



30 MINUTE DINNERS

October Meal Plan 5

OVERVIEW

Here's what's on the dinner menu this week:

Day 1: [Chickpea Shawarma Wraps + Cucumber Spears](#) // [Cauliflower Rice](#)

Day 2: [Beef Cabbage Barley Stew](#) // [Garlic Bread](#)

Day 3: [Instant Pot Apple Bourbon Pork Chops](#) // [Autumn Brown Rice Pilaf](#) // [Steamed Carrots](#)

Day 4: [Tuscan Tuna Mac Casserole](#) // [Side Salad](#) + [Raspberry Vinaigrette](#)

Day 5: [Instant Pot Potato Soup](#) // [Garlic Bread](#)

(These links should be used for reference only. The step-by-step cooking instructions for each meal are below.)

GET AHEAD ACTION PLAN

*Anytime you're in the kitchen, you should be doing SOMETHING. This **Get Ahead Action Plan (GAAP)** helps you do just that, whether it's dicing one extra onion or freezing an entire meal. Everything listed below is optional, therefore any extra ingredients are not included in the shopping list.*

Be sure to update your shopping list accordingly if you choose to follow any GAAP ideas!

Day 1: Chickpea Shawarma Wraps + Cucumber Spears // Cauliflower Rice

- 2x **Cauliflower Rice** for leftovers
- 2x **Cucumber Spears** for leftovers
- 2x **Hummus** for leftovers

Day 2: Beef Cabbage Barley Stew // Garlic Bread

- 2x **Beef Cabbage Barley Stew** for leftovers or to freeze

Day 3: Instant Pot Apple Bourbon Pork Chops // Autumn Brown Rice Pilaf // Steamed Carrots

- 2x **Instant Pot Apple Bourbon Pork Chops** for leftovers or to freeze

- 2x **Autumn Rice Pilaf** for leftovers

Day 4: Tuscan Tuna Mac Casserole // Side Salad + Raspberry Vinaigrette

- 2x **Side Salad + Raspberry Vinaigrette** for leftovers
- 2x **Tuscan Tuna Casserole** for leftovers or to freeze
- 2x or 3x **pasta** for leftovers or to freeze

Tip: Toss pasta with 1 Tbsp of olive oil to prevent sticking in leftovers and freeze pasta on a sheet pan for an hour before transferring to a bag to prevent sticking.

Day 5: Instant Pot Potato Soup // Garlic Bread

- 2x **Instant Pot Potato Soup** for leftovers or to freeze

WEEKLY

Mise En Place

Autumn Rice Pilaf

- 1 cup brown rice
- 2½ cups chicken stock or broth

Instant Pot Potato Soup

- 1 lb bacon (optional)

Tuscan Tuna Mac Casserole

- 1 Tbsp cooking spray
- 6 Tbsp butter
- 8 oz cremini mushrooms
- 1 bell pepper
- ½ red onion finely chopped
- ¼ cup all-purpose flour
- 2½ cups milk (any)
- 4 oz fontina cheese
- ½ tsp salt
- ½ tsp pepper
- 3 cups pasta
- 2 (5 oz) cans tuna
- ¼ cup fresh basil chopped
- 1 tomato sliced
- ½ cup panko breadcrumbs

Tuscan Garlic Herb Blend

- 2 Tbsp rosemary
- 2 Tbsp thyme
- 4 Tbsp fennel seeds
- 4 tsp garlic powder
- 2 tsp marjoram
- 1 tsp sage

Garlic Dill Sauce

- ¼ cup tahini or hummus
- 1 lemon juiced
- 1 tsp dill
- 3 cloves garlic minced
- 2-3 Tbsp water or milk (any) to think
- ⅙ tsp salt

Hummus

- 1 (15 oz) can chickpeas drained + rinsed
- 1 tsp minced garlic
- 3 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 tsp cumin
- ¼ tsp cayenne (!)
- ½ tsp salt
- 4 Tbsp water

Raspberry Vinaigrette

- ¾ cup olive or avocado oil
- ¼ cup apple cider vinegar
- 2 Tbsp honey
- ½ cup raspberries
- ¼ tsp salt

Produce

- 3 granny smith apples
- 3 carrots
- ½ head green leaf lettuce
- ½ head iceberg lettuce
- 1 cup lettuce (any)
- 2-5 cucumbers
- 1 tomato
- ½ bunch fresh parsley
- ½ head green cabbage
- 1 red onion

