



DECEMBER MEAL PLAN 1

Day 1: Coconut Lime Chicken // White Rice // Roasted Zucchini

Day 2: Greek Vegetable Salad with Chickpeas // Yellow Rice

Day 3: Chicken and Rice Soup // Side Salad + House Dressing

Day 4: Crunchy Quinoa Bowls with Chicken // Thai Peanut Sauce

Day 5: Instant Pot Shrimp // Spicy Peanut Noodle Bowls // Thai Peanut Sauce

Cold Case

- | | | | |
|--------------------------------------|----------|-----------------------------------|------|
| <input type="checkbox"/> butter | 1 tbsp | <input type="checkbox"/> Parmesan | 2 oz |
| <input type="checkbox"/> feta cheese | 0.25 cup | | |

Frozen

- | | |
|--------------------------------------|------------------------------------|
| <input type="checkbox"/> frozen corn | <input type="checkbox"/> 1.50 cups |
|--------------------------------------|------------------------------------|

Meat

- | | | | |
|---------------------------------|------|--|------|
| <input type="checkbox"/> shrimp | 1 lb | <input type="checkbox"/> whole chicken | 5 lb |
|---------------------------------|------|--|------|

Pantry

- | | | | |
|--|-----------|--|----------|
| <input type="checkbox"/> apple cider vinegar* | 0.25 cup | <input type="checkbox"/> lime juice (optional) | 1 tbsp |
| <input type="checkbox"/> black olives | 12 | <input type="checkbox"/> maple syrup | 1 tsp |
| <input type="checkbox"/> brown sugar | 1 tsp | <input type="checkbox"/> mustard | 1 tsp |
| <input type="checkbox"/> can chickpeas* | 1 (15 oz) | <input type="checkbox"/> olive oil | 1 cup |
| <input type="checkbox"/> can full fat coconut milk | 0.25 cup | <input type="checkbox"/> peanut butter | 0.75 cup |
| <input type="checkbox"/> chicken stock or broth* | 7.50 cups | <input type="checkbox"/> peanuts | 1 cup |
| <input type="checkbox"/> coconut oil | 2 tbsp | <input type="checkbox"/> red wine vinegar | 2 tbsp |
| <input type="checkbox"/> fish sauce | 2 tbsp | <input type="checkbox"/> rice vinegar | 6 tbsp |
| <input type="checkbox"/> honey | 6 tbsp | <input type="checkbox"/> soba noodles | 10 oz |
| <input type="checkbox"/> jasmine rice | 2 cups | <input type="checkbox"/> soy sauce or aminos | 3 tbsp |
| <input type="checkbox"/> lemon juice (optional) | 1 tbsp | <input type="checkbox"/> sugar | 3 tbsp |
| <input type="checkbox"/> lemongrass paste | 1 tbsp | <input type="checkbox"/> white rice | 1 cup |

- lime juice 0.25 cup + 6
tbsp

Pre-Made

- cooked quinoa 4 cups

Produce

- | | | | |
|--|-----------|---|-----------|
| <input type="checkbox"/> bell pepper, green | 1 | <input type="checkbox"/> fresh mint | 1 bunch |
| <input type="checkbox"/> bell pepper, orange | 1 | <input type="checkbox"/> garlic | 7 cloves |
| <input type="checkbox"/> bell pepper, red | 1 | <input type="checkbox"/> jalapeno | 0.5 |
| <input type="checkbox"/> broccoli | 2 cups | <input type="checkbox"/> lettuce | 1 head |
| <input type="checkbox"/> carrot | 6 | <input type="checkbox"/> onions | 3 |
| <input type="checkbox"/> celery | 5 ribs | <input type="checkbox"/> red onion | 0.5 |
| <input type="checkbox"/> cherry tomatoes | 2 pt | <input type="checkbox"/> pineapple | 1.50 cups |
| <input type="checkbox"/> cilantro | 2 bunches | <input type="checkbox"/> red cabbage | 3 cups |
| <input type="checkbox"/> cucumber | 2 | <input type="checkbox"/> shredded carrots | 2 oz |
| <input type="checkbox"/> English cucumber | 1 large | <input type="checkbox"/> spinach | 4 cups |
| <input type="checkbox"/> ginger | 3 inch | <input type="checkbox"/> zucchini | 4 |

Spices

- | | | | |
|--|----------|---------------------------------------|----------------------|
| <input type="checkbox"/> bay leaf | 1 | <input type="checkbox"/> onion powder | 2.50 tsp + 1
tbsp |
| <input type="checkbox"/> coriander | 1 tsp | <input type="checkbox"/> oregano | 2 tsp |
| <input type="checkbox"/> crushed red pepper (!) | 1.50 tsp | <input type="checkbox"/> pepper | 2 tsp |
| <input type="checkbox"/> dried basil | 2 tsp | <input type="checkbox"/> salt | 7 tsp |
| <input type="checkbox"/> garlic powder | 3 tsp | <input type="checkbox"/> thyme | 1 tsp |
| <input type="checkbox"/> Old Bay Seasoning
(optional) | 1 tbsp | <input type="checkbox"/> turmeric | 2 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.*

