

FREE BONUS 2 OF 3

30-Day Meal Plan & Shopping Lists

Four short prep sessions, thirty days of breakfasts and dinners from your jars, and the grocery lists that go with them.

HOW TO USE

- Print the calendar and stick it on the fridge; tick each day as you go.
- On each **prep day**, use the prep checklist to fill that week's jars.
- Take the matching **weekly shopping list** to the store.
- Page numbers point to the recipes in the book.
- Blank planner and list at the end: plan your next month your way.

The Better-Than-Boxed Dry Mix Pantry Cookbook

Ella Beaumont · Thank you for cooking with this book!

30-Day Meal Plan

DAYS 1–15

Day 1

PREP DAY

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BREAKFAST

Fluffy Pancakes p. 21

DINNER

Ground Beef Tacos p. 133

Fill: Bouillions, then Baking, Pancake, Muffin, Taco, Skillet, Cream-of.

Day 2

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BREAKFAST

Fluffy Drop Biscuits p. 15

DINNER

Cheeseburger Macaroni p. 109

Day 3

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BREAKFAST

Blueberry Muffins p. 25

DINNER

Chicken & Rice Casserole p. 127

Day 4

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BREAKFAST

Leftover muffins

DINNER

Beef Stroganoff p. 110

Day 5

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BREAKFAST

Crispy Belgian Waffles p. 22

DINNER

Easy Cheeseburger Pie p. 130

Day 6

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BREAKFAST

Banana Muffins p. 26

DINNER

Tuna Noodle Casserole p. 128

Day 7

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BREAKFAST

Cinnamon Coffee Cake p. 17

DINNER

Leftovers night

Day 8

PREP DAY

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BREAKFAST

Oatmeal packets p. 30

DINNER

Weeknight Beef Chili p. 137

Fill: Oatmeal, Sausage, Chili, Coating, Onion Soup, Brown Gravy.

Day 9

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BREAKFAST

Breakfast Sausage Patties p. 19

DINNER

Oven-Fried Chicken p. 118

Day 10

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BREAKFAST

Oatmeal packets p. 30

DINNER

Slow-Cooker Onion Pot Roast p. 97

Day 11

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BREAKFAST

Fluffy Pancakes p. 21

DINNER

Chili Mac p. 111

Day 12

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BREAKFAST

Oatmeal packets p. 30

DINNER

Salisbury Steak p. 87

Day 13

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BREAKFAST

Cinnamon Streusel Muffins p. 27

DINNER

Crispy Pork Chops p. 119

Day 14

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BREAKFAST

Breakfast Sausage Patties p. 19

DINNER

Leftovers night

Day 15

PREP DAY

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BREAKFAST

Sheet-Pan Pancakes p. 23

DINNER

Sloppy Joes p. 121

Fill: Cornbread, Sloppy Joe, Meatloaf, Fajita, Enchilada. Bake granola.

Slow-cooker day 10: start the pot roast in the morning.

Day 16 BREAKFAST Classic Granola p. 32 DINNER Sheet-Pan Chicken Fajitas p. 135	Day 17 BREAKFAST Chocolate Chip Muffins p. 28 DINNER Classic Meatloaf p. 123	Day 18 BREAKFAST Classic Granola p. 32 DINNER Cheesy Chicken Enchiladas p. 99
Day 19 BREAKFAST Oatmeal packets p. 30 DINNER Chili + Skillet Cornbread p. 45	Day 20 BREAKFAST Crispy Belgian Waffles p. 22 DINNER Meatloaf sandwiches	Day 21 BREAKFAST Cinnamon Coffee Cake p. 17 DINNER Leftovers night
Day 22 PREP DAY BREAKFAST Biscuits & Sausage Gravy p. 85 DINNER Chicken & Stuffing Bake p. 126 Fill: Poultry, Stuffing, Country Gravy, Cheese, Alfredo, Noodle Soup.	Day 23 BREAKFAST Oatmeal packets p. 30 DINNER Stovetop Mac & Cheese p. 89	Day 24 BREAKFAST Blueberry Muffins p. 25 DINNER Fettuccine Alfredo p. 94
Day 25 BREAKFAST Fluffy Pancakes p. 21 DINNER Chicken Noodle Soup Mix p. 100	Day 26 BREAKFAST Oatmeal packets p. 30 DINNER Broccoli Cheese Soup p. 91	Day 27 BREAKFAST Leftover muffins DINNER Oven-Fried Chicken p. 118
Day 28 BREAKFAST Breakfast Sausage Patties p. 19 DINNER Chicken & Dumplings p. 101	Day 29 BREAKFAST Oatmeal packets p. 30 DINNER Ground Beef Tacos p. 133	Day 30 BREAKFAST Sheet-Pan Pancakes p. 23 DINNER Leftovers night

Freeze extra muffins and patties as you go: they cover the busy mornings.

One session a week fills the jars for the next seven days. Tick each jar as you fill and label it.

