



SAMPLE 30MD MINI MEAL PLAN

Day 1: Ground Beef Tacos // Fajita Vegetables // Guacamole

Day 2: Korean Beef Bowls // Quinoa

Day 3: Chicken Quinoa Salad + Thai Peanut Sauce

Day 4: Sheet Pan Sausage, Peppers, Onions, + Mushrooms // Cornbread Muffins

Day 5: Slow Cooker White Chicken Chili // Cornbread Muffins

Cold Case

<input type="checkbox"/> butter	17 tbsp	<input type="checkbox"/> milk	1.50 cups
<input type="checkbox"/> cheddar cheese (optional)	8 oz	<input type="checkbox"/> shredded cheese - optional	2 cups
<input type="checkbox"/> cream cheese	8 oz	<input type="checkbox"/> sour cream (optional)	16 oz
<input type="checkbox"/> eggs	4		

Frozen

<input type="checkbox"/> frozen corn	3.5 cups
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Meat

<input type="checkbox"/> chicken breast	2 lb	<input type="checkbox"/> Italian sausages	6
<input type="checkbox"/> ground beef	2 lb		

Pantry

<input type="checkbox"/> all-purpose flour	2.50 cups	<input type="checkbox"/> peanuts	0.50 cup
<input type="checkbox"/> baking powder	2 tbsp	<input type="checkbox"/> quinoa	3 cups
<input type="checkbox"/> brown sugar	0.25 cup	<input type="checkbox"/> rice vinegar	2 tbsp
<input type="checkbox"/> can diced chilis	1 4 oz	<input type="checkbox"/> salsa verde*	1 cup
<input type="checkbox"/> chicken stock*	2 cups	<input type="checkbox"/> sesame oil	2 tsp
<input type="checkbox"/> coconut aminos or soy sauce	0.25 cup	<input type="checkbox"/> soy sauce or aminos	3 tbsp

<input type="checkbox"/> great northern beans*	3 cups	<input type="checkbox"/> sugar	0.5 cup + 1 tbsp
<input type="checkbox"/> honey	6 tbsp	<input type="checkbox"/> tortilla chips (optional)	16 oz
<input type="checkbox"/> lime juice (about 1 1/2 limes)	2 tbsp	<input type="checkbox"/> tortillas*	8
<input type="checkbox"/> olive oil	5 tbsp	<input type="checkbox"/> yellow cornmeal	1.50 cups
<input type="checkbox"/> peanut butter	0.25 cup		

Produce

<input type="checkbox"/> avocado (optional)	1	<input type="checkbox"/> green bell pepper	1
<input type="checkbox"/> avocados	2	<input type="checkbox"/> green onions (optional)	0.25 cup
<input type="checkbox"/> bell peppers (any)	4	<input type="checkbox"/> head lettuce (optional)	0.5
<input type="checkbox"/> bell peppers (green)	2	<input type="checkbox"/> lime	0.13
<input type="checkbox"/> bell peppers (red, orange, or yellow)	2	<input type="checkbox"/> lime (optional)	1
<input type="checkbox"/> carrots	4	<input type="checkbox"/> mushrooms	20 oz
<input type="checkbox"/> celery	1 rib	<input type="checkbox"/> onions	7.5
<input type="checkbox"/> cherry tomatoes	4 oz	<input type="checkbox"/> onion (optional)	1
<input type="checkbox"/> cilantro	1 bunch	<input type="checkbox"/> orange bell pepper	1
<input type="checkbox"/> cilantro (optional)	1 bunch	<input type="checkbox"/> pineapple	1.50 cups
<input type="checkbox"/> cucumber	1	<input type="checkbox"/> roma tomato	1
<input type="checkbox"/> fresh ginger	1 in	<input type="checkbox"/> tomato (optional)	1
<input type="checkbox"/> garlic	8 cloves	<input type="checkbox"/> zucchini	1

Spices

<input type="checkbox"/> crushed pepper (optional)	0.25 tsp	<input type="checkbox"/> Italian seasoning*	2 tsp
<input type="checkbox"/> crushed red pepper (!)	0.75 tsp	<input type="checkbox"/> oregano	0.50 tsp
<input type="checkbox"/> cumin	1.75 tsp	<input type="checkbox"/> pepper	1.75 tsp
<input type="checkbox"/> granulated garlic	0.38 tsp	<input type="checkbox"/> salt	7 tsp
<input type="checkbox"/> ground ginger	0.25 tsp	<input type="checkbox"/> taco seasoning*	3 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.*