



JUNE MEAL PLAN 3

Day 1: Salsa Pork Chops // Parsley Potatoes // Dinner Salad

Day 2: Leftover Pork + Potato Soup // Dinner Salad

Day 3: Black Bean + Corn Tacos // Cilantro Lime Coleslaw

Day 4: Scallion Turkey Patties // Roasted Radishes // White Rice

Day 5: Asian Shaved Salad with Chicken // Ginger Miso Dressing // White Rice

Cold Case

- | | | | |
|---|----------|---|----------|
| ☐ feta or goat cheese (optional) | 1 cup | ☐ milk (dairy or non dairy) | 2 tsp |
| ☐ Greek yogurt* | 2 cups | ☐ shredded cheddar cheese (optional) | 0.50 cup |
| ☐ Greek yogurt*, regular yogurt, sour cream or mayo* | 0.50 cup | | |

Meat

- | | | | |
|---|------|--|---|
| ☐ ground turkey | 1 lb | ☐ thick cut boneless pork chops | 8 |
| ☐ chicken breast | 1 lb | | |

Pantry

- | | | | |
|--|-----------|--|----------------|
| ☐ can black beans* | 2 15 oz | ☐ jasmine rice | 4 cups |
| ☐ can corn | 1 15 oz | ☐ lime juice | 1.50 tsp |
| ☐ can diced green chilies | 4 oz | ☐ miso paste | 2 tbsp |
| ☐ can fire roasted tomatoes | 1 14.5 oz | ☐ olive oil | 1 cup + 2 tbsp |
| ☐ can mandarin oranges | 1 15 oz | ☐ olives (optional) | 0.50 cup |
| ☐ can pineapple chunks | 1 15 oz | ☐ pecans | 0.67 cup |
| ☐ chicken stock* | 2 quarts | ☐ red wine vinegar | 2 tbsp |
| ☐ chipotle pepper sauce | 2 tbsp | ☐ rice wine vinegar | 2 tbsp |
| ☐ chipotle peppers | 2 | ☐ salsa* | 16 oz + 1 cup |
| ☐ dried cranberries | 0.67 cup | ☐ sesame seed oil | 1 tbsp |

☐ flour	1 tbsp	☐ tortillas*	8
☐ honey	1 tbsp		

Produce

☐ avocados (optional)	2	☐ lettuce (optional)	1 cup
☐ broccoli	1 head	☐ limes	2
☐ carrots	8	☐ medium potatoes	4
☐ carrots (optional)	0.50 cup	☐ medium russet potatoes	4
☐ celery ribs	4	☐ mushrooms	8 oz
☐ chopped green onions	0.50 cup	☐ onion	1
☐ cilantro leaves	0.50 cup	☐ parsley	1 bunch
☐ garlic	5 cloves	☐ poblano pepper	1
☐ green cabbage	3 cups	☐ radishes	16 oz
☐ green onion	1 stalk	☐ red cabbage	4 cups
☐ hatch chile pepper (optional)	1	☐ red cabbage (optional)	0.50 cup
☐ jalapeno	1	☐ scallions (green onions)	1 bunch
☐ kale	2 bunches	☐ spring mix	10 oz
☐ large granny smith apple	2	☐ sweet pepper	1
☐ leeks	2		

Spices

☐ chili powder	2 tsp	☐ ground sage	2 tsp
☐ dried basil	2 tsp	☐ ground thyme	1 tsp
☐ dried dill	2 tsp	☐ Italian seasoning*	2 tbsp
☐ dried parsley	4 tbsp	☐ onion flakes	2 tbsp
☐ dried thyme	2 tsp	☐ onion powder	0.25 tsp
☐ dry minced onions	10 tbsp	☐ paprika	0.50 tsp
☐ garlic powder	2 tbsp + 0.25 tsp	☐ pepper	3.25 tsp
☐ ginger	1 tbsp	☐ salt	18 tsp
☐ granulated garlic	2 tsp	☐ sesame seeds	1 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.*