Prep day 1

DAY 1

- ☐ Chicken-Style Bouillon Powder p. 79
- ☐ Beef-Style Bouillon Powder p. 80
- ☐ All-Purpose Baking Mix p. 14
- ☐ Pancake & Waffle Mix p. 20
- ☐ Muffin Master Mix p. 24
- ☐ Taco Seasoning p. 132
- ☐ Skillet Dinner Base p. 108
- ☐ Cream-of Soup Mix p. 81
- ☐ Label every jar (Bonus 1)

Prep day 2

DAY 8

- ☐ Instant Oatmeal Base p. 29
- ☐ Breakfast Sausage Seasoning p. 18
- ☐ Chili Seasoning p. 136
- ☐ Seasoned Coating Mix p. 117
- ☐ Onion Soup Mix p. 95
- ☐ Brown Gravy Mix p. 86
- ☐ Label every jar (Bonus 1)

Prep day 3

DAY 15

- ☐ Cornbread Mix p. 44
- ☐ Sloppy Joe Seasoning p. 120
- ☐ Meatloaf Seasoning p. 122
- ☐ Fajita Seasoning p. 134
- ☐ Enchilada Sauce Mix p. 98
- ☐ Classic Granola p. 32
- ☐ Label every jar (Bonus 1)

Prep day 4

DAY 22

- ☐ Poultry Seasoning p. 152
- ☐ Stuffing Mix p. 125
- ☐ Country Gravy Mix p. 84
- ☐ Mac & Cheese Mix p. 88
- ☐ Alfredo Sauce Mix p. 93
- ☐ Chicken Noodle Soup Mix p. 100
- ☐ Label every jar (Bonus 1)

Prep-day tips

- Start with the bouillons and seasonings: other jars use them.
- Use clean, completely dry jars and a dry funnel.
- Mixes with butter, shortening or milk powder go in the fridge: check the storage line on each label.
- Give each jar a shake before you scoop, and level your cups.
- Short on time? Fill only the jars for the first three days and do the rest mid-week.

Shopping List • Week 1

DAYS 1–7

Groceries for the week's meals. Jar staples are on the pantry list.

JARS TO MIX ON DAY 1

- ☐ Chicken-Style Bouillon Powder p. 79
- ☐ Beef-Style Bouillon Powder p. 80
- ☐ All-Purpose Baking Mix p. 14
- ☐ Pancake & Waffle Mix p. 20
- ☐ Muffin Master Mix p. 24
- ☐ Taco Seasoning p. 132
- ☐ Skillet Dinner Base p. 108
- ☐ Cream-of Soup Mix p. 81

MEAT & FISH

- ☐ 4 lb ground beef
- ☐ 1¼ lb boneless chicken breasts
- ☐ 2 cans (5 oz) tuna

DAIRY & EGGS

- ☐ 1 dozen eggs
- ☐ 1 lb butter
- ☐ ½ gallon milk
- ☐ 1¼ lb cheddar (5 cups shredded)
- ☐ 16 oz sour cream

PRODUCE

- ☐ 1 head lettuce, 2 tomatoes
- ☐ 1 onion
- ☐ 1 lb mushrooms
- ☐ 3 ripe bananas
- ☐ 1 cup blueberries (or frozen)
- ☐ Parsley

PASTA, RICE & CANS

- ☐ 8 oz elbow macaroni
- ☐ 16 oz wide egg noodles
- ☐ Long-grain white rice
- ☐ 10 taco shells
- ☐ Salsa, ketchup, Worcestershire, Italian seasoning
- ☐ 1 sleeve butter crackers
- ☐ Syrup (or make it, p. 171)

FROZEN

- ☐ 16-oz bag broccoli, carrots & cauliflower
- ☐ 12-oz bag peas
- ☐
- ☐

JARS TO MIX ON DAY 8

- ☐ Instant Oatmeal Base p. 29
- ☐ Breakfast Sausage Seasoning p. 18
- ☐ Chili Seasoning p. 136
- ☐ Seasoned Coating Mix p. 117
- ☐ Onion Soup Mix p. 95
- ☐ Brown Gravy Mix p. 86

MEAT

- ☐ 3 lb ground beef
- ☐ 3–4 lb beef chuck roast
- ☐ 3 lb bone-in chicken pieces
- ☐ 4 boneless pork chops (1½ lb)
- ☐ 2 lb ground pork

DAIRY & EGGS

- ☐ ½ dozen eggs
- ☐ Butter
- ☐ 1 quart milk
- ☐ 8 oz cheddar
- ☐ 8 oz sour cream

PRODUCE

- ☐ 2 onions
- ☐ 4 carrots
- ☐ 1½ lb baby potatoes
- ☐ 8 oz mushrooms
- ☐ Green onions

PASTA & CANS

- ☐ 2 cans (14.5 oz) diced tomatoes
- ☐ 1 can (15 oz) tomato sauce
- ☐ 2 cans (15 oz) kidney beans
- ☐ 8 oz elbow macaroni
- ☐ Plain dry breadcrumbs
- ☐ Cooking spray

