



OCTOBER MEAL PLAN 7

Day 1: Shrimp Creole // White Rice

Day 2: Turkey Spaghetti Squash + Carrot Top Pesto // Kale Caesar Salad

Day 3: Turkey Patties // Slow Cooker Garden Medley // Orzo

Day 4: Spicy Shrimp Tacos // Toppings // White Rice

Day 5: Cheesy Lentil Pasta // Kale Caesar Salad

Cold Case

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|--|-----------|--|----------|
| ☐ butter OR bacon grease | 5 tbsp | ☐ Parmesan (optional) | 0.50 cup |
| ☐ cheddar or Monterey Jack cheese | 1 cup | ☐ shredded cheese | 1 cup |
| ☐ full fat plain Greek yogurt | 1.50 cups | ☐ sour cream (optional) | 1 cup |

Frozen

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|---|--------|
| ☐ frozen mixed vegetables (peas, carrots, corn, etc) | 2 cups |
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Meat

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|--|------|---------------------------------|-------------|
| ☐ ground turkey | 2 lb | ☐ shrimp | 8 oz + 1 lb |
|--|------|---------------------------------|-------------|

Pantry

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|--|-----------|---|-----------------|
| ☐ anchovy filets | 4 oz | ☐ nuts (pecans, walnuts, almonds, etc) | 3 tbsp |
| ☐ black olives (optional) | 0.50 cup | ☐ olive oil | 2 cups + 1 tbsp |
| ☐ broth or water* | 6 cups | ☐ orzo | 16 oz |
| ☐ can diced tomatoes | 2 (15 oz) | ☐ pine nuts (optional) | 3 tbsp |
| ☐ chicken stock or broth* | 1 qt | ☐ salsa* | 1 cup |
| ☐ coconut oil | 1 tbsp | ☐ small pasta (macaroni, shells, elbows, etc.) | 2 cups |
| ☐ corn tortillas* | 8 | ☐ spicy brown mustard | 2 tsp |
| ☐ dry green lentils | 0.75 cup | ☐ tortilla chips* (optional) | 1 bag |

☐ flour (any)	6 tbsp	☐ white wine or fish/ chicken/vegetable stock (not beef)	1 cup
☐ jasmine rice	4 cups	☐ Worcestershire sauce	4 tsp
☐ lemon juice	8 tbsp		

Produce

☐ avocado	2	☐ garlic	5 cloves
☐ beet	3	☐ green onions (optional)	0.50 bunch
☐ bell pepper (any)	1	☐ head cabbage or Romaine lettuce	4 cups
☐ bell pepper (optional)	1	☐ jalapeno (optional)	1
☐ carrots	6	☐ kale	2 lb
☐ carrot tops	4	☐ mushrooms (optional)	4 oz
☐ celery	4 ribs	☐ onions	2.5
☐ cherry tomatoes	1 cup	☐ onion (optional)	1
☐ cilantro (optional)	0.50 bunch	☐ spaghetti squash	1
☐ fresh basil	0.50 cup	☐ sweet potato	2
☐ fresh herbs (parsley, mint, cilantro) (optional)	0.50 cup	☐ zucchini (optional)	1

Spices

☐ bay leaf	1	☐ onion powder	1 tbsp + 1 tsp
☐ cayenne (!)	1 tsp	☐ oregano	1 tsp
☐ cayenne (!) (optional)	0.50 tsp	☐ paprika	1.50 tbsp
☐ chili powder (optional)	0.50 tsp	☐ pepper	5.75 tsp
☐ cumin	2 tsp	☐ rosemary	1 tsp
☐ dried basil	1 tsp	☐ salt	9.50 tsp
☐ dried parsley	1.50 tbsp	☐ thyme	2.25 tsp + 1 tsp
☐ garlic powder	1 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.*