



APRIL MEAL PLAN 2

Day 1: Creamy Halibut with Onions // Quinoa // Steamed Frozen Vegetables

Day 2: Beef + Broccoli Lo Mein Over Noodles

Day 3: Blackened Salmon // Asparagus + Red Pepper with Balsamic Vinegar

Day 4: Rajma Masala // Quinoa

Day 5: Lemony Tuna Orzo with Butter Beans // Side Salad with Caesar Dressing

Cold Case

<input type="checkbox"/> butter	6 tbsp	<input type="checkbox"/> parmesan cheese	0.50 cup
<input type="checkbox"/> cream	0.83 cup	<input type="checkbox"/> plain yogurt*	0.75 cup

Meat

<input type="checkbox"/> flank steak	8 oz	<input type="checkbox"/> salmon fillets	4
<input type="checkbox"/> halibut fillets	4		

Pantry

<input type="checkbox"/> anchovy filets	2 oz	<input type="checkbox"/> quinoa	2 cups
<input type="checkbox"/> balsamic vinegar	2 tbsp	<input type="checkbox"/> raisins	1 cup
<input type="checkbox"/> ghee	2 tbsp	<input type="checkbox"/> sesame oil	2 tsp
<input type="checkbox"/> hoisin sauce	2 tbsp	<input type="checkbox"/> soy sauce	0.25 cup
<input type="checkbox"/> kidney beans	1 (15 oz)	<input type="checkbox"/> spicy brown mustard	2 tsp
<input type="checkbox"/> lo mein noodles or spaghetti noodles	8 oz	<input type="checkbox"/> toasted pine nuts or almonds (optional)	1 cup
<input type="checkbox"/> mayo*	0.50 cup	<input type="checkbox"/> tuna	2 cans
<input type="checkbox"/> olive oil	10 tbsp + 1 tsp	<input type="checkbox"/> vegetable broth*	3 cups
<input type="checkbox"/> orzo	16 oz	<input type="checkbox"/> white wine or chicken stock*	1 tbsp
<input type="checkbox"/> packed brown sugar	0.25 cup	<input type="checkbox"/> Worcestershire sauce	1 tsp

Produce

<input type="checkbox"/> baby carrots	2 cups	<input type="checkbox"/> green leaf lettuce	0.50 head
<input type="checkbox"/> broccoli	2 heads	<input type="checkbox"/> iceberg lettuce	0.50 head
<input type="checkbox"/> broccoli florets	2 cups	<input type="checkbox"/> jalapeno chile	1 large
<input type="checkbox"/> butter beans	16 oz	<input type="checkbox"/> lemon	2.33
<input type="checkbox"/> carrots	2 medium	<input type="checkbox"/> onion	1 large
<input type="checkbox"/> cauliflower	2 cups	<input type="checkbox"/> red bell pepper	2
<input type="checkbox"/> cherry tomatoes	1 pt	<input type="checkbox"/> red onion	2
<input type="checkbox"/> cucumber	1	<input type="checkbox"/> scallions	1 bunch
<input type="checkbox"/> fresh asparagus	1 bunch	<input type="checkbox"/> spinach	1 bunch
<input type="checkbox"/> fresh ginger	1 1-inch piece	<input type="checkbox"/> tomato (from 2 [4 oz.] tomatoes)	1 cup
<input type="checkbox"/> fresh mint leaves	0.75 cup	<input type="checkbox"/> yellow onion	1 large
<input type="checkbox"/> garlic	12 cloves		

Spices

<input type="checkbox"/> black cardamom seeds	0.25 tsp	<input type="checkbox"/> garlic powder	1 tbsp
<input type="checkbox"/> black pepper	1.50 tsp	<input type="checkbox"/> ground cinnamon	0.25 tsp
<input type="checkbox"/> cayenne pepper	1 tsp	<input type="checkbox"/> ground ginger	0.25 tsp
<input type="checkbox"/> crushed red pepper flakes (!)	0.25 tsp	<input type="checkbox"/> ground turmeric	1 tsp
<input type="checkbox"/> cumin	2 tsp	<input type="checkbox"/> marjoram	0.25 tsp
<input type="checkbox"/> dried basil	1 tsp	<input type="checkbox"/> onion powder	1 tbsp
<input type="checkbox"/> dried oregano	1 tsp	<input type="checkbox"/> pepper	2.25 tsp
<input type="checkbox"/> dried thyme	1 tbsp	<input type="checkbox"/> salt	6 tsp
<input type="checkbox"/> garam masala	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.*