



NOVEMBER MEAL PLAN 4

Day 1: Sheet Pan Chorizo, Potatoes, + Veg

Day 2: Ranch Avocado Tuna Melts on Pitas // Hummus + Veg Sticks

Day 3: Slow Cooker Pork + Apple Curry // Sweet Potatoes

Day 4: Ground Beef Tacos // Lime Crema

Day 5: Instant Pot Johnny Marzetti with Cheesy Noodles

Cold Case

<input type="checkbox"/> butter	4 tbsp	<input type="checkbox"/> shredded cheese (optional)	2 cups
<input type="checkbox"/> cheddar cheese	4 oz	<input type="checkbox"/> sour cream	8 oz
<input type="checkbox"/> milk	1 tsp	<input type="checkbox"/> sour cream (optional)	8 oz
<input type="checkbox"/> orange juice	0.50 cup		

Meat

<input type="checkbox"/> boneless pork loin roast	2 lb	<input type="checkbox"/> smoked chorizo	1 lb
<input type="checkbox"/> ground beef	2 lbs		

Pantry

<input type="checkbox"/> bouillon beef	1 cube	<input type="checkbox"/> green olives	3 tbsp
<input type="checkbox"/> can chickpeas	1 (15 oz)	<input type="checkbox"/> lemon juice	2 tbsp
<input type="checkbox"/> can diced tomatoes	1 (14.5 oz)	<input type="checkbox"/> mayo	1 cup + 2 tbsp
<input type="checkbox"/> cans chunk light tuna	2 (5) oz	<input type="checkbox"/> olive oil	5 tbsp
<input type="checkbox"/> chicken bouillon granules	1 tsp	<input type="checkbox"/> pita pockets (optional)	4
<input type="checkbox"/> coconut cream	1 tbsp	<input type="checkbox"/> raisins	0.25 cup
<input type="checkbox"/> cooked egg noodles	8 oz	<input type="checkbox"/> red wine vinegar	1 tbsp
<input type="checkbox"/> cornstarch	2 tbsp + 1 tsp	<input type="checkbox"/> soy sauce	2 tbsp
<input type="checkbox"/> Dijon mustard	1 tbsp	<input type="checkbox"/> sweetened shredded coconut	0.25 cup
<input type="checkbox"/> dill pickle spears	4	<input type="checkbox"/> tortillas	8

Produce

<input type="checkbox"/> apple	1	<input type="checkbox"/> head lettuce (optional)	0.5
<input type="checkbox"/> bell pepper (any)	1	<input type="checkbox"/> lime	1
<input type="checkbox"/> bell pepper, green	1.50 cups	<input type="checkbox"/> medium avocado	0.5
<input type="checkbox"/> broccoli	1 head	<input type="checkbox"/> minced garlic	0.25 tsp
<input type="checkbox"/> carrot	2	<input type="checkbox"/> onion	1.5
<input type="checkbox"/> celery	3 ribs	<input type="checkbox"/> onion (optional)	1
<input type="checkbox"/> cucumber	2	<input type="checkbox"/> packaged shredded broccoli	1.33 cups
<input type="checkbox"/> fresh Italian (flat leaf) parsley	1 tbsp	<input type="checkbox"/> red onion	2 tbsp
<input type="checkbox"/> fresh oregano	1 tbsp	<input type="checkbox"/> red potato	1 lb
<input type="checkbox"/> fresh parsley	1 tbsp	<input type="checkbox"/> sweet potato	4
<input type="checkbox"/> garlic	2 cloves	<input type="checkbox"/> tomato (optional)	1

Spices

<input type="checkbox"/> cayenne (!)	0.25 tsp	<input type="checkbox"/> garlic powder	1 tbsp + 0.125 tsp
<input type="checkbox"/> cinnamon (optional)	0.50 tsp	<input type="checkbox"/> ground cinnamon	0.25 tsp
<input type="checkbox"/> cumin	1 tsp	<input type="checkbox"/> ground ginger	0.50 tsp
<input type="checkbox"/> curry powder	1 tbsp	<input type="checkbox"/> pepper	0.50 tsp
<input type="checkbox"/> dill	1 tsp	<input type="checkbox"/> salt	6.25 tsp
<input type="checkbox"/> dried basil	1 tsp	<input type="checkbox"/> taco seasoning	3 tbsp
<input type="checkbox"/> dried parsley	2 tbsp	<input type="checkbox"/> thyme	1 tsp
<input type="checkbox"/> dry minced onion	5 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.*