



OCTOBER MEAL PLAN 6

Day 1: Salmon Stuffed Zucchini // Creamed Swiss Chard

Day 2: Slow Cooker Moroccan Chicken with Pumpkin + Apricots // Sautéed Green Beans

Day 3: Italian Wedding Meatball Zucchini + Greens Soup // Cornbread Muffins

Day 4: Sheet Pan Honey Mustard Chicken with Parsnips + Kale

Day 5: Instant Pot Chorizo Chili + Toppings // Cornbread Muffins

Cold Case

☐ butter	16 tbsp	☐ Parmesan	☐ 0.50 cup
☐ butter or coconut oil	2 tbsp	☐ shredded cheese	1 cup
☐ eggs	5	☐ sour cream (optional)	1 cup
☐ milk	2.50 cups		

Meat

☐ bacon (optional)	3 pieces	☐ ground beef (or any ground meat)	1 lb
☐ boneless chicken thighs	8	☐ ground chorizo sausage	1 lb
☐ chicken thighs	8		

Pantry

☐ all-purpose flour	2.50 cups	☐ flour	2 tbsp
☐ apricot nectar	0.50 cup	☐ honey	6 tbsp
☐ baking powder	2 tbsp	☐ jar apricot preserve or jam	16 oz
☐ beef broth or stock*	2 qts	☐ lemon juice	2 tbsp
☐ black olives (optional)	0.50 cup	☐ mayo*	0.25 cup
☐ bread crumbs*	1 cup	☐ mustard	2 tbsp
☐ can black beans*	2 (15 oz)	☐ oil or butter	2 tbsp
☐ can corn	1 (14 oz)	☐ olive oil	3 tbsp
☐ can diced tomatoes	1 (14 oz)	☐ pouches salmon	4 (2½ oz)
☐ can full fat coconut milk	1 (15 oz)	☐ salsa*	1 cup

☐ can great northern beans*	1 (15 oz)	☐ salsa verde*	10 oz
☐ cooking spray	1 tbsp	☐ sugar	0.50 cup
☐ corn meal	1.50 cups	☐ tortilla chips* (optional)	1 bag
☐ dried apricots	1 cup		

Produce

☐ avocado	2	☐ head cabbage or Romaine lettuce	4 cups
☐ baby kale	2 cups	☐ jalapeno (optional)	1
☐ baby kale or spinach	4 cups	☐ leek	1
☐ baby potatoes	1.50 lb	☐ lemon	1
☐ bell pepper (optional)	1	☐ minced garlic	1 tsp
☐ bell pepper, red	1	☐ onion (optional)	1
☐ carrot	4	☐ parsley	1 bunch
☐ cherry tomatoes	1 cup	☐ parsnips	4
☐ cilantro (optional)	0.50 bunch	☐ pomegranate seeds (optional)	0.50 cup
☐ garlic	12 cloves	☐ red onion	1
☐ green beans	1 lb	☐ sugar baby pumpkins	3
☐ green onion	0.33 cup	☐ swiss chard	2 lb
☐ green onions (optional)	0.50 bunch	☐ zucchini	8

Spices

☐ chili powder	1 tsp	☐ paprika	0.25 tsp
☐ cinnamon	1 tsp	☐ pepper	2 tsp
☐ cumin	1 tsp	☐ sage	0.50 tsp
☐ dried basil	0.50 tsp	☐ salt	8.50 tsp
☐ ground ginger	1 tsp	☐ thyme	0.50 tsp
☐ Italian seasoning*	3 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.*