



NOVEMBER MEAL PLAN 2

Day 1: Sweet Kale Salad // Shredded Chicken + Spinach Pesto // Quinoa

Day 2: Chicken Tortilla Soup // Cornbread Muffins

Day 3: Creamy Mushroom Pasta // Steamed Broccoli // Side Salad + House Dressing

Day 4: Taco Quinoa Chili // Cornbread Muffins

Day 5: Instant Pot Wild Rice Soup // Side Salad + House Dressing

Cold Case

| | | | |
|---------------------------------------|----------|---|----------|
| <input type="checkbox"/> butter | 24 tbsp | <input type="checkbox"/> milk | 3 cups |
| <input type="checkbox"/> eggs | 4 | <input type="checkbox"/> Parmesan (optional) | 0.50 cup |
| <input type="checkbox"/> Greek yogurt | 0.50 cup | <input type="checkbox"/> shredded cheese (optional) | 0.50 cup |

Meat

| | | | |
|---|------|--------------------------------------|------|
| <input type="checkbox"/> chicken breast | 3 lb | <input type="checkbox"/> ground beef | 1 lb |
|---|------|--------------------------------------|------|

Pantry

| | | | |
|--|------------------|---|----------------|
| <input type="checkbox"/> all-purpose flour | 2.50 cups | <input type="checkbox"/> flour | 0.50 cup |
| <input type="checkbox"/> apple cider vinegar* | 3 tbsp + 0.5 cup | <input type="checkbox"/> honey | 4 tbsp |
| <input type="checkbox"/> baking powder | 2 tbsp | <input type="checkbox"/> honey or maple syrup | 1 tbsp |
| <input type="checkbox"/> black olives | 24 | <input type="checkbox"/> lemon juice | 1 tbsp |
| <input type="checkbox"/> broth* or water | 2 quarts | <input type="checkbox"/> maple syrup | 2 tsp |
| <input type="checkbox"/> can black beans* | 3 (15 oz) | <input type="checkbox"/> mustard | 2 tsp |
| <input type="checkbox"/> can corn | 1 (15 oz) | <input type="checkbox"/> olive oil | 8 tbsp + 1 cup |
| <input type="checkbox"/> can diced tomatoes | 4 (15 oz) | <input type="checkbox"/> pasta | 1 lb |
| <input type="checkbox"/> can garbanzo beans* | 1 (15 oz) | <input type="checkbox"/> pepitas or sunflower seeds | 0.25 cup |
| <input type="checkbox"/> cashews | 1.50 cups | <input type="checkbox"/> quinoa | 2 cups |
| <input type="checkbox"/> chicken stock or broth* | 2 cups | <input type="checkbox"/> salsa* (optional) | 0.50 cup |

| | | | |
|---|-----------|---|----------|
| <input type="checkbox"/> chile verde salsa* | 1 cup | <input type="checkbox"/> sugar | 0.50 cup |
| <input type="checkbox"/> coconut oil | 1 tbsp | <input type="checkbox"/> vegetable broth* | 4 cups |
| <input type="checkbox"/> corn meal | 1.50 cups | <input type="checkbox"/> wild rice | 1 cup |
| <input type="checkbox"/> dried cranberries | 0.50 cup | | |

Produce

| | | | |
|--|-----------|---|-------------|
| <input type="checkbox"/> avocado (optional) | 1 | <input type="checkbox"/> kale | 4 cups |
| <input type="checkbox"/> broccoli | 2 heads | <input type="checkbox"/> lemon | 2 |
| <input type="checkbox"/> broccoli stems | 1 cup | <input type="checkbox"/> lettuce | 2 head |
| <input type="checkbox"/> Brussels sprouts | 8 oz | <input type="checkbox"/> mushrooms | 2 lb + 8 oz |
| <input type="checkbox"/> carrots | 7 | <input type="checkbox"/> onion | 3.5 |
| <input type="checkbox"/> celery | 7 | <input type="checkbox"/> poblano pepper | 0.5 |
| <input type="checkbox"/> cucumber | 2 | <input type="checkbox"/> shredded carrots | 4 oz |
| <input type="checkbox"/> garlic | 15 cloves | <input type="checkbox"/> spinach | 8 oz |
| <input type="checkbox"/> green cabbage | 2 cups | <input type="checkbox"/> tomatoes (grape or cherry) | 1 pt |
| <input type="checkbox"/> green onions (optional) | 0.25 cup | | |

Spices

| | | | |
|---|----------|--|-----------|
| <input type="checkbox"/> cayenne (!) | 1 | <input type="checkbox"/> sage | 1 tsp |
| <input type="checkbox"/> chili powder | 1.50 tsp | <input type="checkbox"/> salt | 9.63 tsp |
| <input type="checkbox"/> cumin | 3 tsp | <input type="checkbox"/> taco seasoning* | 2.50 tbsp |
| <input type="checkbox"/> pepper | 1.25 tsp | <input type="checkbox"/> thyme | 1.50 tsp |
| <input type="checkbox"/> poultry seasoning* | 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.*