# 4-Week Healthy Meal Plan

<table>
<thead>
<tr>
<th>MON (Day 01)</th>
<th>TUE (Day 02)</th>
<th>WED (Day 03)</th>
<th>THU (Day 04)</th>
<th>FRI (Day 05)</th>
<th>SAT (Day 06)</th>
<th>SUN (Day 07)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sheet Pan Mini Meatloaf with Vegetables</td>
<td>Slow Cooker Chicken Chile Verde Stew</td>
<td>Sheet Pan Pork Loin with Brussels and Apples</td>
<td>Leftovers</td>
<td>Tex-Mex Sweet Potato Hash</td>
<td>Leftovers or Takeout</td>
<td>BYOM</td>
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<tr>
<th>MON (Day 08)</th>
<th>TUE (Day 09)</th>
<th>WED (Day 10)</th>
<th>THU (Day 11)</th>
<th>FRI (Day 12)</th>
<th>SAT (Day 13)</th>
<th>SUN (Day 14)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instant Pot Vegetable Beef Soup</td>
<td>Sheet Pan Roasted Chicken and Veggies</td>
<td>Sheet Pan Honey Mustard Pork Chops and Veggies</td>
<td>Leftovers</td>
<td>Minestrone Soup</td>
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<tr>
<th>MON (Day 15)</th>
<th>TUE (Day 16)</th>
<th>WED (Day 17)</th>
<th>THU (Day 18)</th>
<th>FRI (Day 19)</th>
<th>SAT (Day 20)</th>
<th>SUN (Day 21)</th>
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<tbody>
<tr>
<td>Slow Cooker Chunky Beef Chili with Sweet Potato</td>
<td>Sheet Pan Balsamic Chicken Veggie Bake</td>
<td>Creamy Ham &amp; Potato Soup</td>
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<td>Mediterranean Bowl with Salmon</td>
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Click on the **bold text** to get to each day’s recipe. Be sure to tag @therealfoodrds on social!

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[THETHEALFOODRDS.COM](http://www.therealfoodrds.com)
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)
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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**
- ¹/₃ 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

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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)

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Click on the **bold text** to get to each day’s recipe.
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Notes:
## Dinner Menu

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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

**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)

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## WEEK 3
### DINNER MENU

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### GROCERY LIST

#### PROTEIN
- 2 lbs. boneless beef chuck or round roast
- 1½ lbs. boneless, skinless chicken breast, tenders or thighs
- 8 oz. cooked ham
- 4 salmon fillets (1-1 ⅓ 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
- ⅛ 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
- ½ 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

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### 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)
### WEEK 4

#### DINNER MENU

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#### 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
Optimal toppings: Salsa, diced avocado, sour cream, fresh cilantro, lime wedges, pickled jalapenos, sesame seeds

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**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)

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