



SEPTEMBER MEAL PLAN 6

Day 1: Instant Pot Lasagna Soup // Pumpkin Biscuits

Day 2: Slow Cooker Ribs // Broccoli Salad // Corn on the Cob

Day 3: Apple Cranberry Delicata Squash Salad // Crock Pot Curried Soup // Pumpkin Biscuits

Day 4: Giant Italian Meatballs // Instant Pot Mashed Potatoes // Steamed Peas

Day 5: Sheet Pan Cajun Sausage, Veg, + Baby Potatoes

Cold Case

☐ butter	8 tbsp	☐ Greek yogurt	1 cup
☐ cold butter	12 tbsp	☐ milk	1.17 cups
☐ cream (any)	0.75 cup	☐ orange juice	0.25 cup
☐ eggs	2	☐ parmesan cheese	4 oz
☐ feta cheese	0.50 cup	☐ parmesan cheese (optional)	8 oz

Meat

☐ andouille sausage	12 oz	☐ ground beef	3 lb
☐ bacon - optional	1 lb	☐ ribs	1 slabs

Pantry

☐ all-purpose flour	4 cups	☐ flour (I used all-purpose)	0.25 cup
☐ apple cider vinegar	2 tsp + 3 tbsp	☐ maple syrup	2 tbsp
☐ baking powder	2 tbsp	☐ nuts (I like almonds and pecans)	0.50 cup
☐ BBQ sauce*	2 cups	☐ olive oil	0.50 cup
☐ beef broth or stock	2 cups	☐ raisins	0.50 cup
☐ broth	4 cups	☐ rice vinegar	1 tbsp
☐ can diced tomatoes	18 oz	☐ stock or apple juice or orange juice	1 cup
☐ can pumpkin	1.50 cups	☐ sugar - optional	2 tbsp

☐ cranberries	0.50 cup	☐ sunflower seeds	1 cup
☐ elbow pasta	8 oz	☐ tomato paste	4 oz

Produce

☐ apples	2	☐ fresh parsley	1 tbsp + 2 tsp
☐ baby bella mushrooms	4 oz	☐ kale (or spinach)	2 cups
☐ baby potatoes	1 lb	☐ minced garlic	3 tbsp
☐ broccoli	3 heads	☐ onions	3
☐ brussel sprouts	2 cups	☐ peas (fresh or frozen)	1 lb
☐ carrots	4	☐ potatoes	2 lb
☐ cherry tomatoes	1.50 cups	☐ red onion	1.25
☐ delicata squash	1	☐ spinach	9 oz
☐ ears of corn	4	☐ sweet potatoes	2

Spices

☐ basil	2 tsp	☐ Italian seasoning*	1.50 tbsp
☐ Cajun seasoning*	3 tbsp	☐ onion powder	1 tsp + 1 tbsp
☐ cinnamon	0.50 tsp	☐ paprika	0.50 tbsp
☐ curry powder	0.75 tsp	☐ pepper	2.92 tsp + 0.50 tbsp
☐ garlic powder	1 tsp + 1 tbsp	☐ salt	5.17 tsp + 1 tbsp
☐ ginger	0.25 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.*