



## DECEMBER MEAL PLAN 4

Day 1: Slow Cooker Brisket // Broccoli Salad // Jalapeno Cheddar Biscuits

Day 2: Radish Tacos with Pork // Tortillas // Lime Crema

Day 3: Weeknight Creamy Mushroom Pasta // Side Salad + Italian Dressing

Day 4: Honey Mustard Salmon // Carrot Sweet Potato Fritters // Jalapeno Cheddar Biscuits

Day 5: Slow Cooker Beef Ragu + Pasta

### Cold Case

- |  |          |  |         |
|--|----------|--|---------|
| <input type="checkbox"/> almond milk               | 0.50 cup | <input type="checkbox"/> Greek yogurt    | 1 cup   |
| <input type="checkbox"/> cheddar cheese (optional) | 1 cup    | <input type="checkbox"/> sour cream      | 8 oz    |
| <input type="checkbox"/> eggs                      | 2        | <input type="checkbox"/> unsalted butter | 10 tbsp |

### Meat

- |  |                               |                                      |          |
|--|-------------------------------|--------------------------------------|----------|
| <input type="checkbox"/> bacon (optional)            | <input type="checkbox"/> 1 lb | <input type="checkbox"/> chuck roast | 3 lb     |
| <input type="checkbox"/> beef brisket OR chuck roast | 3.50 lb                       | <input type="checkbox"/> salmon      | 4 filets |
| <input type="checkbox"/> boneless pork chop          | 4                             |                                      |          |

### Pantry

- |  |                   |   |           |
|--|-------------------|---|-----------|
| <input type="checkbox"/> apple cider vinegar*            | 3 tbsp            | <input type="checkbox"/> mayo*  | 0.25 cup  |
| <input type="checkbox"/> baking powder                   | 4 tsp             | <input type="checkbox"/> medium noodles (penne, rotini, etc.)           | 8 oz      |
| <input type="checkbox"/> beef broth or stock*            | 1 cup             | <input type="checkbox"/> mustard  | 3 tbsp    |
| <input type="checkbox"/> can crushed tomatoes            | 1 28 oz           | <input type="checkbox"/> nuts (peanuts, almonds, cashews, walnuts, etc) | 1 cup     |
| <input type="checkbox"/> can pinto beans*                | 2 (15 oz)         | <input type="checkbox"/> olive oil                                      | 1.75 cups |
| <input type="checkbox"/> cashews                         | 0.75 cup          | <input type="checkbox"/> pasta  | 1 lb      |
| <input type="checkbox"/> coconut oil                     | 1 tbsp + 0.33 cup | <input type="checkbox"/> raisins  | 0.50 cup  |
| <input type="checkbox"/> corn starch or arrowroot powder | 1 tbsp            | <input type="checkbox"/> soy sauce or aminos                            | 3 tbsp    |

<input type="checkbox"/> flour	4.67 cups	<input type="checkbox"/> sugar (optional)	2 tbsp
<input type="checkbox"/> honey	3 tbsp	<input type="checkbox"/> sunflower seeds	1 cup
<input type="checkbox"/> ketchup	0.25 cup	<input type="checkbox"/> tortillas*	8
<input type="checkbox"/> lemon juice	0.25 tsp	<input type="checkbox"/> vinegar (any)	1 cup

## Produce

<input type="checkbox"/> baby carrots	0.50 lb	<input type="checkbox"/> jalapeno	4
<input type="checkbox"/> bell pepper (any)	2	<input type="checkbox"/> lime	1
<input type="checkbox"/> broccoli	2 heads	<input type="checkbox"/> minced garlic	0.25 tsp
<input type="checkbox"/> carrot	2 cups	<input type="checkbox"/> mushrooms	2 lb + 4 oz
<input type="checkbox"/> cherry tomatoes	1 pt	<input type="checkbox"/> onion	3
<input type="checkbox"/> cucumber	1	<input type="checkbox"/> parsley	0.50 tbsp
<input type="checkbox"/> garlic	8 cloves	<input type="checkbox"/> radishes	1 (8 oz)
<input type="checkbox"/> green leaf lettuce	0.50 head	<input type="checkbox"/> red onion	0.25
<input type="checkbox"/> green onions (optional)	4	<input type="checkbox"/> sweet potato	2 cups
<input type="checkbox"/> iceberg lettuce	0.50 head		

## Spices

<input type="checkbox"/> basil	0.50 tsp	<input type="checkbox"/> pepper	3 tsp
<input type="checkbox"/> bay leaf	2	<input type="checkbox"/> sage	1 tsp
<input type="checkbox"/> garlic powder	2.25 tsp + 1.5 tbsp	<input type="checkbox"/> salt	6 tsp + 1 tbsp
<input type="checkbox"/> ground ginger	2 tsp	<input type="checkbox"/> taco seasoning*	2 tbsp
<input type="checkbox"/> onion powder	2.25 tsp + 0.5 tbsp	<input type="checkbox"/> thyme	2.25 tsp
<input type="checkbox"/> oregano	1 tsp + 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.*