



OCTOBER MEAL PLAN 4

Day 1: Sheet Pan Orange Salmon // Quinoa

Day 2: Slow Cooker Santa Fe Chili // Cheesy Herb Biscuits

Day 3: Slow Cooker Buffalo Chicken // Buffalo Chicken Kale Quinoa Bowl + Ranch Dressing

Day 4: Sheet Pan Buffalo Chicken Potatoes + Peas

Day 5: Instant Pot Curried Butternut Squash Soup // Hard Boiled Egg Dinner Salad + Ranch Dressing // Cheesy Herb Biscuits

Cold Case

<input type="checkbox"/> blue cheese	3 oz	<input type="checkbox"/> Greek yogurt	3 cups
<input type="checkbox"/> blue cheese (optional)	0.50 cup	<input type="checkbox"/> milk	1 tsp
<input type="checkbox"/> butter	2 tbsp	<input type="checkbox"/> milk (dairy or non dairy)	1 tsp
<input type="checkbox"/> cheddar cheese	0.50 cup	<input type="checkbox"/> shredded cheese (cheddar or Monterey jack)	0.50 cup
<input type="checkbox"/> cream cheese	8 oz	<input type="checkbox"/> shredded cheese (optional)	8 oz
<input type="checkbox"/> eggs	14	<input type="checkbox"/> sour cream (optional)	8 oz
<input type="checkbox"/> feta or goat cheese (optional)	0.50 cup		

Meat

<input type="checkbox"/> bacon (optional)	0.50 lb	<input type="checkbox"/> salmon filets	4
<input type="checkbox"/> ground beef	2 lb	<input type="checkbox"/> whole chicken	3 lb

Pantry

<input type="checkbox"/> broth or water	3 cups	<input type="checkbox"/> hot sauce	2 tbsp
<input type="checkbox"/> buffalo sauce	1 cup	<input type="checkbox"/> mayo	1 cup
<input type="checkbox"/> can black beans	2 (15 oz)	<input type="checkbox"/> olive oil	5 tbsp
<input type="checkbox"/> can coconut milk	0.50 cup	<input type="checkbox"/> orange marmalade	4 tbsp
<input type="checkbox"/> can corn	2 (14 oz)	<input type="checkbox"/> pecans	0.33 cup

<input type="checkbox"/> can diced tomatoes	1 (14 oz)	<input type="checkbox"/> pumpkin seeds (optional)	0.50 cup
<input type="checkbox"/> can diced tomatoes with green chiles	1 (14 oz)	<input type="checkbox"/> quinoa	3 cups
<input type="checkbox"/> can kidney beans	2 (15 oz)	<input type="checkbox"/> red wine vinegar	2 tbsp
<input type="checkbox"/> can tomato sauce	1 (14 oz)	<input type="checkbox"/> self rising flour	2 cups
<input type="checkbox"/> coconut cream	1 tbsp	<input type="checkbox"/> soy sauce or aminos	2 tbsp
<input type="checkbox"/> corn chips (optional)	8 oz	<input type="checkbox"/> sriracha (!)	0.50 tsp
<input type="checkbox"/> dried cranberries	0.33 cup	<input type="checkbox"/> sunflower seeds	0.50 cup

Produce

<input type="checkbox"/> bell pepper, red	1	<input type="checkbox"/> kale	6 cups
<input type="checkbox"/> broccoli	1 head	<input type="checkbox"/> onion	3
<input type="checkbox"/> butternut squash (fresh or frozen)	2 lb	<input type="checkbox"/> orange	1
<input type="checkbox"/> carrot	2	<input type="checkbox"/> peas (fresh or frozen)	1 lb
<input type="checkbox"/> cauliflower	1 head	<input type="checkbox"/> potatoes	3 lb
<input type="checkbox"/> celery	2 ribs	<input type="checkbox"/> red onion	0.5
<input type="checkbox"/> garlic	2 cloves	<input type="checkbox"/> spring mix	5 oz
<input type="checkbox"/> granny smith apple	1	<input type="checkbox"/> sweet potato	4

Spices

<input type="checkbox"/> basil	2 tsp	<input type="checkbox"/> onion powder	0.50 tsp
<input type="checkbox"/> chili powder	2 tbsp	<input type="checkbox"/> oregano	2.50 tsp
<input type="checkbox"/> cumin	1 tbsp	<input type="checkbox"/> paprika	1 tsp
<input type="checkbox"/> curry powder	2.50 tbsp	<input type="checkbox"/> pepper	2.75 tsp
<input type="checkbox"/> dill	3 tsp	<input type="checkbox"/> red pepper flakes (!)	0.50 tsp
<input type="checkbox"/> dried basil	3 tsp	<input type="checkbox"/> salt	8 tbsp
<input type="checkbox"/> dried parsley	6 tbsp	<input type="checkbox"/> sesame seeds	1 tbsp
<input type="checkbox"/> dry minced onion	15 tbsp	<input type="checkbox"/> thyme	4.50 tsp
<input type="checkbox"/> garlic powder	3 tbsp + 0.5 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.*