



OCTOBER MEAL PLAN 1

Day 1: Almond Crusted Baked Chicken // Lemon Butter Asparagus // Mashed Potatoes

Day 2: 15 Minute Alfredo // Easy Dinner Salad + Ranch Dressing

Day 3: Crispy Buffalo Chicken Salad // Jalapeno Cheddar Biscuits

Day 4: Crispy Chicken Mashed Potato Casserole // Pan Seared Broccoli

Day 5: Pizza Pasta Skillet // Jalapeno Cheddar Biscuits

Cold Case

☐ almond milk	0.5 cup	☐ heavy cream	2 cups
☐ butter	5 tbsp + 0.5 cup	☐ Italian cheese blend	6 oz
☐ cheddar cheese (optional)	1 cup	☐ milk	1 cup
☐ egg	3	☐ milk (dairy or non dairy)	4 tsp
☐ feta or goat cheese (optional)	0.50 cup	☐ Parmesan	1.50 cups
☐ Gorgonzola cheese	2 oz	☐ shredded cheddar cheese	1 cup
☐ Greek yogurt*	1 cup	☐ unsalted butter	12 tbsp

Meat

☐ chicken (boneless thighs recommended)	3 lb	☐ pepperoni	8 oz
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Pantry

☐ all-purpose flour	2 tbsp	☐ dried cranberries	0.33 cup
☐ almond flour	1.50 cups	☐ flour	4 cups
☐ almonds	2 cups	☐ ketchup	1 tbsp
☐ baking powder	4 tsp	☐ mayo*	1 cup
☐ beef or chicken stock*	1 (14 oz)	☐ olive oil	4 tbsp
☐ bow tie pasta	1 lb	☐ pecans	0.33 cup
☐ can diced tomatoes	1 (15 oz)	☐ red wine vinegar	2 tbsp

☐ coconut cream	1 tbsp	☐ small pasta (elbow macaroni, rings, bow ties, etc)	16 oz
☐ Dijon mustard	2 tsp	☐ Worcestershire sauce	2 tsp

Produce

☐ asparagus	1 lb	☐ greens (baby kale, spinach, etc.)	3 cups
☐ bell pepper (any)	1	☐ jalapeno	4
☐ broccoli	2 heads	☐ lemon	0.5
☐ carrot	1	☐ lettuce (romaine, iceberg, spring, bibb, etc.)	3 cups
☐ corn	1 cup	☐ potato	4 lbs
☐ eggplant	1	☐ spring mix	5 oz
☐ garlic	5 cloves	☐ yellow squash	1
☐ granny smith apple	1	☐ zucchini	1
☐ green onion	2		

Spices

☐ dill	2 tsp	☐ onion powder	1.50 tsp
☐ dried basil	2 tsp	☐ paprika	3 tsp
☐ dried parsley	4 tbsp	☐ pepper	5 tsp
☐ garlic powder	2 tbsp + 1.25 tsp	☐ salt	15.50 tsp
☐ Italian seasoning*	1 tbsp	☐ thyme	2 tsp
☐ minced onion	10 tbsp		

*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.*