OATMEAL TOPPINGS

- ☐ Raisins, brown sugar or frozen berries
- ☐
- ☐
- ☐

JARS TO MIX ON DAY 15

- ☐ Cornbread Mix p. 44
- ☐ Sloppy Joe Seasoning p. 120
- ☐ Meatloaf Seasoning p. 122
- ☐ Fajita Seasoning p. 134
- ☐ Enchilada Sauce Mix p. 98
- ☐ Classic Granola p. 32

MEAT

- ☐ 4 lb ground beef
- ☐ 1½ lb boneless chicken breasts
- ☐ 1 rotisserie chicken (3 cups meat)

DAIRY & EGGS

- ☐ 1 dozen eggs
- ☐ 1 lb butter
- ☐ 1 quart milk
- ☐ 8 oz Monterey Jack
- ☐ 8 oz cheddar
- ☐ 16 oz sour cream
- ☐ 32 oz yogurt

PRODUCE

- ☐ 3 bell peppers
- ☐ 2 onions
- ☐ 1 lime, cilantro
- ☐ 1 cup berries

BREAD, CANS & DRY

- ☐ 8 hamburger buns, sandwich bread
- ☐ 18 flour tortillas (or p. 52)
- ☐ 1 can (6 oz) tomato paste
- ☐ Tomato sauce: 1 can (15 oz) + 1 can (8 oz)
- ☐ 1 can diced tomatoes, 1 can kidney beans
- ☐ Oats, nuts, raisins, honey (granola)
- ☐ ¾ cup chocolate chips
- ☐ Ketchup, cider vinegar, pickles

JARS TO MIX ON DAY 22

- ☐ Poultry Seasoning p. 152
- ☐ Stuffing Mix p. 125
- ☐ Country Gravy Mix p. 84
- ☐ Mac & Cheese Mix p. 88
- ☐ Alfredo Sauce Mix p. 93
- ☐ Chicken Noodle Soup Mix p. 100

MEAT

- ☐ 1½ lb boneless chicken breasts
- ☐ 3 lb bone-in chicken pieces
- ☐ 2 rotisserie chickens (5 cups meat)
- ☐ 1 lb ground beef
- ☐ 1 lb breakfast sausage
- ☐ 1 lb ground pork

DAIRY & EGGS

- ☐ ½ dozen eggs
- ☐ 1 lb butter
- ☐ 1 quart milk
- ☐ 1¼ lb sharp cheddar
- ☐ 8 oz sour cream
- ☐ Parmesan

PRODUCE

- ☐ 1 lb carrots, 1 bunch celery
- ☐ 2 onions
- ☐ 12 oz broccoli florets
- ☐ Lettuce, tomato, parsley
- ☐ 2 cups berries

BREAD, PASTA & FROZEN

- ☐ 1 loaf sandwich bread (stuffing)
- ☐ 8 oz elbow macaroni, 8 oz fettuccine
- ☐ 4 oz medium egg noodles
- ☐ 10 taco shells, salsa
- ☐ 16-oz bag frozen mixed vegetables

Buy these once and you can make every jar in the 30-day plan. Store brands work fine.

BAKING

- ☐ All-purpose flour, 10 lb
- ☐ Sugar, 4 lb
- ☐ Brown sugar, 2 lb
- ☐ Powdered sugar
- ☐ Baking powder
- ☐ Cornstarch
- ☐ Yellow cornmeal
- ☐ Unsweetened cocoa
- ☐ Vegetable oil, vanilla

DAIRY POWDERS

- ☐ Instant nonfat dry milk (large box)
- ☐ Buttermilk powder (baking aisle)
- ☐ Grated Parmesan, shelf-stable
- ☐ Nutritional yeast flakes
- ☐ Instant coffee granules

GRAINS & DRY GOODS

- ☐ Quick-cooking oats
- ☐ Old-fashioned oats
- ☐ Long-grain white rice
- ☐ Plain dry breadcrumbs
- ☐ Medium egg noodles

SALT & SPICES

- ☐ Fine salt
- ☐ Black pepper
- ☐ Chili powder
- ☐ Ground cumin
- ☐ Paprika and smoked paprika
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Dried minced onion
- ☐ Cayenne
- ☐ Red pepper flakes
- ☐ Dry mustard
- ☐ Celery seed
- ☐ Ground turmeric

DRIED HERBS

- ☐ Parsley
- ☐ Oregano
- ☐ Thyme
- ☐ Rubbed sage
- ☐ Basil
- ☐ Marjoram
- ☐ Rosemary
- ☐ Dill
- ☐ Chives

JARS & SUPPLIES

- ☐ Quart and half-gallon jars with lids
- ☐ Pint and half-pint jars
- ☐ Wide funnel
- ☐ Labels (p. 189) and a marker
- ☐
- ☐

DAY	BREAKFAST	DINNER	JARS TO FILL
Day ____			
Day ____			
Day ____			
Day ____			
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Day ____			
Day ____			

JARS TO FILL

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MEAT & FISH

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DAIRY & EGGS

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PRODUCE

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PASTA, RICE & CANS

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FROZEN & OTHER

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