- 1 yellow onion
- 1½ onion
- 4 oz mushrooms diced
- 8 oz cremini mushrooms
- 2 cups yukon gold potatoes cubed
- 9 cloves gallic

Cauliflower Rice

- 16 oz frozen cauliflower rice

Equipment

- Cutting board + sharp knife
- 3 jars with lids
- Food processor or blender
- Instant Pot
- Rimmed baking sheet
- Aluminum foil
- Cooling rack
- Tongs
- 9x13 baking dish
- Medium saucepan
- Measuring cups + spoons

Step-by-Step

1. Cook the Brown Rice. Combine all the ingredients in the Instant Pot and stir gently. Cook on high for 22 minutes on manual. Quick release the pressure.

2. Cook the bacon if desired. Preheat the oven to 400F. Line a rimmed baking sheet with foil and place a wire cooling rack on the cooking sheet. Line the inside bottom of the broiler pan with foil before fitting the top on the pan. The bacon fat will drip inside. Lay out your bacon slices in a single layer, and arrange the bacon in a single row.

Roast the bacon for 15-20 minutes. This is approximate based on how crispy you like your bacon, your oven, and how thick your bacon is cut. I like my bacon extra crispy, so I usually roast for 20 minutes. You can start checking the bacon at 15 minutes.

3. Cook the pasta. Turn a burner to high while you fill a pot of water to cook the pasta according to package directions. Cover askew. When the water boils, add the pasta and cook for 7-9 minutes, or until al dente

4. Prep the Produce in this order:

- Granny smith apples: Slice 3 for Instant Pot Apple Bourbon Pork Chops
- Carrots: Cut 3 into 1-inch pieces for Beef Cabbage Barley Stew
- Green leaf lettuce: Cut ½ head into bite sized pieces for Side Salad
- Iceberg lettuce: Cut ½ head into bite sized pieces for Side Salad
- Lettuce (any): Chop 1 cup for Chickpea Shawarma Wraps
- Cucumber: Slice 1 for Side Salad

Tip: Store salad ingredients separately to prevent the lettuce from getting soggy.

- Cucumber: Cut 1-4 into spears for Cucumber Spears
- Tomato: Slice 1 for Chickpea Shawarma Wraps
- Parsley: Chop ½ bunch for Chickpea Shawarma Wraps
- Red onion: Sliced thin 1 for Chickpea Shawarma Wraps
- Red onion: Finely chop ½ for Tuscan Tuna Mac Casserole
- Yellow onion: Cut 1 into 1-inch pieces for Beef Cabbage Barley Stew
- Green cabbage: Cut ½ head into 1-inch pieces for Beef Cabbage Barley Stew
- Onion: Dice ½ for Autumn Rice Pilaf
- Onion: Dice 1 for Instant Pot Potato Soup
- Mushroom: Dice 4 oz for Autumn Rice Pilaf
- Cremini mushroom: Finely chop 8 oz for Tuscan Tuna Mac Casserole
- Yukon gold potato: Cube 2 cups for Instant Pot Potato Soup
- Garlic: Mince 4 for Instant Pot Potato Soup
- Garlic: Mince 5 cloves for Beef Cabbage Barley Stew

Tip: Store the Instant Pot Potato Soup ingredients in a bag in the freezer since you're not making it until Day 5. It will keep better!

5. Assemble the Tuscan Tuna Mac Casserole. Melt butter in a saucepan over medium heat. Add mushrooms, peppers, and onion. Cook and stir for 5 minutes or until softened. Stir in flour and cook for 1 minute. Stir in milk until smooth. Cook and stir until thickened and bubbly.

Remove from the heat and stir in cheese and 2 Tbsp of Tuscan Garlic Herb Blend. Fold in the noodles, tuna, and 3 tablespoons of the basil. Spread in prepared dish and arrange tomato slices over the mixture in a single layer.

In a small bowl combine bread crumbs, 1 Tbsp Tuscan Garlic Herb Blend, and remaining butter, melted. Sprinkle over tomatoes. Bake for 30 minutes or until bubbly and crumbs are golden brown. Garnish with remaining basil.

Tip: Use your food processor or blender to make the next 3 items in this order to thoroughly mix your flavors!

