



AUGUST MEAL PLAN 4

Day 1: Hemp Herb Crusted Pork Chops // Quinoa // Sauteed Green Beans

Day 2: Pork + Kale Salad // Roasted Sweet Potatoes

Day 3: Chicken Piccata // Frozen Peas // Millet

Day 4: Quinoa Beef Taco Bowls

Day 5: Sweet Potato Black Bean Enchiladas // Taco Toppings

Cold Case

☐ butter	4 tbsp	☐ shredded cheese	1 cup
☐ butter (optional)	1 tbsp	☐ sour cream (optional)	2 cups
☐ milk	0.50 cup	☐ unsalted butter	3 tbsp
☐ shredded cheddar cheese (optional)	1 cup		

Frozen

☐ frozen corn	3 cups	☐ frozen peas	16 oz
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Meat

☐ boneless pork chops	4	☐ ground beef	1 lb
☐ chicken breasts	2	☐ thick cut boneless pork chops	4

Pantry

☐ apple cider vinegar	1 tsp	☐ hemp hearts	0.50 cup
☐ almond meal or flour	0.75 cup	☐ lemon juice	8 tbsp
☐ black olives (optional)	0.50 cup	☐ maple syrup	1 tsp
☐ can diced green chiles	1 (4 oz)	☐ millet	2 cups
☐ can fire roasted tomatoes	1 (14 oz)	☐ nutritional yeast	4 tsp
☐ cans black beans*	2 (15 oz)	☐ oil or butter	2 tbsp
☐ capers	1 tbsp	☐ olive oil	1 cup

☐ chicken stock*	0.50 cup	☐ quinoa	2 cups
☐ chipotle peppers	1 can	☐ salsa*	2 cups
☐ coconut oil	0.50 cup	☐ sunflower seeds	0.50 cup
☐ dried cranberries	0.50 cup	☐ tomato paste	4 Tbsp
☐ flour	0.25 cup + 2 Tbsp	☐ walnuts	1 cup
☐ flour tortillas*	12		

Produce

☐ avocados	2	☐ jalapeno (optional)	1
☐ cilantro	0.50 bunch	☐ lacinato kale	1 lb
☐ fresh parsley	2 tbsp	☐ onion	2
☐ garlic	8 cloves	☐ pepper (any)	1
☐ green beans	1 lb	☐ poblano pepper	1
☐ green onions (optional)	0.50 bunch	☐ shredded lettuce or cabbage	4 cups
☐ hatch chile (optional)	1	☐ sweet potatoes	4 each + 1 lb
☐ head lettuce	0.5	☐ tomatoes	2
☐ jalapeno	1		

Spices

☐ cayenne powder (!)	0.25 tsp	☐ kosher salt	1 tsp
☐ chili powder	2 tsp + 3 Tbsp	☐ oregano	0.25 tsp
☐ cinnamon	0.13 tsp	☐ paprika	0.50 tsp
☐ cumin	0.50 tsp	☐ pepper	2.50tsp
☐ garlic powder	1.50 tsp	☐ salt	5 tsp
☐ Italian seasoning*	1 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.*