



APRIL MEAL PLAN 1

Day 1: Lemon Chicken // Almond Green Beans // White Rice

Day 2: Chinese Five Spice Chicken // Stir Fry Vegetables // White Rice

Day 3: Vegetable Soup // Cast Iron Skillet Cornbread

Day 4: Chicken Millet Bowl

Day 5: Mexican Millet // Guacamole // Lime Crema

Cold Case

<input type="checkbox"/> butter	0.25 cup	<input type="checkbox"/> milk	1.50 cups
<input type="checkbox"/> butter OR bacon grease	2 tbsp	<input type="checkbox"/> sour cream	8 oz
<input type="checkbox"/> egg	1		

Frozen

<input type="checkbox"/> bag frozen stir-fry vegetables	16 oz
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Meat

<input type="checkbox"/> chicken breast	2 lb	<input type="checkbox"/> ground beef	1 lb
<input type="checkbox"/> chicken, either whole or cut into parts	1 lb		

Pantry

<input type="checkbox"/> all-purpose flour	0.50 cup	<input type="checkbox"/> jasmine rice*	4 cups
<input type="checkbox"/> apple cider vinegar	2 tbsp	<input type="checkbox"/> lemon juice	2 tbsp
<input type="checkbox"/> baking soda	1 tbsp + 0.5 tsp	<input type="checkbox"/> millet	2 cups
<input type="checkbox"/> balsamic vinegar	2 tbsp	<input type="checkbox"/> olive oil	7 tbsp
<input type="checkbox"/> Chickpeas	1 (15 oz) can	<input type="checkbox"/> sesame oil	1 tbsp
<input type="checkbox"/> coconut oil	1 tbsp	<input type="checkbox"/> soy sauce	4 tbsp
<input type="checkbox"/> cooking spray		<input type="checkbox"/> tomato paste	1 (6 oz) can + 3 tbsp

<input type="checkbox"/> cornmeal	1 cup	<input type="checkbox"/> vegetable broth	8 cups
<input type="checkbox"/> crushed tomatoes with basil	1 (28 oz) can	<input type="checkbox"/> whole almonds	16 oz
<input type="checkbox"/> hoisin sauce	2 tbsp		

Produce

<input type="checkbox"/> avocados	2	<input type="checkbox"/> mushrooms	8 oz
<input type="checkbox"/> bell peppers (any color)	2	<input type="checkbox"/> onion	1
<input type="checkbox"/> cilantro	2 tbsp	<input type="checkbox"/> parsley	2 cups
<input type="checkbox"/> cut green beans	1 (14.5 oz) can	<input type="checkbox"/> peas	1 (15 oz) can
<input type="checkbox"/> fresh green beans	24 oz	<input type="checkbox"/> pomegranate seeds (can sub raisins)	1 cup
<input type="checkbox"/> garlic	5 cloves	<input type="checkbox"/> roma tomato	1
<input type="checkbox"/> ginger (freeze any extra)	1 -inch	<input type="checkbox"/> sliced carrots	2 (14.5 oz) cans
<input type="checkbox"/> jalapeno	1	<input type="checkbox"/> tomato	1 medium
<input type="checkbox"/> lemons	3	<input type="checkbox"/> whole sweet corn	1 (15.25 oz) can
<input type="checkbox"/> lime	2.13	<input type="checkbox"/> yellow onion	1 small
<input type="checkbox"/> mint	1 cup		

Spices

<input type="checkbox"/> black pepper	1 tsp	<input type="checkbox"/> Italian seasoning blend	2 tbsp
<input type="checkbox"/> Chinese 5 Spice	3 tbsp	<input type="checkbox"/> pepper	0.13 tsp
<input type="checkbox"/> cumin	1.25 tsp	<input type="checkbox"/> salt	10.75 tsp
<input type="checkbox"/> garlic powder	1 tsp	<input type="checkbox"/> smoked paprika	1 tsp
<input type="checkbox"/> granulated garlic	0.38 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.*