

**7-DAY REAL FOOD MEAL  
PLAN *with* GROCERY LIST**

# 7-DAY REAL FOOD MEAL PLAN *with* GROCERY LIST

A done-for-you meal plan that includes breakfast, lunch, snack, and dinner.

JESSICA BEACOM, RDN & STACIE HASSING, RDN, LD

Dear Friend,

Thank you for pre-ordering The Real Food Table. Your support means the world to us! As a show of thanks, we've created something special just for you.

This meal plan features some of our most popular recipes from the blog. Together they're a collection of healthy, delicious comfort food meals the entire family will love - and they all just happen to be Whole30-compatible too. You can follow the meal plan as written or pick and choose which recipes to prepare based on your schedule and preferences. Either way, we know you'll love the peace of mind that comes with having an answer to "What's for dinner?"

We do not include portion sizes with this meal plan because everyone's nutritional needs are different. Based on your individual needs, you may need to add an additional snack, enjoy larger portions, or add an extra side to the meal.

If you make any of these recipes, please snap a photo and share them on Instagram. Don't forget to tag us ([@therealfooddietitians](https://www.instagram.com/therealfooddietitians)) and use [#RealFoodTable](https://www.instagram.com/therealfoodtable) so we can see what you've cooked up.

Jess & Stacie

The Real Food Dietitians



# 7-Day Real Food Meal Plan:

MON TUES WED THURS FRI SAT SUN

## BREAKFAST

|   |   |   |  |  |  |  |
|---|---|---|--|--|--|--|
| Sausage Hash<br>Brown Egg<br>Muffins<br>(serve with<br>berries) | Sausage Hash<br>Brown Egg<br>Muffins<br>(serve with<br>berries) | Sausage Hash<br>Brown Egg<br>Muffins<br>(serve with<br>berries) | Turkey Apple<br>Sausage<br>Patties<br>(serve with<br>fruit of choice<br>+ avocado) |
|---|---|---|--|--|--|--|

## LUNCH

|  |   |  |  |  |                                |           |
|--|---|--|--|--|--------------------------------|-----------|
| Leftover Slow<br>Cooker Sweet<br>Potato Chili*<br>(top as desired) | Leftover Slow<br>Cooker Sweet<br>Potato Chili<br>(top as desired) | Leftover Slow<br>Cooker White<br>Chicken Chili<br>(top as desired) | Chicken<br>Waldorf Salad<br>(serve over<br>greens) | Chicken<br>Waldorf Salad<br>(serve over<br>greens) | Leftover Egg<br>Roll in a Bowl | Leftovers |
|--|---|--|--|--|--------------------------------|-----------|

## SNACK

|  |   |                                    |   |                          |   |                          |
|--|---|------------------------------------|---|--------------------------|---|--------------------------|
| Paleo Ranch<br>Dressing and<br>Dip + Veggies | Chili Rosemary<br>Roasted Nuts<br>+ Fruit of choice | Paleo Ranch<br>Dressing<br>and Dip | Chili Rosemary<br>Roasted Nuts<br>+ Fruit of choice | Apple +<br>Almond Butter | Chili Rosemary<br>Roasted Nuts +<br>Fruit of choice | Apple +<br>Almond Butter |
|--|---|------------------------------------|---|--------------------------|---|--------------------------|

