

WEEK 1

DINNER MENU

MON
(Day 01)

**Slow Cooker
Hamburger Soup**



TUE
(Day 02)

**Instant Pot Salsa
Chicken with
Cilantro-Lime
Crema**



WED
(Day 03)

Leftovers

THU
(Day 04)

**Easy Egg Roll
in a Bowl**



FRI
(Day 05)

**Balsamic Roasted
Vegetable and
Quinoa Salad**
- serve with your
favorite protein!



SAT
(Day 06)

Leftovers or
Takeout

SUN
(Day 07)

BYOM

BYOM = Build Your Own Meal

GROCERY LIST

Protein & Dairy

- ❑ 1 lb. ground beef or ground sirloin
- ❑ 2 lbs. boneless, skinless chicken breasts
- ❑ 1 lb. ground turkey or ground pork
- ❑ 1 cup (8 oz.) sour cream
- ❑ 2-3 oz. soft goat cheese, crumbled *(optional)*

Produce

- ❑ 2 medium yellow onions
- ❑ 1 small red onion
- ❑ 1 bunch green onions
- ❑ 2 garlic bulbs
- ❑ 1 green bell pepper
- ❑ 1 medium sweet potato (10 oz.)
- ❑ 2/3 lb. Yukon gold potatoes (10 oz.)
- ❑ 4 medium carrots
- ❑ 2 ribs celery
- ❑ 8 oz. fresh green beans
- ❑ 2 cups kale (*1/2 small bunch*)
- ❑ 1/4 cup fresh cilantro leaves
- ❑ 1 medium lime
- ❑ 1 Tbsp. fresh ginger, about a 1-inch piece *(or 1 tsp. dried ground ginger)*
- ❑ 2 (12-oz.) bags broccoli slaw mix
- ❑ 1 medium zucchini
- ❑ 8 oz. button or cremini mushrooms
- ❑ Salad greens of choice
(for serving with quinoa salad)

Dry Goods/Pantry Staples

- ❑ Avocado oil or extra-virgin olive oil
- ❑ 1/2 cup dry quinoa
- ❑ 1/4 cup sliced almonds
- ❑ 2 (14-oz.) cans fire-roasted diced tomatoes
- ❑ 1 (6-oz.) can tomato paste
- ❑ 1 quart (32 oz.) low-sodium beef broth
- ❑ 1/2 cup low-sodium chicken broth (or water)
- ❑ 1 (14-16 oz.) jar of your favorite salsa
- ❑ 1 (15-oz.) can no-salt-added black beans
- ❑ 1 (15-oz.) can no-salt-added corn
(or 1 1/2 cups frozen corn)
- ❑ 1/2 tsp. honey
- ❑ 1/2 cup coconut aminos
- ❑ 2 Tbsp. toasted sesame oil
- ❑ 2 Tbsp. rice vinegar
- ❑ 2 Tbsp. balsamic vinegar

Seasonings

- ❑ Fine salt and black pepper
- ❑ 1 1/2 Tbsp. Italian Seasoning
- ❑ 2 Tbsp. taco seasoning
(Homemade or store-bought)
- ❑ 1/2 tsp. Chinese 5-spice powder
- ❑ 1/2 tsp. dried rosemary

**This grocery list does not include a complete list of sides, garnishes and toppings.*

OTHER MEAL IDEAS



BREAKFAST:

- Buffalo Chicken Egg Muffins
- Pumpkin Baked Oatmeal with Toasted Pecans

LUNCH:

- Cranberry Chicken Salad with Apples

SNACK:

- Peanut Butter Oatmeal Balls with Chocolate Chips

(not included on the grocery list above)

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