
COMFORT FOOD MEAL PLAN

MP Cost \$184.97 | 10 Meals | 4-6 servings each | \$3.08 per serving

The MP cost assumes you have no supplies or ingredients at home for the meal plan. Go shopping in your pantry first and cross off what you have then go shopping for the rest!

Prices based on Kroger and Whole Foods - Bulk Spices

Vegetables:

- | | |
|---|--|
| <input type="checkbox"/> 7 large yellow onions | <input type="checkbox"/> 8 large russet potatoes |
| <input type="checkbox"/> 8 bell pepper (any color) | <input type="checkbox"/> 2 lbs carrots |
| <input type="checkbox"/> 1 head garlic | <input type="checkbox"/> 1 stalk celery |
| <input type="checkbox"/> 32 oz corn (fresh or frozen) | |

Fresh ingredients needed for day of cooking:

- | | |
|--|---|
| <input type="checkbox"/> 1 large head romaine lettuce
(Burgers) | <input type="checkbox"/> burger buns (Optional) |
|--|---|

Meat:

- | | |
|--|---|
| <input type="checkbox"/> 8 lbs ground beef | <input type="checkbox"/> 2 lbs italian sausage |
| <input type="checkbox"/> 2 lbs bacon | <input type="checkbox"/> 4 lbs bone-in chicken thighs |

Fruit:

- | | |
|-------------------------------------|----------------------------------|
| <input type="checkbox"/> 4 avocados | <input type="checkbox"/> 2 limes |
|-------------------------------------|----------------------------------|

Dairy:

- | | |
|--|---|
| <input type="checkbox"/> 20 tbsp butter (unsalted) | <input type="checkbox"/> parmesan cheese wedge |
| <input type="checkbox"/> 8 oz almond milk | <input type="checkbox"/> 4 cups shredded mozzarella |

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Spices (Purchased in Bulk at Whole Foods):

- 1 oz black pepper
- 0.85 oz chili powder
- 0.2 oz ground coriander
- 0.2 oz cinnamon
- 1.4 oz ground cumin
- 0.5 oz powdered garlic
- 2 oz taco seasoning
- 0.2 oz onion powder
- 0.2 oz dried oregano
- 0.2 oz paprika
- 4 oz sea salt
- 0.5 oz thyme
- 0.2 oz dried basil

MISC:

- 24 oz salsa
- 12 cups or 6 cans black beans
- 5 oz olive oil
- 7 (14.5 oz) can diced tomatoes
- 2 cups stock (I prefer chicken stock)
- 10 medium (10 inch) tortillas
- 2 x (6 oz) tomato paste
- 2 x (24 oz) cheese tortellini
- 2 x (16 oz) jar alfredo sauce
- 16 oz tapioca starch
- 2 lb uncooked rice (I prefer basmati rice)

Supplies:

- 6 Gallon Freezer Bags
- 4 (12x10x2) Deep Dish Aluminum Pans