

4-WEEK *healthy* MEAL PLAN

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



THEREALFOODRDS.COM

MON (Day 01)	TUE (Day 02)	WED (Day 03)	THU (Day 04)	FRI (Day 05)	SAT (Day 06)	SUN (Day 07)
Sheet Pan Mini Meatloaf with Vegetables	Slow Cooker Chicken Chile Verde Stew	Sheet Pan Pork Loin with Brussels and Apples	Leftovers	Tex-Mex Sweet Potato Hash	Leftovers or Takeout	BYOM
MON (Day 08)	TUE (Day 09)	WED (Day 10)	THU (Day 11)	FRI (Day 12)	SAT (Day 13)	SUN (Day 14)
Instant Pot Vegetable Beef Soup	Sheet Pan Roasted Chicken and Veggies	Sheet Pan Honey Mustard Pork Chops and Veggies	Leftovers	Minestrone Soup	Leftovers or Takeout	BYOM
MON (Day 15)	TUE (Day 16)	WED (Day 17)	THU (Day 18)	FRI (Day 19)	SAT (Day 20)	SUN (Day 21)
Slow Cooker Chunky Beef Chili with Sweet Potato	Sheet Pan Balsamic Chicken Veggie Bake	Creamy Ham & Potato Soup	Leftovers	Mediterranean Bowl with Salmon	Leftovers or Takeout	BYOM
MON (Day 22)	TUE (Day 23)	WED (Day 24)	THU (Day 25)	FRI (Day 26)	SAT (Day 27)	SUN (Day 28)
Healthy Taco Hot Dish	Slow Cooker White Chicken Chili	Instant Pot Baby Back Ribs	Leftovers	Easy Egg Roll in a Bowl	Leftovers or Takeout	BYOM



BYOM = Build Your Own Meal

WEEK 1

DINNER MENU

MON
(Day 01)

Sheet Pan Mini Meatloaf with Vegetables



TUE
(Day 02)

Slow Cooker Chicken Chile Verde Stew



WED
(Day 03)

Sheet Pan Pork Loin with Brussels and Apples



THU
(Day 04)

Leftovers

FRI
(Day 05)

Tex-Mex Sweet Potato Hash



SAT
(Day 06)

Leftovers or Takeout

SUN
(Day 07)

BYOM

THEREALFOODRDS.COM

BYOM = Build Your Own Meal

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

GROCERY LIST

PROTEIN

- 2 lb. lean ground beef
- 2 lb. boneless, skinless chicken breasts or thighs (or 1 lb. of each)
- 1 - 1 ¼ lb. pork loin roast

PRODUCE

- 2 lb. Brussels sprouts
- 1 sweet bell pepper
- 8 ounces mushrooms
- 2 medium-large sweet potatoes
- 1½ lb. red potatoes
- 2-3 cups fresh spinach
- 2 medium apples
- 1 medium yellow onion
- 2 small red onions
- 9 cloves garlic, about 1-2 bulb
- Optional: fresh parsley for garnish*

DRY GOODS/PANTRY STAPLES

- ⅓ cup BBQ sauce of choice
- 1 (16-ounce) jar salsa verde (*such as Trader Joe's or Herdez*)
- 2 (4-ounce) can diced green chiles
- 3 Tbsp. taco seasoning (*homemade or organic store-purchased*)
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 tsp. dried thyme (*may substitute 1 Tbsp. fresh thyme*)
- 1 tsp. dried rosemary (*may substitute 1 Tbsp. fresh rosemary*)
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 5 Tbsp. cooking fat of choice
- 1½ cups organic chicken broth
- 1 Tbsp. maple syrup
- Salt and pepper

Optional Toppings for Stew and Hash: Fresh cilantro, sliced green onions, avocado, [guacamole](#), jalapeños, sour cream, Mexican blend cheese or cotija cheese

OTHER MEAL IDEAS

BREAKFAST:

Blueberry Baked Oatmeal
PB Banana Overnight Oats

LUNCH:

Harvest Chicken Salad
Salmon or Tuna Salad

SNACK:

Peanut Butter Energy Bites

(not included on the grocery list above)

Notes:

SPONSORED BY:



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

THEREALFOODRDS.COM

BYOM = Build Your Own Meal

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

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:

SPONSORED BY:



WEEK 3

DINNER MENU

MON
(Day 15)
**Slow Cooker
Chunky Beef
Chili with Sweet
Potato**



TUE
(Day 16)
**Sheet Pan
Balsamic Chicken
Veggie Bake**



WED
(Day 17)
**Creamy Ham &
Potato Soup**



THU
(Day 18)
Leftovers

FRI
(Day 19)
**Mediterranean
Bowl with
Salmon**



SAT
(Day 20)
**Leftovers or
Takeout**

SUN
(Day 21)
BYOM

BYOM = Build Your Own Meal

THEREALFOODRDS.COM

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

GROCERY LIST

PROTEIN

- 2 lbs. boneless beef chuck or round roast
- 1¼ lbs. boneless, skinless chicken breast, tenders or thighs
- 8 oz. cooked ham
- 4 salmon fillets (1-1 ¼ lbs.)

DAIRY

- Tzatziki Sauce (*store-bought or [homemade](#)*)
- Feta cheese

PRODUCE

- 3 small heads of broccoli
- 2 small red onions
- 2 medium yellow onions
- 1 green bell pepper
- 2 medium sweet potatoes
- 2 lb. red potatoes
- 6 medium carrots
- 2 ribs celery
- 1 large leek
- 2 cups button mushrooms
- 2 cups cherry or grape tomatoes
- 1 small bunch kale
- 1 head romaine lettuce
(*or 4 cups mixed greens*)
- 1 English seedless cucumber
- 1 medium avocado
- 2 lemons
- 18 garlic cloves, about 2 bulbs
- ¼ cup fresh basil leaves
- 2 Tbsp. fresh oregano leaves
(*may substitute 2 tsp. dried oregano*)
- 2 Tbsp. fresh dill, roughly chopped
(*may substitute 2 tsp. dried dill*)

DRY GOODS/PANTRY STAPLES

- ½ cup cooking fat of choice
- ½ cup extra virgin olive oil
- 1 (4-ounce) can diced green chilies
- 2 (28-ounce) cans fire-roasted diced tomatoes
- 3 ounces no-salt-added tomato paste
- 1 (14-ounce) can garbanzo beans
- ⅓ cup pitted kalamata olives
- ½ cup quinoa (*or 1 ½ cups cooked quinoa*)
- 1 cup beef broth
- 4 cups chicken broth (*store-bought or [homemade](#)*)
- ¼ cup balsamic vinegar
- 1 tsp. brown or dijon mustard
- 1 tsp. honey or maple syrup
- 2 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1 tsp. dried thyme
- Salt and pepper
- Optional: Red pepper flakes*

OTHER MEAL IDEAS

BREAKFAST:

Zucchini Banana Oatmeal Cups
Sausage Hash Brown Egg Muffins

LUNCH:

Curry Chicken Salad
Thai Peanut Quinoa Salad

SNACK:

Peanut Butter Bars

(not included on the grocery list above)

SPONSORED BY:



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)