



## SEPTEMBER MEAL PLAN 2

Day 1: Sweet Potato, Chicken, + Kale Skillet // Cauliflower Rice

Day 2: Marinated Lentils // Vegetable Greek Salad // Instant Pot Yellow Rice

Day 3: Chicken Kale Salad with Blueberries, Walnuts, + Feta // Easy Dinner Biscuits

Day 4: Autumn Rice Pilaf with Chicken // Instant Pot Steamed Vegetables

Day 5: Red Lentil Vegetable Soup // White Rice

### Cold Case

<input type="checkbox"/> butter	9 tbsp	<input type="checkbox"/> milk (any)	0.75 cup
<input type="checkbox"/> feta cheese	0.25 cup	<input type="checkbox"/> unsalted butter	3 tbsp
<input type="checkbox"/> feta cheese (optional)	4 oz	<input type="checkbox"/> goat cheese	4 oz

### Frozen

<input type="checkbox"/> frozen cauliflower rice	16 oz	<input type="checkbox"/> frozen vegetable mix (carrot, broccoli, cauliflower)	16 oz
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### Meat

<input type="checkbox"/> chicken breasts	3 lbs
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### Pantry

<input type="checkbox"/> baking powder	2.50 tsp	<input type="checkbox"/> lemon juice	1 tbsp
<input type="checkbox"/> balsamic vinegar	5.50 tbsp	<input type="checkbox"/> oil-packed sun-dried tomatoes	0.50 cup
<input type="checkbox"/> chicken stock	7 cups	<input type="checkbox"/> olive oil	9 tbsp
<input type="checkbox"/> Dijon mustard	1 tbsp + 1.50 tsp	<input type="checkbox"/> red lentils	1.50 cups
<input type="checkbox"/> dried cranberries	0.75 cup	<input type="checkbox"/> red wine vinegar	5.50 tbsp
<input type="checkbox"/> green or brown lentils	1.50 cup	<input type="checkbox"/> sunflower seeds	0.25 cup
<input type="checkbox"/> flour	2 cups	<input type="checkbox"/> tomato paste	1 tbsp

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|--|--------|----------------------------------|-------|
| <input type="checkbox"/> honey or maple syrup (optional) | 1 tsp  | <input type="checkbox"/> walnuts | 1 cup |
| <input type="checkbox"/> jasmine rice                    | 4 cups |                                  |       |

## Produce

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|---|---------|---|--------------------|
| <input type="checkbox"/> bell pepper      | 1       | <input type="checkbox"/> kale or other greens | 1 lb               |
| <input type="checkbox"/> blueberries      | 1 cup   | <input type="checkbox"/> onion                | 1                  |
| <input type="checkbox"/> carrots          | 2       | <input type="checkbox"/> minced garlic        | 1 tbsp             |
| <input type="checkbox"/> celery ribs      | 2       | <input type="checkbox"/> mushrooms            | 8 oz               |
| <input type="checkbox"/> cherry tomatoes  | 1 pt    | <input type="checkbox"/> onion                | 0.50 red           |
| <input type="checkbox"/> English cucumber | 1 large | <input type="checkbox"/> spinach              | 3 cups + 0.5 bunch |
| <input type="checkbox"/> garlic           | 1 clove | <input type="checkbox"/> sweet potatoes       | 2                  |
| <input type="checkbox"/> green beans      | 2 cups  | <input type="checkbox"/> tomatoes             | 1 cup              |
| <input type="checkbox"/> kale             | 1 bunch |   |                    |

## Spices

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|--|----------------|--|----------------|
| <input type="checkbox"/> bay leaf                | 1              | <input type="checkbox"/> garlic powder | 2.50 tsp       |
| <input type="checkbox"/> cinnamon                | 1 tsp          | <input type="checkbox"/> onion powder  | 1 tbsp + 1 tsp |
| <input type="checkbox"/> dried basil             | 1 tbsp + 1 tsp | <input type="checkbox"/> pepper        | 3.50 tsp       |
| <input type="checkbox"/> dried oregano           | 1 tbsp + 1 tsp | <input type="checkbox"/> salt          | 4 tbsp         |
| <input type="checkbox"/> dried parsley           | 4 tbsp         | <input type="checkbox"/> thyme         | 1 tsp          |
| <input type="checkbox"/> fresh thyme or rosemary | 1 tbsp         | <input type="checkbox"/> turmeric      | 2 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.*