6. Make the Hummus. Put the drained garbanzo beans, 3 Tbsp olive oil, 1/2 Tbsp lemon juice, 1 tsp cumin, 1/4 tsp cayenne pepper (!), 1/2 tsp salt and 2 Tbsp of water in a food processor OR a high powered blender.

Process the beans until they are smooth. You may need to add water, 1 tablespoon at a time, and up to 2 additional tablespoons, in order to achieve the right consistency.

Taste the hummus and add additional spices or lemon juice if desired. Process again and taste again, adjusting the spices as needed.

7. Make the Garlic Dill Sauce. Prepare your sauce by adding only ¼ cup hummus or tahini, lemon juice, dill, and garlic and combine. Add enough water or almond milk to thin so it pours easily.

Taste and adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness and tang, and dill for a more intense herb flavor.

Tip: Give your blender or food processor a quick rinse after pouring out the Garlic Dill Sauce (but it doesn't need an complete wash as the flavors work well together.)

8. Make the Raspberry Vinaigrette. Add all the ingredients to a blender and blend until smooth. Add more salt if desired.

9. Defrost the Cauliflower Rice in the fridge 12-24 hours in advance for Day 1.

Step-by-Step Cooking Instructions

Day 1: Chickpea Shawarma Wraps + Cucumber Spears // Cauliflower Rice

Mise en Place

Chickpea Shawarma Wraps + Cucumber Spears Hummus

- 1 (15 oz) can chickpeas drained + rinsed
- 1 tsp minced garlic
- 3 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 tsp cumin
- ¼ tsp cayenne (!)
- ½ tsp salt
- 4 Tbsp water

Roasted Chickpeas

- 1 (15 oz) can chickpeas drained + rinsed
- 1 Tbsp olive oil
- 1 tsp cumin
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp pepper
- ½ tsp smoked paprika
- ¼ tsp coriander
- ¼ tsp cinnamon

Garlic Dill Sauce

- ¼ cup tahini or hummus
- 1 lemon juiced
- 1 tsp dill
- 3 cloves garlic minced
- 2-3 Tbsp water or milk (any) to think
- ⅓ tsp salt

For Serving

- 1 loaf flatbread or pitas

- 1 tomato sliced
- 1 red onion sliced thin
- 1 cup lettuce (any) chopped
- ½ bunch fresh parsley chopped
- 1-4 cucumbers spears

Cauliflower Rice

- 16 oz frozen cauliflower rice
- 2 Tbsp olive oil
- 1 Tbsp salt

Equipment

- Food processor or blender
- Measuring cups + spoons
- Cutting board + sharp knife
- Small bowl
- Baking sheet
- Scissors
- Skillet

Step-by-Step

0. Defrost the Cauliflower Rice in the fridge 12-24 hours in advance or place on the counter to thaw for 2 hours before.

1. Preheat the oven to 400F.

2. Roast the Chickpeas. Line a large baking sheet (or more if making larger batch) with foil or parchment paper. In a small mixing bowl toss rinsed and dried chickpeas with oil and spices and spread on baking sheet. Bake for 25 minutes or until slightly crispy and golden brown.

Once slightly cooled, sample and adjust seasonings as desired (I added a bit more sea salt, cumin and garlic powder for extra flavor).

3. Cook the Cauliflower Rice. Turn a skillet to medium high heat with olive oil. Meanwhile, cut a slit in the bag and squeeze the liquid out of the cauliflower rice. Repeat. Then place in the

pan. Add 1/2 of salt. Stir frequently until the edges are golden brown and slightly softened, about 5-10 minutes.

Tip: For firmer cauliflower rice, leave uncovered. To cook faster and softer, cover with a lid.
Before serving add 1/2 of salt to cauliflower rice and if desired, any leftover parsley.

4. Make the Hummus. Put the drained garbanzo beans, 3 Tbsp olive oil, 1/2 Tbsp lemon juice, 1 tsp cumin, 1/4 tsp cayenne pepper (!), 1/2 tsp salt and 2 Tbsp of water in a food processor OR a high powered blender.

Process the beans until they are smooth. You may need to add water, 1 tablespoon at a time and up to 2 additional tablespoons, in order to achieve the right consistency.

Taste the hummus and add additional spices or lemon juice if desired. Process again and taste again, adjusting the spices as needed.

5. Make the Sauce. While the chickpeas are roasting, prepare your sauce by adding (only 1/4 cup) hummus or tahini, lemon juice, dill and garlic to a mixing bowl and whisking to combine.

