



NOVEMBER MEAL PLAN 3

Day 1: Slow Cooker Chicken Fajitas // Instant Pot Cilantro Lime Rice // Spicy Citrus Black Beans

Day 2: Slow Cooker White Chicken Chili // Cornbread

Day 3: Roasted Vegetable Kale Salad // Cornbread

Day 4: Enchilada Stacks // Taco Toppings // Lime Crema

Day 5: Pumpkin Fettuccine with Bacon + Pumpkin Seeds // Side Salad + House Dressing

Cold Case

<input type="checkbox"/> butter	0.50 cup	<input type="checkbox"/> milk	3 cups
<input type="checkbox"/> butter OR bacon grease	4 tbsp	<input type="checkbox"/> Monterrey jack cheese	8 oz
<input type="checkbox"/> cheddar cheese	0.50 cup	<input type="checkbox"/> Parmesan (optional)	0.25 cup
<input type="checkbox"/> cheddar cheese (optional)	8 oz	<input type="checkbox"/> shredded cheese	1 cup
<input type="checkbox"/> cream cheese	8 oz	<input type="checkbox"/> sour cream	0.50 cup + 8 oz
<input type="checkbox"/> eggs	2	<input type="checkbox"/> sour cream (optional)	1 cup + 8 oz
<input type="checkbox"/> heavy cream	0.25 cup		

Frozen

<input type="checkbox"/> frozen corn	2 cups	<input type="checkbox"/> orange juice concentrate	2 tbsp
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Meat

<input type="checkbox"/> bacon	0.50 lb	<input type="checkbox"/> boneless chicken breasts	2 lb
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Pantry

<input type="checkbox"/> all-purpose flour	1 cup	<input type="checkbox"/> green enchilada sauce	1.50 cups
<input type="checkbox"/> almond butter	0.25 cup	<input type="checkbox"/> lemon juice	2 tbsp
<input type="checkbox"/> apple cider vinegar*	0.5 cup	<input type="checkbox"/> lime juice	4 tbsp
<input type="checkbox"/> baking soda	2 tbsp + 1 tsp	<input type="checkbox"/> maple syrup	2 tbsp + 1 tsp
<input type="checkbox"/> black olives	12	<input type="checkbox"/> mustard	1 tsp

<input type="checkbox"/> black olives (optional)	0.50 cup	<input type="checkbox"/> olive oil	6 tbsp + 0.25 cup
<input type="checkbox"/> can black beans*	3 (15 oz)	<input type="checkbox"/> rice wine vinegar	1 tbsp
<input type="checkbox"/> can chipotle pepper sauce	1 tbsp	<input type="checkbox"/> salsa*	1.50 cups
<input type="checkbox"/> can diced chiles	1 (4 oz)	<input type="checkbox"/> salsa verde*	1 cup
<input type="checkbox"/> can great northern beans*	2 (15 oz)	<input type="checkbox"/> sesame oil	2 tbsp
<input type="checkbox"/> can pumpkin*	1 (15 oz)	<input type="checkbox"/> soy sauce	3 tbsp
<input type="checkbox"/> chicken stock or broth*	2 cups	<input type="checkbox"/> tortilla chips* (optional)	2 bags
<input type="checkbox"/> corn meal	2 cups	<input type="checkbox"/> tortillas*	8
<input type="checkbox"/> corn tortillas*	12	<input type="checkbox"/> vegetable or chicken broth*	1 cup
<input type="checkbox"/> fettuccine	16 oz	<input type="checkbox"/> white rice	2 cups

Produce

<input type="checkbox"/> avocado	3	<input type="checkbox"/> jalapeno	1
<input type="checkbox"/> avocado (optional)	1	<input type="checkbox"/> jalapeno (optional)	1
<input type="checkbox"/> beet	1	<input type="checkbox"/> kale	4 cups
<input type="checkbox"/> bell peppers (any)	4	<input type="checkbox"/> lime	1.5
<input type="checkbox"/> bell pepper (optional)	1	<input type="checkbox"/> lime (optional)	1
<input type="checkbox"/> carrots	5	<input type="checkbox"/> minced garlic	0.25 tsp
<input type="checkbox"/> celery	1 rib	<input type="checkbox"/> onions	6.5
<input type="checkbox"/> cherry tomatoes	1 cup	<input type="checkbox"/> onion (optional)	1
<input type="checkbox"/> cilantro	0.50 bunch + 4 tbsp	<input type="checkbox"/> parsnips	2
<input type="checkbox"/> cilantro (optional)	1.50 bunch	<input type="checkbox"/> shredded carrots	2 oz
<input type="checkbox"/> cucumber	1	<input type="checkbox"/> sweet potato	2
<input type="checkbox"/> garlic	4 cloves	<input type="checkbox"/> tomatoes (grape or cherry)	0.50 pt
<input type="checkbox"/> green onions (optional)	0.50 bunch	<input type="checkbox"/> turnip	1
<input type="checkbox"/> head cabbage or Romaine lettuce	4 cups	<input type="checkbox"/> zucchini	1
<input type="checkbox"/> lettuce	1.5 heads		

Spices

<input type="checkbox"/> bay leaf	1	<input type="checkbox"/> oregano	1 tsp + 1.5 tbsp
<input type="checkbox"/> chili powder	3 tbsp	<input type="checkbox"/> paprika	1 tsp

<input type="checkbox"/> crushed red pepper (!)	0.50 tsp	<input type="checkbox"/> pepper	2.63 tsp
<input type="checkbox"/> crushed red pepper (!) (optional)	0.25 tsp	<input type="checkbox"/> red pepper flakes (!)	0.25 tsp
<input type="checkbox"/> cumin	1 tbsp + 2.5 tsp	<input type="checkbox"/> sage	1 tsp
<input type="checkbox"/> garlic powder	2 tsp	<input type="checkbox"/> salt	8.13 tsp
<input type="checkbox"/> ground ginger	2 tsp	<input type="checkbox"/> thyme	1 tsp
<input type="checkbox"/> onion powder	0.50 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.*