



## OCTOBER MEAL PLAN 3

Day 1: Korean Pork Bowls // Instant Pot White Rice // Pan-Seared Broccoli

Day 2: Orzo Salad // Roasted Root Vegetables

Day 3: Maple Glazed Pork Chops // Broccoli Salad // Roasted Sweet Potatoes

Day 4: Best Minestrone Soup // Basic Biscuits

Day 5: Cashew Chicken // Instant Pot White Rice

### Cold Case

- |  |        |                                     |          |
|--|--------|-------------------------------------|----------|
| <input type="checkbox"/> butter        | 7 tbsp | <input type="checkbox"/> milk (any) | 0.75 cup |
| <input type="checkbox"/> Greek yogurt* | 1 cup  | <input type="checkbox"/> Parmesan   | 6 tbsp   |

### Frozen

- |   |       |   |        |
|---|-------|---|--------|
| <input type="checkbox"/> frozen corn        | 1 cup | <input type="checkbox"/> frozen peas                | 1 cup  |
| <input type="checkbox"/> frozen green beans | 1 cup | <input type="checkbox"/> frozen stir fry vegetables | 4 cups |

### Meat

- |   |      |   |      |
|---|------|---|------|
| <input type="checkbox"/> bacon (optional)         | 1 lb | <input type="checkbox"/> boneless pork chop | 4    |
| <input type="checkbox"/> boneless chicken breasts | 1 lb | <input type="checkbox"/> ground pork        | 1 lb |

### Pantry

- |   |            |   |                    |
|---|------------|---|--------------------|
| <input type="checkbox"/> apple cider vinegar*                           | 3 tbsp     | <input type="checkbox"/> lemon juice                                  | 0.25 cup           |
| <input type="checkbox"/> baking powder                                  | 2.50 tsp   | <input type="checkbox"/> maple syrup                                  | 0.25 cup           |
| <input type="checkbox"/> brown sugar*                                   | 0.25 cup   | <input type="checkbox"/> olive oil                                    | 4 tbsp + 1.33 cups |
| <input type="checkbox"/> can garbanzo beans*                            | 1 (15 oz)  | <input type="checkbox"/> orzo   | 1.50 cups          |
| <input type="checkbox"/> can white beans*                               | 2 (15 oz)  | <input type="checkbox"/> raisins                                      | 0.50 cup           |
| <input type="checkbox"/> cashews  | 0.67 cup   | <input type="checkbox"/> red wine vinegar                             | 0.50 cup           |
| <input type="checkbox"/> chicken stock or broth*                        | 10.50 cups | <input type="checkbox"/> sesame oil                                   | 4 tsp              |
| <input type="checkbox"/> coconut aminos (or soy sauce or liquid aminos) | 0.25 cup   | <input type="checkbox"/> small pasta (macaroni, shells, elbows, etc.) | 8 oz               |
| <input type="checkbox"/> coconut oil                                    | 3 tbsp     | <input type="checkbox"/> soy sauce or aminos                          | 4 tbsp             |

<input type="checkbox"/> corn starch	0.25 cup	<input type="checkbox"/> spaghetti sauce*	1 (28 oz)
<input type="checkbox"/> flour	2 cups	<input type="checkbox"/> sriracha (!)	1 tbsp
<input type="checkbox"/> honey	2 tsp + 2 tbsp	<input type="checkbox"/> sugar (optional)	2 tbsp
<input type="checkbox"/> jasmine rice	4 cups	<input type="checkbox"/> sunflower seeds	1 cup

## Produce

<input type="checkbox"/> beet	2	<input type="checkbox"/> green onions (optional)	0.25 cup
<input type="checkbox"/> broccoli	4 heads	<input type="checkbox"/> kale	2 cups
<input type="checkbox"/> carrot	6	<input type="checkbox"/> minced garlic	2 tbsp + 2 tsp
<input type="checkbox"/> celery	1 cup	<input type="checkbox"/> mushrooms	4 oz
<input type="checkbox"/> fresh basil	0.50 cup	<input type="checkbox"/> onion	2
<input type="checkbox"/> fresh mint	0.25 cup	<input type="checkbox"/> parsnip	2
<input type="checkbox"/> garlic	3 cloves	<input type="checkbox"/> red onion	1
<input type="checkbox"/> grape tomatoes	1.50 cups	<input type="checkbox"/> sweet potato	4
<input type="checkbox"/> green onion	3	<input type="checkbox"/> turnip	2

## Spices

<input type="checkbox"/> bay leaf	2	<input type="checkbox"/> red pepper flakes (!)	0.50 tsp
<input type="checkbox"/> cayenne (!)	0.75 tsp	<input type="checkbox"/> sage	0.50 tsp
<input type="checkbox"/> curry powder	0.50 tsp	<input type="checkbox"/> salt	9.50 tsp
<input type="checkbox"/> garlic powder	0.75 tsp	<input type="checkbox"/> sesame seeds (optional)	1 tsp
<input type="checkbox"/> ground ginger	0.25 tsp	<input type="checkbox"/> thyme	0.50 tsp
<input type="checkbox"/> pepper	4.50 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.*