

# 30MD NO-COOK MEAL PLAN

DAY 1: Black Bean and Corn Salad // Creamy Coleslaw

DAY 2: Quick Chicken Salad // Butter Parmesan Zoodles

DAY 3: Greek Chopped Salad

DAY 4: Open-Faced Mediterranean Sandwiches // Creamy Coleslaw

DAY 5: Strawberry Spinach Salad

DAY 6: Zucchini and Corn Salad

DAY 7: Tomato Basil Chickpea Wraps // Sliced Tomato and Onion Salad

# SHOPPING LIST

## Cold Case

- |   |          |  |          |
|---|----------|--|----------|
| <input type="checkbox"/> butter         | 4 tbsp   | <input type="checkbox"/> Parmesan cheese | 6 oz     |
| <input type="checkbox"/> Greek yogurt * | 0.50 cup | <input type="checkbox"/> yogurt *        | 0.50 cup |

## Frozen

- |                                      |        |
|--------------------------------------|--------|
| <input type="checkbox"/> frozen corn | 2 cups |
|--------------------------------------|--------|

## Pantry

- |   |                  |   |                    |
|---|------------------|---|--------------------|
| <input type="checkbox"/> balsamic vinegar | 2 tbsp           | <input type="checkbox"/> mayo*                | 0.25 cup           |
| <input type="checkbox"/> bread*           | 12 slices        | <input type="checkbox"/> olive oil            | 4 tbsp + 1.08 cups |
| <input type="checkbox"/> can black beans* | 2 (15 oz)        | <input type="checkbox"/> olives               | 1.50 cups          |
| <input type="checkbox"/> can chicken*     | 2 (12.5 oz)      | <input type="checkbox"/> pine nuts (optional) | 0.25 cup           |
| <input type="checkbox"/> can chickpeas*   | 2 (15 oz)        | <input type="checkbox"/> red wine vinegar     | 0.50 cup + 2 tsp   |
| <input type="checkbox"/> Dijon mustard    | 2 tsp + 1 Tbsp   | <input type="checkbox"/> spicy brown mustard  | 0.75 tsp           |
| <input type="checkbox"/> hot sauce        | 2 tsp            | <input type="checkbox"/> sunflower seeds      | 0.50 cup + 3 Tbsp  |
| <input type="checkbox"/> kalamata olives  | 2 tbsp           | <input type="checkbox"/> tortillas*           | 8                  |
| <input type="checkbox"/> lemon juice      | 4 tsp + 5.5 Tbsp | <input type="checkbox"/> yellow mustard       | 1 tsp              |
| <input type="checkbox"/> lime juice       | 2 tbsp           |   |                    |

## Produce

- |   |              |   |                       |
|---|--------------|---|-----------------------|
| <input type="checkbox"/> baby spinach     | 8 cups       | <input type="checkbox"/> lime             | 1                     |
| <input type="checkbox"/> bag coleslaw     | 1 (16 oz)    | <input type="checkbox"/> minced garlic    | 2 tsp                 |
| <input type="checkbox"/> bell pepper, red | 1 + 0.25 cup | <input type="checkbox"/> onion            | 2                     |
| <input type="checkbox"/> celery           | 6 stalks     | <input type="checkbox"/> red onion        | 0.5                   |
| <input type="checkbox"/> cilantro         | 0.5          | <input type="checkbox"/> Romaine lettuce  | 1                     |
| <input type="checkbox"/> corn             | 2 cups       | <input type="checkbox"/> shredded carrots | 1 (10 oz) + 0.25 cups |
| <input type="checkbox"/> cucumber         | 1            | <input type="checkbox"/> strawberries     | 3 cups                |
| <input type="checkbox"/> fresh basil      | 4 tbsp       | <input type="checkbox"/> tomato           | 3 + 1.5 lbs           |
| <input type="checkbox"/> garlic           | 1 clove      | <input type="checkbox"/> yellow squash    | 2                     |
| <input type="checkbox"/> grape tomatoes   | 1.50 cups    | <input type="checkbox"/> zucchini         | 6                     |
| <input type="checkbox"/> green onion      | 3            |   |                       |

## Spices

- |  |          |  |          |
|--|----------|--|----------|
| <input type="checkbox"/> cumin         | 1.50 tsp | <input type="checkbox"/> pepper                | 3.50 tsp |
| <input type="checkbox"/> dried basil   | 1 tsp    | <input type="checkbox"/> red pepper flakes (!) | 0.25 tsp |
| <input type="checkbox"/> dried parsley | 1 tsp    | <input type="checkbox"/> salt                  | 5.13 tsp |
| <input type="checkbox"/> garlic powder | 1 tsp    | <input type="checkbox"/> sesame seeds          | 2 tbsp   |
| <input type="checkbox"/> onion powder  | 0.75 tsp |  |          |

\* These items can be made from scratch to save even more money. Click the link on the recipe cards on [CrumbsUniversity.com](http://CrumbsUniversity.com)