## DINNER

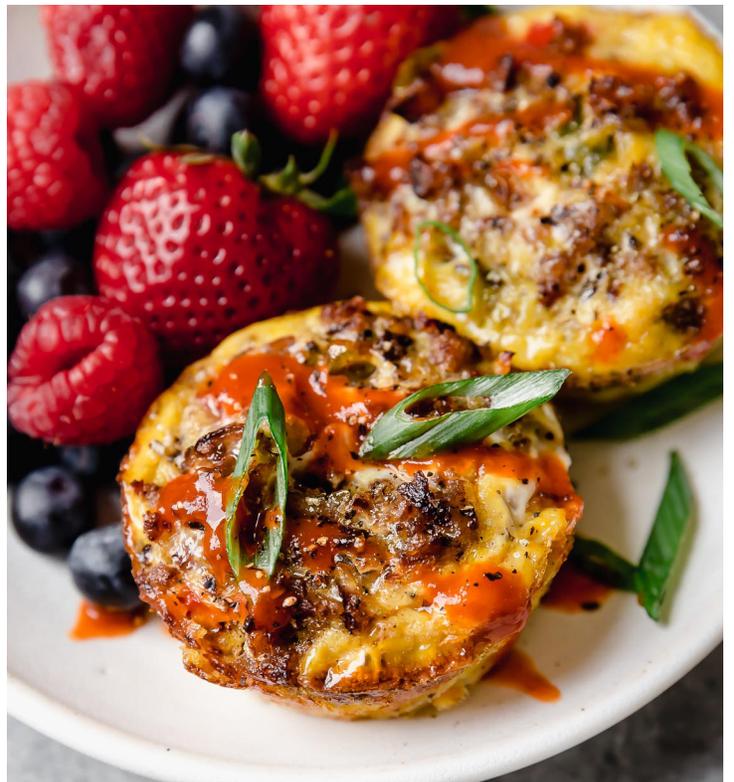
|  |   |   |           |                       |      |   |
|--|---|---|-----------|-----------------------|------|---|
| Oven-Baked<br>Pork Chops<br>with Squash<br>(serve with<br>veggie of<br>choice) | Slow Cooker<br>White Chicken<br>Chili (top as<br>desired) | Sheet Pan<br>Baked<br>Salmon With<br>Vegetables | Leftovers | Egg Roll in a<br>Bowl | BYOM | Slow Cooker<br>Healthy<br>Hamburger<br>Soup |
|--|---|---|-----------|-----------------------|------|---|



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## BREAKFAST

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# sausage hash brown egg muffins

Prep Time: **15 minutes** | Cook Time: **20 minutes** | Total Time: **35 minutes** | Serves: **4 (Makes 12 muffins)**

2 ½ cups frozen hash browns  
¾ cup diced green bell pepper (1 small)  
¾ cup diced sweet bell pepper, any color  
(1 small)  
½ cup diced yellow onion  
½ pound ground pork sausage (or see  
homemade sausage recipe below)  
8 large eggs  
½ teaspoon fine salt  
¼ teaspoon ground black pepper  
Avocado oil or extra-virgin olive oil

1. Preheat the oven 350°. Grease the wells of a muffin pan. A Silicone muffin pan works great.
2. Over medium-high heat, brown the sausage in a skillet or pan. Once no longer pink, drain and remove from the pan. Transfer to a plate with a paper towel. Set aside.
3. To the same skillet or pan over medium-high heat, add a little cooking fat. Once hot, add the hash browns and cook until lightly brown. Split the hash browns up amongst the muffin wells.
4. To the same skillet, add additional cooking fat if needed as well as the peppers and onions. Cook, stirring, until tender and cooked through.
5. Top the hash browns with sausage and top the sausage with the peppers and onions.
6. In a bowl, crack the eggs and add the salt and pepper. Whisk well. Pour the eggs into the muffin wells over the hash browns, sausage, and peppers. The muffin wells will be full.
7. Bake for 18 to 22 minutes, or until the centers of egg muffins are firm and cooked through.
8. Remove from the oven and let set for 5 to 10 minutes before serving.
9. Store leftovers in an airtight container in the refrigerator for up to 4 days.

**To Make Homemade Pork Sausage:** In a bowl combine 1 pound ground pork plus  $\frac{3}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon ground black pepper, 1 teaspoon dried sage, 1 teaspoon fennel seed,  $\frac{1}{2}$  teaspoon garlic powder,  $\frac{1}{4}$  teaspoon onion powder,  $\frac{1}{4}$  teaspoon crushed red pepper flakes, and a pinch of nutmeg. Add the seasoned pork to a skillet over medium heat. With a wooden spoon break up the pork and continue to cook until browned.

