



APRIL MEAL PLAN 3

Day 1: Rosemary Turkey with Cauliflower // Sweet Potatoes

Day 2: Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice

Day 3: Radish Tacos with Pork // Tortillas // Cayenne Rice

Day 4: Turkey Meatballs // Spaghetti Squash // Artichoke + Dip

Day 5: Turkey Meatballs // Greek Couscous // Lemon Butter Asparagus

Cold Case

<input type="checkbox"/> butter	5 tbsp	<input type="checkbox"/> eggs	2
<input type="checkbox"/> crumbled feta	4 oz	<input type="checkbox"/> Parmesan	4 oz

Meat

<input type="checkbox"/> boneless pork chops	8	<input type="checkbox"/> ground turkey	3 lb
--	---	--	------

Pantry

<input type="checkbox"/> can chickpeas*	1 (15 oz)	<input type="checkbox"/> jasmine rice	4 cups
<input type="checkbox"/> can pinto beans*	2 (15 oz)	<input type="checkbox"/> kalamata olives	0.67 cup
<input type="checkbox"/> coconut oil	1 tbsp	<input type="checkbox"/> maple syrup	0.25 cup
<input type="checkbox"/> cooking spray		<input type="checkbox"/> olive oil	0.75 cup
<input type="checkbox"/> corn masa flour	1.50 cups	<input type="checkbox"/> sun-dried tomatoes	0.50 cup
<input type="checkbox"/> couscous	1 cup	<input type="checkbox"/> tomato basil sauce*	28 oz
<input type="checkbox"/> flour	4 tbsp		

Produce

<input type="checkbox"/> artichoke	4	<input type="checkbox"/> onion	1
<input type="checkbox"/> asparagus	1 lb	<input type="checkbox"/> parsley	2 tbsp
<input type="checkbox"/> bell pepper (any)	3	<input type="checkbox"/> radishes	8 oz
<input type="checkbox"/> cauliflower	1	<input type="checkbox"/> spaghetti squash	1
<input type="checkbox"/> head cabbage	1	<input type="checkbox"/> spinach or kale	2 cups
<input type="checkbox"/> lemon	1.5	<input type="checkbox"/> sweet potato	6

Spices

<input type="checkbox"/> cayenne (!)	1.25 tsp	<input type="checkbox"/> onion powder	0.50 tsp
<input type="checkbox"/> chili powder	2 tbsp	<input type="checkbox"/> oregano	2.50 tsp
<input type="checkbox"/> cumin	1 tbsp	<input type="checkbox"/> paprika	1 tsp
<input type="checkbox"/> dill	1 tsp	<input type="checkbox"/> pepper	3.38 tsp
<input type="checkbox"/> dried basil	3 tsp	<input type="checkbox"/> red pepper flakes (!)	0.50 tsp
<input type="checkbox"/> dried parsley	2 tbsp	<input type="checkbox"/> rosemary	1 tsp
<input type="checkbox"/> dry minced onion	5 tbsp	<input type="checkbox"/> salt	6 tbsp
<input type="checkbox"/> garlic powder	4.25 tsp + 1 tbsp	<input type="checkbox"/> thyme	1 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.*