



SEPTEMBER MEAL PLAN 7

Day 1: Slow Cooker Mexican Potato Soup // Guacamole // Lime Crema

Day 2: Ground Beef // Instant Pot Spanish Rice // Lime Crema

Day 3: Skillet Pizza Pasta // Side Salad + Ranch Dressing

Day 4: Chipotle Tuna Rice Bowl

Day 5: Instant Pot Ginger Pork Tenderloin + Broccoli over Pasta

Cold Case

☐ butter	2 tbsp	☐ milk	2 tsp
☐ butter OR bacon grease	3 tbsp	☐ shredded cheese (optional)	8 oz
☐ cream (any)	0.50 cup	☐ sour cream	16 oz
☐ Italian cheese blend	6 oz	☐ sour cream (optional)	8 oz

Frozen

☐ bag frozen vegetables (peas, corn, etc)	2 (16 oz)	☐ frozen corn	2 cups
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Meat

☐ ground beef	1 lb	☐ quarter pork tenderloin	1.50 lb
☐ pepperoni	8 oz		

Pantry

☐ can black beans* (optional)	1 (15 oz)	☐ red wine vinegar	2 tbsp
☐ can diced green chilis (optional)	8 oz	☐ salsa* (optional)	8 oz
☐ can diced tomatoes	3 (15 oz)	☐ small pasta	16 oz
☐ cans tuna	2 (5 oz)	☐ small pasta (elbow macaroni, rings, bow ties, etc)	16 oz
☐ coconut cream	2 tbsp	☐ soy sauce	0.50 cup

☐ lemon juice (or 1 lemon)	2 tbsp	☐ stock or broth*	1.50 cups
☐ mayo*	2 cups	☐ white rice	4 cups
☐ olive oil	3 tbsp		

Produce

☐ avocados	2	☐ green leaf lettuce	0.50 head
☐ bell pepper	1	☐ green onions	2
☐ broccoli	2 heads	☐ greens (baby kale, spinach, etc.)	3 cups
☐ carrot	1	☐ iceberg lettuce	0.50 head
☐ celery	4 ribs	☐ lettuce (romaine, iceberg, spring, bibb, etc.)	3 cups
☐ cherry tomatoes	1 pt	☐ lime	2.13
☐ cilantro	1 bunch	☐ onion	1
☐ cilantro (optional)	1 bunch	☐ potato	1
☐ cucumber	1	☐ roma tomato	1
☐ eggplant	1	☐ yellow squash	1
☐ fresh ginger	1 tbsp	☐ zucchini	1
☐ garlic	6 cloves		

Spices

☐ cayenne	0.25 tsp	☐ garlic powder	0.50 tsp + 2 tbsp
☐ chipotle seasoning*	1 tbsp	☐ granulated garlic	0.63 tsp
☐ cumin	0.75 tsp	☐ Italian seasoning*	1 tbsp
☐ dried basil	2 tsp	☐ minced onion	10 tbsp
☐ dried dill	2 tsp	☐ pepper	0.38 tsp
☐ dried parsley	4 tbsp	☐ salt	13.75 tsp
☐ dried thyme	2 tsp	☐ taco seasoning*	10 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.*