



AUGUST MEAL PLAN 2

Day 1: Chicken Southwest Salad + Cilantro Lime Dressing // Tortilla Chips

Day 2: Bacon Chicken Caesar Salad Wraps // Roasted Zucchini

Day 3: Fish Sticks // Cauliflower Rice // Green Beans

Day 4: Butternut Squash Pasta // Side Salad + Cilantro Lime Dressing

Day 5: Fish Sticks // Instant Pot Baked Potatoes // Side Salad + Caesar Dressing

Cold Case

☐ Greek yogurt*	0.50 cup	☐ shredded cheddar cheese	0.50 cup
☐ large eggs	8	☐ unsalted butter	4 tbsp
☐ milk or cream or half + half	1 cup	☐ whole milk	3 cups
☐ parmesan	4 oz	☐ yogurt*	1 cup
☐ parmesan cheese	0.33 cup		

Frozen

☐ frozen cauliflower rice	16 oz	☐ frozen corn kernels	1 cup
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Meat

☐ bacon	12 pieces	☐ cod filets	2 lb
☐ boneless chicken breasts	2 lbs		

Pantry

☐ all-purpose flour	2 cups	☐ olive oil	10.50 tbsp
☐ anchovy filets	4 oz	☐ Panko bread crumbs	5 cups
☐ black beans	1 cup	☐ spicy brown mustard	4 tsp
☐ cooking spray		☐ tartar sauce (optional)	24 oz
☐ extra virgin olive oil	4 tbsp	☐ tortilla chips*	16 oz
☐ garbanzo beans*	1 cup	☐ tortillas*	8
☐ lemon juice	1 tbsp	☐ whole wheat flour	0.25 cup

☐ lime juice	6 tbsp	☐ whole wheat pasta	1 lb
☐ maple syrup or honey	1 tsp	☐ Worcestershire sauce	2 tsp
☐ mayonnaise*	1 cup		

Produce

☐ butternut squash	1	☐ iceberg lettuce	1 head
☐ cherry tomatoes	1 cup + 2 pt	☐ lemon	2
☐ chopped parsley (optional)	2 tbsp	☐ lettuce	8 cups
☐ cilantro	0.50 bunch	☐ medium russet potatoes	4
☐ cilantro leaves	2 tbsp	☐ minced garlic	2 tsp
☐ collard greens	10 oz	☐ onion	1
☐ cucumber	2	☐ Romaine lettuce	1 head
☐ green beans	1 lb	☐ tomato	1
☐ green leaf lettuce	1 head	☐ whole garlic cloves	8
☐ green onions (optional)	3	☐ zucchini	4

Spices

☐ black pepper	0.50 tsp	☐ nutmeg	0.50 tsp
☐ cayenne pepper (!) (optional)	0.25 tsp	☐ paprika	0.50 tsp
☐ dried rosemary	1 tbsp	☐ pepper	1.50 tsp
☐ dried seasonings (Italian seasoning, oregano, basil and coriander are all good options)	1 tsp	☐ poultry seasoning*	1 tbsp
☐ granulated garlic	1 tsp	☐ salt	6.50 tsp + 1 tbsp
☐ kosher salt	0.50 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.*