



4-WEEK HEALTHY MEAL PLAN

with grocery list #1

Click on each recipe title in bold text for full recipes, tips & tricks www.therealfooddietitians.com



WEEK #1	DAY 01 MONDAY	DAY 02 TUESDAY	DAY 03 WEDNESDAY	DAY 04 THURSDAY	DAY 05 FRIDAY	DAY 06 SATURDAY	DAY 07 SUNDAY
	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	Build Your Own Meal
WEEK #2	DAY 08 MONDAY	DAY 09 TUESDAY	DAY 10 WEDNESDAY	DAY 11 THURSDAY	DAY 12 FRIDAY	DAY 13 SATURDAY	DAY 14 SUNDAY
	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	Build Your Own Meal
WEEK #3	DAY 15 MONDAY	DAY 16 TUESDAY	DAY 17 WEDNESDAY	DAY 18 THURSDAY	DAY 19 FRIDAY	DAY 20 SATURDAY	DAY 21 SUNDAY
	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	Build Your Own Meal
WEEK #4	DAY 22 MONDAY	DAY 23 TUESDAY	DAY 24 WEDNESDAY	DAY 25 THURSDAY	DAY 26 FRIDAY	DAY 27 SATURDAY	DAY 28 SUNDAY
	Healthy Taco Casserole	Slow Cooker White Chicken Chili	Instant Pot Baby Back Ribs	Leftovers	Easy Egg Roll in a Bowl	Leftovers or Takeout	Build Your Own Meal

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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!*
- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- ½ cup BBQ sauce of choice
- 1 (16-ounce) jar salsa verde (such as Trader Joe’s or Herdez)
- 2 (4-ounce) cans 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 FOR SERVING:

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

Recipe 01

Sheet Pan Mini Meatloaf with Vegetables



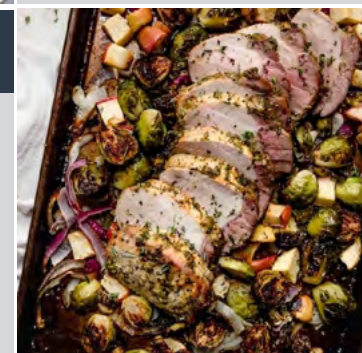
Recipe 02

Slow Cooker Chicken Chile Verde Stew



Recipe 03

Sheet Pan Pork Loin with Brussels and Apples



Recipe 04

Tex-Mex Sweet Potato Hash



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GROCERY LIST

PROTEIN:

- 1 1/2 lb. beef stew meat
- 1 1/2–2 lbs. bone-in, skin-on chicken thighs (may substitute 1 lb. boneless, skinless chicken thighs)
- 1 lb. boneless pork chops (or 1 1/4 lbs. bone-in chops)
- _____
- _____

PRODUCE:

- 2 medium yellow onions
- 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
- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- 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
- 1/4 cup honey mustard of choice (may sub 1/4 dijon mustard + 1-2 tsp. honey)
- 1 1/4 Tbsp. dried thyme
- 1 tsp. dried rosemary
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. dried oregano
- 1/8 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
- _____
- _____

Recipe 01

Instant Pot Vegetable Beef Soup



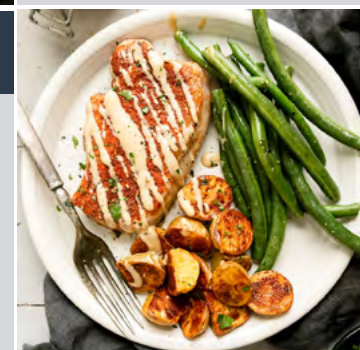
Recipe 02

Sheet Pan Roasted Chicken and Veggies



Recipe 03

Sheet Pan Honey Mustard Pork Chops and Veggies



Recipe 04

Minestrone Soup



HEALTHY MEAL PLAN #1

WEEK 03

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*)

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OTHER PRODUCE:

- _____
- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- 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*
- _____
- _____

Recipe 01

Slow Cooker Chunky Beef Chili with Sweet Potato



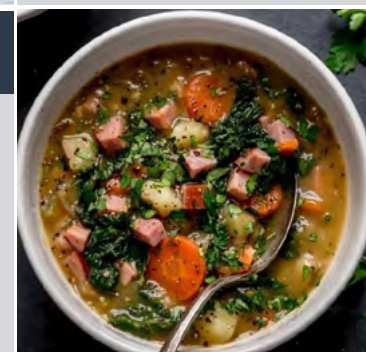
Recipe 02

Sheet Pan Balsamic Chicken Veggie Bake



Recipe 03

Creamy Ham & Potato Soup



Recipe 04

Mediterranean Bowl with Salmon



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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

OPTIONAL FOR SERVING:

Toppings for Casserole, Chili, and Egg Roll In A Bowl:

Salsa, diced avocado, sour cream, fresh cilantro, lime wedges, pickled jalapenos, sesame seeds.

CANNED, DRY & PANTRY:

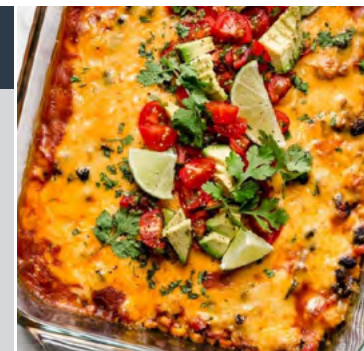
- 2 Tbsp. taco seasoning
(*homemade* or *organic store-purchased*)
- 1 (14-oz.) can fire-roasted diced tomatoes
- 1 (6-ounce) can tomato paste
- 1 ½ cups organic chicken broth
(or *homemade bone broth*)
- 2 ¾ cups beef broth
- 1 (15-oz.) can black beans
- 1 (14-ounce) can white beans
- 1 cup uncooked 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 of choice
- _____
- _____

OTHER:

- ½ cup frozen corn
- _____
- _____

Recipe 01

Healthy Taco Casserole

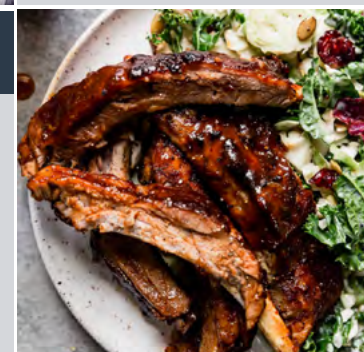


Recipe 02

Slow Cooker White Chicken Chili

Recipe 03

Instant Pot Baby Back Ribs



Recipe 04

Easy Egg Roll in a Bowl

