

WEEK 2

DINNER MENU

MON
(Day 08)

**Instant Pot
Vegetable Beef
Soup**



TUE
(Day 09)

**Sheet Pan
Roasted Chicken
and Veggies**



WED
(Day 10)

**Sheet Pan
Honey Mustard
Pork Chops and
Veggies**



THU
(Day 11)

Leftovers

FRI
(Day 12)

**Minestrone
Soup**



SAT
(Day 13)

**Leftovers or
Takeout**

SUN
(Day 14)

BYOM

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GROCERY LIST

PROTEIN

- 1 ½ lb. beef stew meat
- 1½-2 lbs. bone-in, skin-on chicken thighs (may substitute 1 lb. boneless, skinless chicken thighs)
- 1 lb. boneless pork chops (or 1 ¼ lbs. bone-in chops)

PRODUCE

- 2 medium yellow onion
- 3 lb. baby red potatoes, halved or quartered
- 12 medium carrots
- 28 oz. green beans
- 1 medium red onion
- 4 ribs celery
- 15 cloves garlic, about 2 bulbs
- 1 cup green beans (may substitute frozen green beans)
- 4 oz. mushrooms
- 1 medium zucchini
- Salt and pepper
- Optional: Fresh parsley for garnish

DRY GOODS/PANTRY STAPLES

- 7 Tbsp. cooking fat of choice
- 1 (14-ounce) can diced tomatoes
- 1 (28-ounce) can crushed tomatoes
- 1 (14-ounce) can red kidney beans
- 4 cups beef broth
- 4 cups vegetable broth
- ¼ cup honey mustard of choice (may sub ¼ dijon mustard + 1-2 tsp. honey)
- 1 ¼ Tbsp. dried thyme
- 1 tsp. dried rosemary
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. dried oregano
- ⅛ tsp. dried sage
- 1 + 1 tsp. dried Italian seasoning
- Salt and pepper

OTHER

- 1 cup frozen peas
- 1 cup (about 4 ounces) dried gluten-free pasta of choice
- Optional: parmesan cheese

OTHER MEAL IDEAS

BREAKFAST:
Berry Baked Oatmeal
Sweet Potato Sausage Egg Bake

LUNCH:
Waldorf Chicken Salad
Sweet Kale Salad

SNACK:
Key Lime Pie Bars
(not included on the grocery list above)

Notes:

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