



## SEPTEMBER MEAL PLAN 5

Day 1: Poultry Seasoned Sheet Pan Chicken // Oven-roasted Halved Brussel Sprouts // White Rice // Creamy Cauliflower Sauce

Day 2: Italian Chicken // Faux Summer Risotto

Day 3: Instant Pot Cranberry Beef Roast with Sweet Potatoes // Side Salad + Italian Dressing

Day 4: Sausage Zucchini Bake // Cornbread Muffins

Day 5: Pumpkin Chili // Cornbread Muffins

### Cold Case

|                                                    |           |                                                |           |
|----------------------------------------------------|-----------|------------------------------------------------|-----------|
| <input type="checkbox"/> butter                    | 22 tbsp   | <input type="checkbox"/> orange juice          | 0.50 cup  |
| <input type="checkbox"/> cheddar cheese (optional) | 4 oz      | <input type="checkbox"/> parmesan cheese       | 1.75 cups |
| <input type="checkbox"/> eggs                      | 4         | <input type="checkbox"/> sour cream (optional) | 0.50 cup  |
| <input type="checkbox"/> milk                      | 1.50 cups |                                                |           |

### Meat

|                                         |      |                                             |         |
|-----------------------------------------|------|---------------------------------------------|---------|
| <input type="checkbox"/> chicken breast | 2 lb | <input type="checkbox"/> quarter beef roast | 2.50 lb |
| <input type="checkbox"/> ground beef    | 1 lb | <input type="checkbox"/> sausage            | 1 lb    |

### Pantry

|                                             |                 |                                                              |           |
|---------------------------------------------|-----------------|--------------------------------------------------------------|-----------|
| <input type="checkbox"/> all-purpose flour  | 2.50 cups       | <input type="checkbox"/> rice                                | 1 cup     |
| <input type="checkbox"/> baking powder      | 2 tbsp          | <input type="checkbox"/> small pasta (macaroni, elbow, etc.) | 8 oz      |
| <input type="checkbox"/> can diced tomatoes | 1 15 oz         | <input type="checkbox"/> spaghetti sauce*                    | 3 cups    |
| <input type="checkbox"/> can pumpkin puree* | 1 15 oz         | <input type="checkbox"/> stock or broth*                     | 4 cups    |
| <input type="checkbox"/> can tomato sauce   | 1 15 oz         | <input type="checkbox"/> sugar                               | 1 cup     |
| <input type="checkbox"/> honey              | 4 tbsp          | <input type="checkbox"/> vinegar (any)                       | 2 cups    |
| <input type="checkbox"/> jasmine rice       | 2 cups          | <input type="checkbox"/> yellow cornmeal                     | 1.50 cups |
| <input type="checkbox"/> olive oil          | 4 tbsp + 3 cups |                                                              |           |

## Produce

|                                            |          |                                             |           |
|--------------------------------------------|----------|---------------------------------------------|-----------|
| <input type="checkbox"/> bell pepper (any) | 1        | <input type="checkbox"/> green leaf lettuce | 0.50 head |
| <input type="checkbox"/> brussel sprouts   | 1 lb     | <input type="checkbox"/> iceberg lettuce    | 0.50 head |
| <input type="checkbox"/> carrot            | 1        | <input type="checkbox"/> large onions       | 4         |
| <input type="checkbox"/> cauliflower       | 1 head   | <input type="checkbox"/> mushrooms          | 4 oz      |
| <input type="checkbox"/> cherry tomatoes   | 1 pt     | <input type="checkbox"/> parsley            | 1 tbsp    |
| <input type="checkbox"/> cucumber          | 1        | <input type="checkbox"/> roma tomatoes      | 2         |
| <input type="checkbox"/> fresh basil       | 1 tbsp   | <input type="checkbox"/> sweet peppers      | 4         |
| <input type="checkbox"/> fresh cranberries | 12 oz    | <input type="checkbox"/> tomato (optional)  | 1         |
| <input type="checkbox"/> garlic            | 3 cloves | <input type="checkbox"/> yellow squash      | 1         |
| <input type="checkbox"/> green bell pepper | 1        | <input type="checkbox"/> zucchini           | 3         |

## Spices

|                                              |                |                                       |                |
|----------------------------------------------|----------------|---------------------------------------|----------------|
| <input type="checkbox"/> basil               | 1 tsp          | <input type="checkbox"/> onion powder | 1 tbsp         |
| <input type="checkbox"/> chili powder        | 1 tbsp         | <input type="checkbox"/> oregano      | 2 tbsp         |
| <input type="checkbox"/> cinnamon            | 0.75 tsp       | <input type="checkbox"/> pepper       | 3.50 tsp       |
| <input type="checkbox"/> cinnamon (optional) | 0.50 tsp       | <input type="checkbox"/> rosemary     | 0.75 tsp       |
| <input type="checkbox"/> garlic powder       | 1 tbsp + 2 tsp | <input type="checkbox"/> sage         | 2 tsp          |
| <input type="checkbox"/> marjoram            | 1 tsp          | <input type="checkbox"/> salt         | 8 tsp + 2 tbsp |
| <input type="checkbox"/> minced onion        | 1 tbsp         | <input type="checkbox"/> thyme        | 2 tsp          |
| <input type="checkbox"/> nutmeg              | 0.50 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.*