



NOVEMBER MEAL PLAN 1

Day 1: Spaghetti + Italian Meatballs // Sauteed Yellow Squash // Side Salad + Ranch Dressing

Day 2: 9-Spice Chicken // Instant Pot Steamed Vegetables // Dinner Biscuits

Day 3: Instant Pot Korean Beef // Sheet Pan Vegetables // White Rice

Day 4: Beef + Potato Stew // Dinner Biscuits

Day 5: Vegetable Fried Rice // Green Beans + Broccoli

Cold Case

<input type="checkbox"/> butter	1.25 cup	<input type="checkbox"/> milk (any)	1.50 cups
<input type="checkbox"/> eggs	3	<input type="checkbox"/> Parmesan	2 oz
<input type="checkbox"/> milk	1 tsp	<input type="checkbox"/> Parmesan (optional)	1 oz

Frozen

<input type="checkbox"/> frozen mixed vegetables (peas, carrots, corn, etc)	2 cups	<input type="checkbox"/> frozen vegetables (carrot, broccoli, cauliflower)	2 lb
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Meat

<input type="checkbox"/> beef roast	3 lb	<input type="checkbox"/> chicken breast	1 lb
<input type="checkbox"/> beef stew meat	1 lb	<input type="checkbox"/> ground beef	1 lb

Pantry

<input type="checkbox"/> apple cider vinegar*	1 tbsp	<input type="checkbox"/> flour	2 tbsp + 4 cups
<input type="checkbox"/> baking powder	5 tsp	<input type="checkbox"/> jasmine rice	2 cups
<input type="checkbox"/> beef broth or stock*	3 quarts	<input type="checkbox"/> mayo*	1 cup
<input type="checkbox"/> can corn	1 (15 oz)	<input type="checkbox"/> olive oil	1 tbsp
<input type="checkbox"/> can diced tomatoes	2 (15 oz)	<input type="checkbox"/> red wine vinegar	1 tbsp
<input type="checkbox"/> can garbanzo beans*	1 15 oz	<input type="checkbox"/> sesame oil	1 tsp
<input type="checkbox"/> coconut aminos (or soy sauce or liquid aminos)	0.50 cup	<input type="checkbox"/> sliced almonds	0.50 cup

<input type="checkbox"/> coconut cream	1 tbsp	<input type="checkbox"/> soy sauce or aminos	2 tbsp
<input type="checkbox"/> coconut oil	2 tbsp	<input type="checkbox"/> spaghetti noodles	16 oz
<input type="checkbox"/> cooking spray		<input type="checkbox"/> tomato basil sauce*	24 oz
<input type="checkbox"/> fish sauce	2 tsp	<input type="checkbox"/> white rice	2 cups

Produce

<input type="checkbox"/> apple	1	<input type="checkbox"/> cucumber	1
<input type="checkbox"/> baby carrots	2 cups	<input type="checkbox"/> garlic	12 cloves
<input type="checkbox"/> bag shredded cabbage	1 (16 oz)	<input type="checkbox"/> green beans	0.50 lb
<input type="checkbox"/> bell pepper (any)	0.50 cup	<input type="checkbox"/> green leaf lettuce	0.50 head
<input type="checkbox"/> broccoli	2 cups + 1 head	<input type="checkbox"/> iceberg lettuce	0.50 head
<input type="checkbox"/> cauliflower	2 cups	<input type="checkbox"/> onions	3
<input type="checkbox"/> celery	0.50 cup	<input type="checkbox"/> russet potato	2 lb
<input type="checkbox"/> cherry tomatoes	1 pt	<input type="checkbox"/> spinach or kale	1 cup
<input type="checkbox"/> cilantro (optional)	1 bunch	<input type="checkbox"/> yellow squash	6

Spices

<input type="checkbox"/> dill	1 tsp	<input type="checkbox"/> oregano	4 tsp
<input type="checkbox"/> dried basil	2 tsp	<input type="checkbox"/> paprika	2 tbsp
<input type="checkbox"/> dried parsley	2 tbsp	<input type="checkbox"/> pepper	4.50 tsp
<input type="checkbox"/> dry minced onion	7 tbsp	<input type="checkbox"/> salt	2 tsp + 4.5 tbsp
<input type="checkbox"/> garlic powder	1.50 tsp + 3 tbsp	<input type="checkbox"/> smoked paprika	1.50 tsp
<input type="checkbox"/> ginger	2 -inch + 1 tbsp	<input type="checkbox"/> thyme	1 tsp
<input type="checkbox"/> ground thyme	1.50 tsp	<input type="checkbox"/> turmeric	1.50 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.*