



OCTOBER MEAL PLAN 5

Day 1: Chickpea Shawarma Wraps + Cucumber Spears // Cauliflower Rice

Day 2: Beef Cabbage Barley Stew // Garlic Bread

Day 3: Instant Pot Apple Bourbon Pork Chops // Autumn Brown Rice Pilaf // Steamed Carrots

Day 4: Tuscan Tuna Mac Casserole // Side Salad + Raspberry Vinaigrette

Day 5: Instant Pot Potato Soup // Garlic Bread

Cold Case

☐ butter	6 tbsp	☐ milk (any)	2.50 cups
☐ cheddar cheese	8 oz	☐ unsalted butter	3 tbsp
☐ cream cheese	8 oz	☐ water or milk (any)	2 tbsp
☐ fontina cheese	4 oz		

Frozen

☐ frozen cauliflower rice	16 oz
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Meat

☐ bacon (optional)	1 lb	☐ chuck roast	2.50 lb
☐ boneless pork chop	1.50 lb		

Pantry

☐ all-purpose flour	0.25 cup	☐ garlic bread	2 loaf
☐ apple cider vinegar	0.25 cup	☐ honey	3 tbsp
☐ applesauce	0.50 cup	☐ lemon juice	1 tbsp
☐ bourbon or apple juice	0.75 cup	☐ olive oil	7 tbsp
☐ brown rice	1 cup	☐ olive or avocado oil	0.75 cup
☐ brown sugar	0.33 cup	☐ panko breadcrumbs	0.50 cup
☐ can chickpeas	2 (15 oz)	☐ pasta	3 cups
☐ can tuna	2 (5 oz)	☐ pearl barley	1 cup

☐ chicken stock or broth	6 cups	☐ sunflower seeds	0.25 cup
☐ cooking spray	1 tbsp	☐ tahini or hummus	0.25 cup
☐ dried cranberries	0.50 cup	☐ Worcestershire sauce	1 tbsp
☐ flatbread or pitas	1 loaf		

Produce

☐ bell pepper, red	1	☐ lemon	1
☐ carrot	3	☐ lettuce (any)	1 cup
☐ cherry tomatoes	1 pt	☐ minced garlic	1 tsp
☐ cremini mushrooms	8 oz	☐ mushrooms	4 oz
☐ cucumbers	2	☐ onion	1.5
☐ fresh basil	0.25 cup	☐ raspberries	0.50 cup
☐ fresh parsley	0.50 bunch	☐ red onion	1.5
☐ garlic	12 cloves	☐ spinach	3 cups
☐ granny smith apple	3	☐ tomato	2
☐ green cabbage	0.50 head	☐ yellow onion	1
☐ green leaf lettuce	0.50 head	☐ yukon gold potatoes	2 cups
☐ iceberg lettuce	0.50 head		

Spices

☐ bay leaf	2	☐ marjoram	2 tsp
☐ cayenne (!)	0.25 tsp	☐ pepper	2.75 tsp
☐ cinnamon	1.25 tsp	☐ rosemary	2 tbsp
☐ coriander	0.25 tsp	☐ sage	1 tsp
☐ cumin	2 tsp	☐ salt	1 Tbsp + 4.42 tsp
☐ dill	1 tsp	☐ smoked paprika	0.50 tsp
☐ fennel seed	4 tbsp	☐ thyme	2 Tbsp + 0.75 tsp
☐ garlic powder	5.50 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.*