AUGUST MEAL PLAN 1

Day 1: Sheet Pan Sausage, Peppers, + Onion // Instant Pot Brown Rice

Day 2: Tortilla Soup // Jalapeno Cheddar Biscuits

Day 3: Roasted Red Pepper Tomato Soup // Cranberry Apple Salad // Jalapeno Cheddar Biscuits

Day 4: Sheet Pan Hawaiian Shrimp // Instant Pot Brown Rice

Day 5: Slow Cooker Beef Ragu // Pasta

Cold Case

☐	almond milk	0.50 cup	☐	goat cheese	5 oz
☐	butter	2 tbsp	☐	milk or cream or half + half	0.50 cup
☐	butter (optional)	4 tbsp	☐	orange juice	2 tbsp
☐	cheddar cheese (optional)	1 cup	☐	unsalted butter	10 tbsp

Meat

☐	chuck roast	3 lb	☐	shrimp	2 lb
☐	Italian sausages	6			

Pantry

☐	apple cider vinegar*	0.33 cup + 1.5 tsp	☐	chile verde salsa*	1 cup
☐	baking powder	4 tsp	☐	dried cranberries	0.67 cup
☐	bone broth*	2 quarts	☐	flour	4 cups
☐	brown rice	4 cups	☐	maple syrup	2 tsp
☐	can black beans	1 (15 oz)	☐	medium noodles (penne, rotini, etc.)	8 oz
☐	can corn	1 (15 oz)	☐	olive oil	5 tbsp + 0.25 cup
☐	can crushed tomatoes	1 28 oz	☐	pineapple chunks	1 cup
☐	can diced tomatoes	2 (15 oz)	☐	sesame seed oil	0.50 tsp

☐	can garbanzo beans	1 (15 oz)	☐	soy sauce	3 tbsp
☐	can peeled whole tomatoes	1 (28 oz)	☐	spicy brown mustard	2 tsp
☐	chicken stock*	2 cups	☐	walnuts	0.75 cup

Produce

☐	apples	2	☐	large onion	1
☐	baby carrots	0.50 lb	☐	large zucchini	1
☐	bell peppers	6	☐	mushrooms	20 oz
☐	carrots	2	☐	onions	4.5
☐	celery	2	☐	red bell pepper	1
☐	garlic	7 cloves	☐	red onion	0.5
☐	jalapenos, sliced thin or diced	4	☐	spinach	10 oz

Spices

☐	basil	2 tsp	☐	Italian seasoning*	2 tsp
☐	bay leaves	2	☐	onion powder	1 tsp
☐	chili powder	0.50 tsp	☐	pepper	2.75 tsp
☐	cumin	1 tsp	☐	salt	4.75 tsp
☐	dried thyme	1 tsp	☐	salt (optional)	2 tsp
☐	garlic powder	1 tbsp + 1.25 tsp	☐	taco seasoning*	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.*