

 CONFESIONS OF A MEAL PLAN ADDICT	TOTALS	Chorizo Chicken & Kale	Vegetable Beef & Rice	Garden Minestrone	Spiced Red Lentil, Tomato, and Kale Soup	Easy Chicken & Sprouted Rice Stew
Produce						
Baby Kale (cups)	5	5	-	-	-	-
Carrots	5	-	2	2	-	1
Celery (ribs)	6	-	1	1	3	1
Corn (ears)	2	-	-	2	-	-
Fresh Basil (tablespoons)	2	-	-	2	-	-
Garlic Cloves	14	4	3	-	2	2
Onion	5.5	1	1	1	1	0.5
Russet Potatoes	4	3	1	-	-	-
Spinach (cups)	3	-	-	2	1	-
Tomatos (pounds)	3	-	-	3	-	-
Zuchinni	1	-	-	1	-	-
Crimini Mushrooms	0.5	-	-	-	-	0.5
Meat						
Chicken Thighs	4	4	-	-	-	-
Ground Beef (pounds)	1	-	1	-	-	-
Ground Pork Chorizo (ounces)	9	9	-	-	-	-
Rotisserie Chicken (ounces)	11	-	-	-	-	11
Pantry						
Bay Leaf	3	2	-	-	1	-
Beef Broth (cups)	3	-	3	-	-	-
Chicken Broth (cups)	11	4	-	3	-	2
Chickpeas (can @ 15oz)	2	1	1	-	-	-
Chili Powder (teaspoon)	2	-	-	2	-	-
Coriander, ground (teaspoon)	0.5	-	-	0.5	-	-
Smoked Paprika (teaspoon)	0.5	-	-	0.5	-	-
Cayenne Pepper (teaspoon)	0.12	-	-	-	0.12	-
Cumin (teaspoon)	1.25	-	-	-	1.25	-
Diced Tomatoes (cans @14.5oz)	3	1	1	-	1	-
Vegetable Broth (cups)	6	-	-	-	6	-
Red Lentils (cups)	1	-	-	-	1	-
Ditalini Pasta, uncooked (cups)	1	-	-	1	-	-
Italian Seasoning (teaspoon)	1	-	-	1	-	-
Kidney Beans (can)	1	-	-	1	-	-
Olive Oil (tablespoons)	5	2	1	1	-	1
Rice (cups)	0.5	-	0.5	-	-	-
V8 juice (cups)	1.5	-	1.5	-	-	-
Tru Roots sprouted rice quinoa blend (cups)	0.75	-	-	-	-	0.75
Dried Parsley (tablespoon)	1	-	-	-	-	1
Dried Thyme (tablespoon)	1	-	-	-	-	1
Frozen						
Frozen Peas (cups)	0.5	-	0.5	-	-	-