Add enough water or almond milk to thin so it's pourable.

Taste and adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor.

6. Serve the Chickpea Shawarma Wraps + Cucumber Spears. Place the flatbread in the oven for 3-5 minutes to warm. Meanwhile, slice the vegetables. Top the pitas chickpeas, sauce, and vegetables of choice. Dip the cucumber spears in the leftover hummus.

Day 2: Beef Cabbage Barley Stew // Garlic Bread

Mise en Place

Beef Cabbage Barley Stew

- 2½ lb chuck roast
- 1 tsp salt
- 1 tsp pepper
- 1 Tbsp olive oil
- 1 cup pearl barley
- 3 carrots 1-inch pieces
- 1 yellow onion 1-inch pieces
- 5 cloves garlic minced
- ½ head green cabbage 1-inch pieces
- 3 cups water
- ¼ tsp thyme
- ½ tsp thyme
- 2 bay leaves

Garlic Bread

- 1 loaf garlic bread

Equipment

- Cutting board + sharp knife
- Measuring cups + spoons
- Slow cooker
- Large skillet

Step-by-Step

1. Sear the Chuck Roast. Heat the oil in a large skillet over high heat. Once the oil shows wisps of smoke add the chuck roast and sear on all sides, until well browned and crisp about 5 minutes per side.. Set a timer! Season the chuck roast with salt and pepper. Meanwhile, chop the vegetables.

2. Slow Cook the Beef Cabbage Barley Stew. Put the roast into a 5 to 6 quart slow cooker. Pour the barley into the slow cooker around the beef. Cover with the carrots, onions, garlic and cabbage.

In the same pan used for searing the beef mix the water, thyme, bay leaf, 1 tsp salt, and 1/4 tsp pepper together and bring to a boil then pour into the slow cooker.

Tip: This helps get the searing flavor into the slow cooked meal!

Cover and cook on LOW for 6 hours. Add salt and pepper as desired.

3. Warm the Garlic Bread in the oven for 10 minutes if desired at 250F.

Reserve any leftover Garlic Bread for Day 5.

Day 3: Instant Pot Apple Bourbon Pork Chops // Autumn Brown Rice Pilaf // Steamed Carrots

Mise en Place

Instant Pot Apple Bourbon Pork Chops

- 3 granny smith apples
- $\frac{3}{4}$ cups bourbon or apple juice
- 1 Tbsp Worcestershire sauce
- $\frac{1}{2}$ cup applesauce
- 1 Tbsp honey
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{2}$ tsp pepper
- 1½ lb boneless pork chops

Autumn Rice Pilaf

- 1 cup brown rice uncooked
- 2½ cups chicken stock or broth
- 3 Tbsp unsalted butter
- $\frac{1}{2}$ onion diced
- 4 oz mushrooms diced
- 3 cups spinach loosely packed
- $\frac{1}{4}$ cup sunflower seeds
- $\frac{1}{2}$ cup dried cranberries
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp salt to taste
- $\frac{1}{4}$ tsp pepper to taste

Steamed Carrots

- 1 cup water
- 1 lb baby carrots
- 2 Tbsp butter
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper

Equipment

- Cutting board + sharp knife
- Measuring cups + spoons
- Instant Pot
- Medium saucepan or rice cooker
- 12-inch cast iron skillet
- Wooden spoon
- Steamer basket

Step-by-Step

1. Cook the Instant Pot Apple Bourbon Pork Chops. Place ingredients in the inner pot in the order that they appear. Place ingredients in the inner pot in the order that they appear. Naturally release pressure for 10 minutes then release any remaining pressure.

2. Cook the Rice. Turn a burner to high while you fill a pot with 2½ cups of water or broth. Cover askew. Add the rice when it's boiling and turn down. Set a timer for 45 minutes!

Tip: If you made the brown rice for your weekly prep, simply reheat the rice in the pan after steaming the carrots in 1 cup of water.

3. Make the Autumn Pilaf. Meanwhile, melt butter (or coconut oil) in a large skillet over medium heat. When the butter begins to sizzle, add the onions and cook for 2 minutes. Add the mushrooms and continue to cook until the onions are nearly translucent.

4. Steam the Carrots. Immediately after starting the mushrooms, Place 1lb carrots in a steamer basket on top of the boiling rice. Allow carrots to steam for 8-11 minutes or until tender-crisp. Set a timer for 8 minutes to check!

