



SEPTEMBER MEAL PLAN 4

Day 1: Almond Crusted Chicken // Greek Couscous // Cauliflower

Day 2: Slow Cooker Ginger Beef // White Rice

Day 3: Instant Pot Tuscan Chicken Stew // Rosemary Flatbread

Day 4: Carnitas Rice Bowls // Toppings

Day 5: Carnitas Tamale Pie // Toppings

Cold Case

<input type="checkbox"/> butter or olive oil	1 tbsp	<input type="checkbox"/> milk	0.33 cup
<input type="checkbox"/> cheese (jack, white cheddar, pepperjack)	1 cup	<input type="checkbox"/> shredded cheese	2 cups
<input type="checkbox"/> crumbled feta cheese	4 oz	<input type="checkbox"/> sour cream (optional)	2 cups
<input type="checkbox"/> egg	2	<input type="checkbox"/> water or milk	2 tbsp

Meat

<input type="checkbox"/> beef roast	2 lb	<input type="checkbox"/> pork shoulder butt/shoulder (bone-in or boneless)	3 lb
<input type="checkbox"/> chicken (boneness thighs recommended)	1 lb	<input type="checkbox"/> chicken breast (for shredded chicken)	1 lb

Pantry

<input type="checkbox"/> all-purpose flour	0.67 cup	<input type="checkbox"/> cream corn	1 can
<input type="checkbox"/> almond flour	0.50 cup	<input type="checkbox"/> enchilada sauce*	1 cup
<input type="checkbox"/> almonds	0.67 cup	<input type="checkbox"/> flour (any)	3.50 cups
<input type="checkbox"/> baking powder	1 tbsp	<input type="checkbox"/> granulated sugar (optional)	3 tbsp
<input type="checkbox"/> black olives (optional)	1 cup	<input type="checkbox"/> honey	2 tsp
<input type="checkbox"/> can chickpeas	1 (15 oz)	<input type="checkbox"/> jasmine rice	4 cups
<input type="checkbox"/> can diced chiles	1 (14 oz)	<input type="checkbox"/> kalamata olives	0.67 cup
<input type="checkbox"/> can diced tomatoes	1 (10 oz)	<input type="checkbox"/> olive oil	3.50 tbsp + 2 tsp

<input type="checkbox"/> chicken broth or stock*	2 cups	<input type="checkbox"/> salsa*	2 cups
<input type="checkbox"/> chicken stock (or water)*	0.50 cup	<input type="checkbox"/> soy sauce	2 tbsp
<input type="checkbox"/> coconut oil	6 tbsp	<input type="checkbox"/> sun-dried tomatoes	0.50 cup
<input type="checkbox"/> corn meal	0.50 cup	<input type="checkbox"/> tortilla chips (optional)*	2 bag
<input type="checkbox"/> corn starch	2 tbsp	<input type="checkbox"/> water or beef broth*	1 cup
<input type="checkbox"/> couscous	1 cup	<input type="checkbox"/> yeast	2 tsp

Produce

<input type="checkbox"/> avocados	4	<input type="checkbox"/> kale	1.25 bunch
<input type="checkbox"/> bell pepper (optional)	2	<input type="checkbox"/> leek	1
<input type="checkbox"/> carrots	4	<input type="checkbox"/> onion	1.5
<input type="checkbox"/> cauliflower	1 head	<input type="checkbox"/> onion (optional)	2
<input type="checkbox"/> celery	2 ribs	<input type="checkbox"/> parsley (fresh or dried)	2 tbsp
<input type="checkbox"/> cherry tomatoes	2 cups	<input type="checkbox"/> peppers (any)	0.67 cup
<input type="checkbox"/> cilantro (optional)	2 bunch	<input type="checkbox"/> red bell pepper	1
<input type="checkbox"/> fresh ginger	2 tbsp	<input type="checkbox"/> red potato	1
<input type="checkbox"/> fresh rosemary	3 sprigs	<input type="checkbox"/> scallions (green onions)	1 bunch
<input type="checkbox"/> garlic	6 cloves	<input type="checkbox"/> shredded lettuce or cabbage*	8 cups
<input type="checkbox"/> green onions (optional)	1 bunch	<input type="checkbox"/> snap peas	1 cup
<input type="checkbox"/> jalapeno (optional)	2		

Spices

<input type="checkbox"/> basil	0.17 tsp	<input type="checkbox"/> oregano	1.67 tsp
<input type="checkbox"/> bay leaves	4	<input type="checkbox"/> paprika	1.33 tsp
<input type="checkbox"/> cumin	3 tsp	<input type="checkbox"/> pepper	1.50 tsp
<input type="checkbox"/> garlic powder	3 tsp	<input type="checkbox"/> red pepper flakes (!)	1.08 tsp
<input type="checkbox"/> ground coriander	1.5	<input type="checkbox"/> salt	6.25 tsp
<input type="checkbox"/> kosher salt	1 tbsp	<input type="checkbox"/> thyme	0.67 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.*