



## DECEMBER MEAL PLAN 2

Day 1: Salmon Patties // Instant Pot Mashed Potatoes // Sauteed Green Beans

Day 2: Three Bean Chili // Cornbread Muffins

Day 3: Easy Fish Tacos // Cilantro Lime Slaw // White Rice

Day 4: Lemon Pappardelle with Shrimp // Steamed Broccoli and Cauliflower // Cornbread Muffins

Day 5: Clam Chowder // Side Salad with House Dressing

### Cold Case

<input type="checkbox"/> butter	<input type="checkbox"/> 27 tbsp	<input type="checkbox"/> heavy cream	0.50 cup
<input type="checkbox"/> butter or ghee	<input type="checkbox"/> 2 tbsp	<input type="checkbox"/> milk	3 cups
<input type="checkbox"/> eggs	5	<input type="checkbox"/> Parmesan	0.25 cup
<input type="checkbox"/> Greek yogurt	0.50 cup	<input type="checkbox"/> sour cream	0.50 cup
<input type="checkbox"/> half and half (use a can of coconut milk if dairy free)	1 cup	<input type="checkbox"/> unsalted butter	2 tbsp

### Meat

<input type="checkbox"/> shrimp	1 lb
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### Pantry

<input type="checkbox"/> all-purpose flour	2.50 cups + 3 tbsp	<input type="checkbox"/> corn meal	1.50 cups
<input type="checkbox"/> apple cider vinegar	0.25 cup	<input type="checkbox"/> crackers	0.25 cup
<input type="checkbox"/> baking powder	2 tbsp	<input type="checkbox"/> fresh lemon juice or 1 fresh lemon juiced	1 tbsp
<input type="checkbox"/> black olives	12	<input type="checkbox"/> honey	4 tbsp
<input type="checkbox"/> broth or water	1.50 cups	<input type="checkbox"/> jasmine rice	2 cups
<input type="checkbox"/> can black beans	1 (15 oz)	<input type="checkbox"/> lime juice	2 tbsp
<input type="checkbox"/> can chopped clams	2 (6.5 oz)	<input type="checkbox"/> maple syrup	1 tsp
<input type="checkbox"/> can diced tomatoes	1 (28 oz)	<input type="checkbox"/> mustard	1 tsp
<input type="checkbox"/> can kidney beans	1 (15 oz)	<input type="checkbox"/> oil or butter	2 tbsp

<input type="checkbox"/> can pinto beans	1 (15 oz)	<input type="checkbox"/> olive oil	1 tbsp + 0.25 cup
<input type="checkbox"/> canned salmon	1 lb	<input type="checkbox"/> pappardelle or fettuccini pasta	8 oz
<input type="checkbox"/> chicken stock or broth	1.75 cups	<input type="checkbox"/> sugar	0.50 cup
<input type="checkbox"/> cocoa powder or small piece of dark chocolate (about ½ oz)	1 tbsp	<input type="checkbox"/> tortillas	6

## Produce

<input type="checkbox"/> avocado	2	<input type="checkbox"/> jalapeno	2
<input type="checkbox"/> bag coleslaw	1 (16 oz)	<input type="checkbox"/> lettuce	1 head
<input type="checkbox"/> broccoli	1	<input type="checkbox"/> lime	2
<input type="checkbox"/> cauliflower	1	<input type="checkbox"/> minced garlic	2 tsp
<input type="checkbox"/> cilantro	0.5	<input type="checkbox"/> onion	2
<input type="checkbox"/> cucumber	1	<input type="checkbox"/> potato	2 lb
<input type="checkbox"/> fresh parsley	2 tbsp	<input type="checkbox"/> russet potato	2
<input type="checkbox"/> garlic	10 cloves	<input type="checkbox"/> shredded carrots	1 (10 oz) + 2 oz
<input type="checkbox"/> green beans	1 lb	<input type="checkbox"/> tomatoes (grape or cherry)	0.50 pt
<input type="checkbox"/> green onion	1 cup		

## Spices

<input type="checkbox"/> bay leaf	1	<input type="checkbox"/> dried thyme	0.50 tsp
<input type="checkbox"/> cayenne (!)	0.13 tsp	<input type="checkbox"/> dry minced onion	1 tbsp
<input type="checkbox"/> chili powder	3 tbsp	<input type="checkbox"/> garlic powder	0.50 tsp
<input type="checkbox"/> chipotle seasoning	1 tsp	<input type="checkbox"/> pepper	1 tsp
<input type="checkbox"/> cod or other white fish	10 oz	<input type="checkbox"/> salt	5.88 tsp
<input type="checkbox"/> dried parsley	1 tbsp		

*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.*