



DECEMBER MEAL PLAN 3

Day 1: Sheet Pan Sausage, Peppers, + Onions // Instant Pot White Rice

Day 2: Tortilla Soup // Jalapeno Cheddar Biscuits

Day 3: Greek Marinated Chicken // Hummus + Vegetables // Flatbread

Day 4: Southwestern Salad // Homemade Ranch Dressing // Jalapeno Cheddar Biscuits

Day 5: Chicken Tikka Masala Pizzas // Side Salad + House Dressing

Cold Case

<input type="checkbox"/> almond milk	<input type="checkbox"/> 0.50 cup	<input type="checkbox"/> milk	1 cup + 1 tsp
<input type="checkbox"/> butter	<input type="checkbox"/> 2 tbsp	<input type="checkbox"/> plain Greek yogurt*	0.50 cup
<input type="checkbox"/> cheddar cheese (optional)	1 cup	<input type="checkbox"/> sharp cheddar cheese	4 oz
<input type="checkbox"/> grated mozzarella cheese	0.50 cup	<input type="checkbox"/> unsalted butter	10 tbsp

Meat

<input type="checkbox"/> chicken	1 lb	<input type="checkbox"/> Italian sausages	6
<input type="checkbox"/> chicken breast	1 lb		

Pantry

<input type="checkbox"/> apple cider vinegar*	0.25 cup	<input type="checkbox"/> coconut oil	2 tbsp
<input type="checkbox"/> baking powder	4.50 tsp	<input type="checkbox"/> flatbread*	6
<input type="checkbox"/> baking soda	0.50 tsp	<input type="checkbox"/> flour	6 cups
<input type="checkbox"/> black olives	12	<input type="checkbox"/> jasmine rice	2 cups
<input type="checkbox"/> broth or water	2 quarts	<input type="checkbox"/> lemon juice	1 tbsp
<input type="checkbox"/> can black beans*	1 (15 oz)	<input type="checkbox"/> maple syrup	1 tsp
<input type="checkbox"/> can chickpeas*	1 (15 oz)	<input type="checkbox"/> mayo	1 cup
<input type="checkbox"/> can corn	1 (15 oz)	<input type="checkbox"/> mustard	1 tsp
<input type="checkbox"/> can diced tomatoes	2 (15 oz)	<input type="checkbox"/> olive oil	1.5 cups
<input type="checkbox"/> can garbanzo beans*	2 (15 oz)	<input type="checkbox"/> pita pockets* (optional)	4
<input type="checkbox"/> can tomato paste	1 (6 oz)	<input type="checkbox"/> red wine vinegar	0.50 cup + 2 tbsp

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|---|--------|--|----------|
| <input type="checkbox"/> chile verde salsa* | 1 cup | <input type="checkbox"/> spicy brown mustard | 1 tsp |
| <input type="checkbox"/> coconut cream | 1 tbsp | <input type="checkbox"/> sugar | 0.50 tsp |

Produce

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|--|------------|---|----------|
| <input type="checkbox"/> avocado | 1 | <input type="checkbox"/> fresh ginger | 1 inch |
| <input type="checkbox"/> bell pepper (any) | 1 | <input type="checkbox"/> garlic | 9 cloves |
| <input type="checkbox"/> bell peppers (any) | 4 | <input type="checkbox"/> jalapeno | 4 |
| <input type="checkbox"/> carrot | 4 | <input type="checkbox"/> lettuce | 2 heads |
| <input type="checkbox"/> celery | 4 | <input type="checkbox"/> mushrooms | 16 oz |
| <input type="checkbox"/> cherry or grape tomatoes | 1 cup | <input type="checkbox"/> onion | 4 |
| <input type="checkbox"/> cilantro | 0.50 bunch | <input type="checkbox"/> shredded carrots | 2 oz |
| <input type="checkbox"/> cilantro or flat leaf parsley | 0.50 cup | <input type="checkbox"/> tomato | 1 |
| <input type="checkbox"/> corn | 1 cup | <input type="checkbox"/> tomatoes (grape or cherry) | 0.50 pt |
| <input type="checkbox"/> cucumber | 3 | | |

Spices

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|---|----------|---|----------------------|
| <input type="checkbox"/> cayenne (!) | 0.25 tsp | <input type="checkbox"/> garlic powder | 2.50 tsp + 1
tbsp |
| <input type="checkbox"/> chili powder | 0.50 tsp | <input type="checkbox"/> garlic salt | 0.13 tsp |
| <input type="checkbox"/> cumin | 2 tsp | <input type="checkbox"/> Italian seasoning* | 2 tsp |
| <input type="checkbox"/> dill | 1 tsp | <input type="checkbox"/> onion powder | 2 tsp |
| <input type="checkbox"/> dried basil | 2 tsp | <input type="checkbox"/> paprika | 1 tsp |
| <input type="checkbox"/> dried oregano | 1 tsp | <input type="checkbox"/> pepper | 2.13 tsp |
| <input type="checkbox"/> dried parsley | 2 tbsp | <input type="checkbox"/> red chili flakes | 0.25 tsp |
| <input type="checkbox"/> dried tumeric | 1 tsp | <input type="checkbox"/> salt | 10.25 tsp |
| <input type="checkbox"/> dry minced onion | 5 tbsp | <input type="checkbox"/> taco seasoning* | 2 tbsp |
| <input type="checkbox"/> garam masala | 1 tbsp | <input type="checkbox"/> thyme | 1 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.*