

WEEK 4

DINNER MENU

MON
(Day 22)

Healthy Taco Hotdish



TUE
(Day 23)

Slow Cooker White Chicken Chili



WED
(Day 24)

Instant Pot Baby Back Ribs



THU
(Day 25)

Leftovers

FRI
(Day 26)

Easy Egg Roll in a Bowl



SAT
(Day 27)

Leftovers or Takeout

SUN
(Day 28)

BYOM

Click on the **bold text** to get to each day's recipe.
Be sure to tag @therealfoodrds on social!

GROCERY LIST

PROTEIN

- 1 lb. lean ground beef
- 1 ½ lb. boneless, skinless chicken breasts or thighs
- 2 – 2 ½ lb. baby back ribs
- 1 lb. ground chicken or turkey

DAIRY

- 1 ½ cups (6 ounces) shredded cheddar or Monterey jack cheese

PRODUCE

- 1 medium bell peppers, any color
- 2 small zucchini
- 2 (12-ounce) bags broccoli slaw or bagged coleslaw mix
- 2 medium yellow onions
- 8 green onions
- 1 small jalapeno pepper
- 1 lime
- 14 cloves garlic, 1-2 bulbs
- 2-inch piece fresh ginger
(may sub 1 tsp. ground ginger)
- 1 small bunch fresh cilantro

DRY GOODS/PANTRY STAPLES

- 2 Tbsp. taco seasoning
(homemade or organic store-purchased)
- 1 (14-oz.) can fire-roasted diced tomatoes
- 1 (6-ounce) can tomato paste
- 1 ½ cups organic chicken broth
(or homemade bone broth)
- 2 ¾ cups beef broth
- 1 (15-oz.) can black beans
- 1 (14-ounce) can white beans
- 1 cup uncooked long-grain white rice
(such as American long-grain, basmati, or jasmine rice)
- 1 (14-ounce) can full-fat coconut milk
- ½ cup coconut aminos
(may sub soy sauce or tamari)
- 3 Tbsp. toasted sesame oil
- 2 Tbsp. rice vinegar
- BBQ sauce of choice
- 1 Tbsp + ½ tsp. chili powder
- 1 tsp. garlic powder
- ½ tsp. onion powder
- 2 ¾ tsp. cumin
- ½ tsp. smoked paprika
- 1 tsp. dried oregano
- ½ tsp. Chinese 5-spice powder
- 2 Tbsp. cooking fat or choice

OTHER

- ½ cup frozen corn
- Optional toppings: *Salsa, diced avocado, sour cream, fresh cilantro, lime wedges, pickled jalapenos, sesame seeds*

OTHER MEAL IDEAS

BREAKFAST:

Maple Cinnamon Granola
Butternut Squash Apple Turkey Hash

LUNCH:

Chicken Strawberry Salad
Greek Quinoa Salad

SNACK:

Paleo Almond Joy Bites
(not included on the grocery list above)

SPONSORED BY:

