



OCTOBER MEAL PLAN 2

Day 1: Spicy Shrimp Tacos // Creamy Coleslaw // Corn on the Cob

Day 2: Slow Cooker Mexican Potato Soup // Easy Dinner Salad + Ranch Dressing

Day 3: Blackened Salmon // Mexican Chopped Salad // Instant Pot White Rice

Day 4: Spicy Buddha Bowls // Pumpkin Biscuits

Day 5: Pan-fried Cod with Creamy Vodka Sauce // Easy Dinner Salad + Ranch Dressing // Pumpkin Biscuits

Cold Case

<input type="checkbox"/> butter	18 tbsp	<input type="checkbox"/> Greek yogurt	3 cups
<input type="checkbox"/> butter OR bacon grease	3 tbsp	<input type="checkbox"/> milk	0.67 cup
<input type="checkbox"/> cream (any)	0.50 cup	<input type="checkbox"/> milk (dairy or non dairy)	2 tsp
<input type="checkbox"/> cream cheese	4 oz	<input type="checkbox"/> shredded cheese (optional)	8 oz
<input type="checkbox"/> feta or goat cheese (optional)	1 cup	<input type="checkbox"/> sour cream (optional)	16 oz

Frozen

<input type="checkbox"/> frozen corn	24 oz
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Meat

<input type="checkbox"/> cod	2 lb	<input type="checkbox"/> shrimp	2 lb
<input type="checkbox"/> salmon	4		

Pantry

<input type="checkbox"/> all-purpose flour	4 cups	<input type="checkbox"/> dried cranberries	0.67 cup
<input type="checkbox"/> apple cider vinegar	2 tsp	<input type="checkbox"/> fettuccine	1 lb
<input type="checkbox"/> baking powder	2 tbsp	<input type="checkbox"/> jasmine rice	2 cups
<input type="checkbox"/> can black beans	1 (15 oz)	<input type="checkbox"/> lime juice	4 tbsp
<input type="checkbox"/> can black beans (optional)	1 (15 oz)	<input type="checkbox"/> olive oil	1 tsp

<input type="checkbox"/> can diced green chilis (optional)	8 oz	<input type="checkbox"/> pecans	0.67 cup
<input type="checkbox"/> can pumpkin puree	1.50 cups	<input type="checkbox"/> quinoa	2 cups
<input type="checkbox"/> chicken stock or broth	1.50 cups	<input type="checkbox"/> red wine vinegar	2 tbsp
<input type="checkbox"/> coconut oil	2 tbsp	<input type="checkbox"/> salsa (optional)	8 oz
<input type="checkbox"/> corn tortillas	8	<input type="checkbox"/> tomato sauce	28 oz

Produce

<input type="checkbox"/> avocado	3	<input type="checkbox"/> mango	1
<input type="checkbox"/> bag coleslaw	1 (16 oz)	<input type="checkbox"/> minced garlic	4 tsp
<input type="checkbox"/> bell pepper, red	2	<input type="checkbox"/> onion	1
<input type="checkbox"/> celery	4 ribs	<input type="checkbox"/> potato	1
<input type="checkbox"/> cilantro	1 bunch	<input type="checkbox"/> shredded carrots	1 (10 oz)
<input type="checkbox"/> cilantro (optional)	1 bunch	<input type="checkbox"/> spring mix	10 oz
<input type="checkbox"/> ear of corn	4	<input type="checkbox"/> tomato	2
<input type="checkbox"/> granny smith apple	2		

Spices

<input type="checkbox"/> cayenne (!)	1.25 tsp	<input type="checkbox"/> onion powder	1 tbsp
<input type="checkbox"/> cumin	0.50 tsp	<input type="checkbox"/> oregano	1 tsp
<input type="checkbox"/> dill	2 tsp	<input type="checkbox"/> paprika	1.50 tbsp
<input type="checkbox"/> dried basil	3 tsp + 1 tbsp	<input type="checkbox"/> pepper	2 tsp
<input type="checkbox"/> dried parsley	4 tbsp	<input type="checkbox"/> salt	15 tsp
<input type="checkbox"/> garlic powder	0.50 tsp + 3 tbsp	<input type="checkbox"/> taco seasoning	2 tbsp
<input type="checkbox"/> Italian seasoning	0.50 tbsp	<input type="checkbox"/> thyme	2 tsp + 1 tbsp
<input type="checkbox"/> 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.*