



AUGUST MEAL PLAN 3

Day 1: Slow Cooker Chicken Cacciatore // No Yeast Bread

Day 2: Meatloaf // Mashed Potatoes

Day 3: Blackened Salmon // Sauteed Yellow Squash + Broccoli // White Rice

Day 4: Meatloaf // Zoodles // Spaghetti Sauce // No Yeast Bread

Day 5: Egg Roll in a Bowl // White Rice

Cold Case

- | | | | |
|---------------------------------|--------|---|----------|
| <input type="checkbox"/> butter | 6 tbsp | <input type="checkbox"/> milk | 0.50 cup |
| <input type="checkbox"/> eggs | 4 | <input type="checkbox"/> parmesan cheese (optional) | 1 cup |

Frozen

- | | |
|---|-----------|
| <input type="checkbox"/> bag frozen fajita blend vegetables | 1 (16 oz) |
|---|-----------|

Meat

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|--------------------------------------|------|---|------|
| <input type="checkbox"/> chicken | 1 lb | <input type="checkbox"/> ground turkey | 2 lb |
| <input type="checkbox"/> ground pork | 1 lb | <input type="checkbox"/> salmon fillets | 4 |

Pantry

- | | | | |
|---|-----------|--|----------------|
| <input type="checkbox"/> apple cider vinegar* | 1 tbsp | <input type="checkbox"/> flour (any) | 8 cups |
| <input type="checkbox"/> baking powder | 4 tsp | <input type="checkbox"/> jasmine rice | 4 cups |
| <input type="checkbox"/> BBQ sauce* | 0.50 cup | <input type="checkbox"/> mayo* (optional) | 0.25 cup |
| <input type="checkbox"/> can tomato paste | 1 (6 oz) | <input type="checkbox"/> olive oil | 1 tsp + 2 tbsp |
| <input type="checkbox"/> chicken stock* | 1.75 cups | <input type="checkbox"/> quinoa | 1 cup |
| <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 | 3 tbsp | <input type="checkbox"/> sriracha (optional) | 1 tsp |
| <input type="checkbox"/> dry white wine (or additional chicken stock*) | 0.25 cup | <input type="checkbox"/> tomato basil sauce* | 28 oz |

- | | |
|--|--------|
| <input type="checkbox"/> flour (all purpose or almond) | 2 cups |
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Produce

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|---|-----------|--|--------|
| <input type="checkbox"/> bag shredded carrots | 1 (10 oz) | <input type="checkbox"/> large onions | 5 |
| <input type="checkbox"/> bags shredded cabbage (coleslaw mix) | 2 (10 oz) | <input type="checkbox"/> minced garlic | 1 tbsp |
| <input type="checkbox"/> bell pepper | 2 | <input type="checkbox"/> mushrooms | 4 oz |
| <input type="checkbox"/> broccoli | 2 heads | <input type="checkbox"/> potatoes | 2 lb |
| <input type="checkbox"/> celery | 2 ribs | <input type="checkbox"/> yellow squash | 6 |
| <input type="checkbox"/> flat leaf parsley | 2 bunch | <input type="checkbox"/> zucchinis large | 4 |

Spices

- | | | | |
|---|----------------|--|-----------|
| <input type="checkbox"/> black pepper | 1 tsp | <input type="checkbox"/> ground ginger | 2 tsp |
| <input type="checkbox"/> cayenne pepper | 1 tsp | <input type="checkbox"/> onion powder | 1 tbsp |
| <input type="checkbox"/> dried basil | 1 tsp | <input type="checkbox"/> oregano | 2 tsp |
| <input type="checkbox"/> dried oregano | 1 tsp | <input type="checkbox"/> pepper | 3.75 tsp |
| <input type="checkbox"/> dried thyme | 1 tbsp | <input type="checkbox"/> red pepper flakes (!) | 0.25 tsp |
| <input type="checkbox"/> garlic powder | 1 tbsp + 2 tsp | <input type="checkbox"/> salt | 8 tsp |
| <input type="checkbox"/> garlic salt | 1 tsp | <input type="checkbox"/> smoked paprika | 1.50 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.*