Tip: This is a great time to take a break from the kitchen since there's no required hands on time. Just bring your timer with you if you won't be able to hear it.

When the carrots are done, place in a serving bowl and add butter and cover to keep warm.

Tip: This is another chunk of no hands on time that you can work on other tasks until there's 5 minutes left on the Brown Rice timer.

5. Make the Autumn Rice Pilaf. When there's less than 5 minutes on the Brown Rice timer, add spinach to the Rice Autumn Pilaf. Stir often to cook. When it's wilted, add cinnamon, garlic powder, sunflower seeds, and dried cranberries. Stir well. Fold in cooked rice. Take care to stir well, but not to over-stir so rice doesn't become mushy. Taste and season with ½ tsp salt and ¼ tsp pepper as needed.

Day 4: Tuscan Tuna Mac Casserole // Side Salad + Raspberry Vinaigrette

Mise en Place

Tuscan Tuna Mac Casserole

- 1 Tbsp cooking spray
- 6 Tbsp butter
- 8 oz cremini mushrooms
- 1 bell peppers, red finely chopped
- ½ red onion finely chopped
- ¼ cup all-purpose flour
- 2½ cups milk (any)
- 4 oz fontina cheese
- ½ tsp salt
- ½ tsp pepper
- 3 cups pasta
- 2 (5 oz) cans tuna
- ¼ cup fresh basil chopped
- 1 tomato sliced
- ½ cup panko breadcrumbs

Tuscan Garlic Herb Blend

- 2 Tbsp rosemary
- 2 Tbsp thyme
- 4 Tbsp fennel seeds
- 4 tsp garlic powder
- 2 tsp marjoram
- 1 tsp sage

Side Salad

- ½ head green leaf lettuce
- ½ head iceberg lettuce
- 1 cucumber sliced
- 1 pint cherry tomatoes halved

Raspberry Vinaigrette

- ¾ cup olive or avocado oil
- ¼ cup apple cider vinegar
- 2 Tbsp honey
- ½ cup raspberries
- ¼ tsp salt

Equipment

- Cutting board + sharp knife
- 9x13 baking dish
- Medium saucepan
- Measuring cups + spoons
- Large salad bowl
- Blender or food processor

Step-by-Step

1. Cook the pasta. Turn a burner to high while you fill a pot of water to cook the pasta according to package directions. Cover askew. When the water boils, add the pasta and cook for 7-9 minutes, or until al dente.

2. Preheat the oven to 375F.

3. Make the Tuscan Tuna Mac Casserole. Melt butter in a saucepan over medium heat. Add mushrooms, peppers, and onion. Cook and stir for 5 minutes or until softened. Stir in flour and cook for 1 minute. Stir in milk until smooth. Cook and stir until thickened and bubbly.

Remove from heat and stir in cheese and 2 Tbsp of Tuscan Garlic Herb Blend. Fold in the noodles, tuna and 3 Tbsp of the basil. Spread in prepared dish and arrange tomato slices over mixture in a single layer.

In a small bowl combine bread crumbs, 1 Tbsp Tuscan Garlic Herb Blend, and remaining butter, melted. Sprinkle over tomatoes. Bake for 30 minutes or until bubbly and crumbs are golden brown. Garnish with remaining basil.

4. Make the Salad. Cut lettuce into bite sized pieces and add to a large salad bowl along with cucumber and tomatoes.

5. Make the Raspberry Vinaigrette. Add all the ingredients to a blender and blend until smooth. Add more salt if desired.

Day 5: Instant Pot Potato Soup // Garlic Bread

Mise en Place

Instant Pot Potato Soup

- 2 cups yukon gold potatoes cubed
- 1 onion diced
- 4 cloves garlic
- 1 tsp salt
- 3½ cups chicken stock or broth

For Serving

- 8 oz cream cheese
- 8 oz cheddar cheese shredded
- 1 lb bacon (optional) diced

Garlic Bread

- 1 loaf garlic bread

Equipment

- Cutting board + sharp knife
- Measuring cups + spoons
- Instant Pot
- Rimmed baking sheet
- Aluminum foil
- Cooling rack
- Tongs
- Scissors

Step-by-Step

1. Cook the Instant Pot Potato Soup. Add potatoes, onion, garlic, seasoning and chicken stock to inner pot. Lock cover into place and seal steam nozzle. Cook on high pressure for 10 minutes.

