepper flakes (!)        | 1 tsp              | <input type="checkbox"/> ground cumin                  | 0.50 tsp |
| <input type="checkbox"/> red pepper flakes (optional) | 0.50 tsp           | <input type="checkbox"/> ground fennel seed - optional | 0.25 tsp |
| <input type="checkbox"/> cumin                        | 0.25 tsp           | <input type="checkbox"/> ground ginger                 | 2 tsp    |
| <input type="checkbox"/> dried basil                  | 1 tsp              | <input type="checkbox"/> onion powder                  | 1 tsp    |
| <input type="checkbox"/> dried oregano                | 0.5 tbsp + 1 pinch | <input type="checkbox"/> paprika                       | 1 tsp    |
| <input type="checkbox"/> dried parsley                | 2 tsp              | <input type="checkbox"/> pepper                        | 2.63 tsp |
| <input type="checkbox"/> dried thyme                  | 1 tsp + 1 pinch    | <input type="checkbox"/> salt                          | 5.25 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.*