2. Cook the bacon if desired. Preheat the oven to 400F. Line a rimmed baking sheet with foil and place a wire cooling rack on the cooking sheet. Line the inside bottom of the broiler pan with foil before fitting the top on the pan. The bacon fat will drip inside. Lay out your bacon slices in a single layer, and arrange the bacon in a single row.

Roast the bacon for 15-20 minutes. This is approximate based on how crispy you like your bacon, your oven, and how thick your bacon is cut. I like my bacon extra crispy, so I usually roast for 20 minutes. You can start checking the bacon at 15 minutes.

3. Quick release the pressure. Hit cancel and then saute. Stir in cream cheese, stirring occasionally for 2 minutes until soup is well blended. Stir well and top with shredded cheese and bacon.

4. Warm the Garlic Bread in the oven for 5-8 minutes if desired.

5. Serve with diced bacon and cheese.

Tip: Simply hold a few pieces of bacon stacked in tongs and cut with kitchen scissors over the soup to dice it.



OCTOBER MEAL PLAN 5

Day 1: Chickpea Shawarma Wraps + Cucumber Spears // Cauliflower Rice

Day 2: Beef Cabbage Barley Stew // Garlic Bread

Day 3: Instant Pot Apple Bourbon Pork Chops // Autumn Brown Rice Pilaf // Steamed Carrots

Day 4: Tuscan Tuna Mac Casserole // Side Salad + Raspberry Vinaigrette

Day 5: Instant Pot Potato Soup // Garlic Bread

Cold Case

☐ butter	6 tbsp	☐ milk (any)	2.50 cups
☐ cheddar cheese	8 oz	☐ unsalted butter	3 tbsp
☐ cream cheese	8 oz	☐ water or milk (any)	2 tbsp
☐ fontina cheese	4 oz		

Frozen

☐ frozen cauliflower rice	16 oz
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Meat

☐ bacon (optional)	1 lb	☐ chuck roast	2.50 lb
☐ boneless pork chop	1.50 lb		

Pantry

☐ all-purpose flour	0.25 cup	☐ garlic bread	2 loaf
☐ apple cider vinegar	0.25 cup	☐ honey	3 tbsp
☐ applesauce	0.50 cup	☐ lemon juice	1 tbsp
☐ bourbon or apple juice	0.75 cup	☐ olive oil	7 tbsp
☐ brown rice	1 cup	☐ olive or avocado oil	0.75 cup
☐ brown sugar	0.33 cup	☐ panko breadcrumbs	0.50 cup
☐ can chickpeas	2 (15 oz)	☐ pasta	3 cups
☐ can tuna	2 (5 oz)	☐ pearl barley	1 cup

☐ chicken stock or broth	6 cups	☐ sunflower seeds	0.25 cup
☐ cooking spray	1 tbsp	☐ tahini or hummus	0.25 cup
☐ dried cranberries	0.50 cup	☐ Worcestershire sauce	1 tbsp
☐ flatbread or pitas	1 loaf		

Produce

☐ bell pepper, red	1	☐ lemon	1
☐ carrot	3	☐ lettuce (any)	1 cup
☐ cherry tomatoes	1 pt	☐ minced garlic	1 tsp
☐ cremini mushrooms	8 oz	☐ mushrooms	4 oz
☐ cucumbers	2	☐ onion	1.5
☐ fresh basil	0.25 cup	☐ raspberries	0.50 cup
☐ fresh parsley	0.50 bunch	☐ red onion	1.5
☐ garlic	12 cloves	☐ spinach	3 cups
☐ granny smith apple	3	☐ tomato	2
☐ green cabbage	0.50 head	☐ yellow onion	1
☐ green leaf lettuce	0.50 head	☐ yukon gold potatoes	2 cups
☐ iceberg lettuce	0.50 head		

Spices

☐ bay leaf	2	☐ marjoram	2 tsp
☐ cayenne (!)	0.25 tsp	☐ pepper	2.75 tsp
☐ cinnamon	1.25 tsp	☐ rosemary	2 tbsp
☐ coriander	0.25 tsp	☐ sage	1 tsp
☐ cumin	2 tsp	☐ salt	1 Tbsp + 4.42 tsp
☐ dill	1 tsp	☐ smoked paprika	0.50 tsp
☐ fennel seed	4 tbsp	☐ thyme	2 Tbsp + 0.75 tsp
☐ garlic powder	5.50 tsp		