**Nutrition Info** (Serving Size: 2 muffins): Calories: 255 | Fat: 17 g | Saturated Fat: 6 g  
Sodium: 575 mg | Carbohydrate: 10 g | Fiber: 2 g | Sugar: 2 g | Protein: 14 g



- GLUTEN-FREE
- DAIRY-FREE
- GRAIN-FREE
- NUT-FREE



# turkey apple sausage patties

Prep Time: **10 minutes** | Cook Time: **10 minutes** | Total Time: **20 minutes** | Serves: **6 (Makes 12 muffins)**

1 pound 90-93% lean ground turkey  
(may substitute ground chicken)  
½ cup peeled and finely minced apples  
(any variety will work)  
½ teaspoon garlic powder  
½ teaspoon Italian seasoning  
or dried sage  
½ teaspoon paprika  
¼ teaspoon fennel seeds (optional;  
crush lightly using a mortar and pestle)  
½ teaspoon fine salt  
¼ teaspoon black pepper  
1 to 2 tablespoons avocado oil  
or extra-virgin olive oil

1. Combine the turkey, diced apple, spices, salt, and pepper in a mixing bowl. Mix thoroughly with a large spoon or your hands.
2. Using wet hands, form the meat mixture into 12 small patties. (Thin is good because they will shrink and fatten up in the pan a bit).
3. Heat a large skillet over medium-high heat. When the skillet is hot, add oil (about ½ tablespoon per batch of patties, depending on the size of your pan and whether or not it's non-stick).
4. Add the patties to the pan, being careful not to overcrowd them or it's difficult to flip them and they won't brown as well. Cook until browned and no longer pink in the center, 4 to 5 minutes per side.
5. Remove the patties to a plate lined with a paper towel and repeat with remaining oil and turkey mixture.
6. Store leftovers in an airtight container in the refrigerator for up to 4 days. May be frozen for longer storage.

- GLUTEN-FREE
- DAIRY-FREE
- GRAIN-FREE
- EGG-FREE
- NUT-FREE

**Nutrition Info:** (Serving size: 2 patties) 105 calories | 5g fat | 260 mg sodium  
2g carbs | 0g fiber | 0g sugar | 14g protein

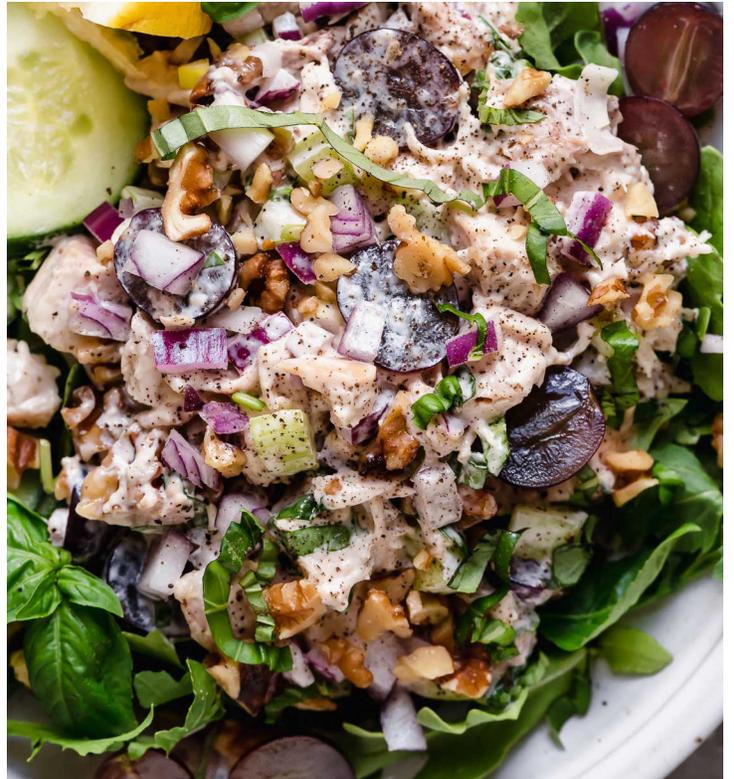
**Tips from the Dietitians:** To freeze, place cooked and cooled patties in a single layer on a rimmed baking sheet lined with parchment paper. Place in the freezer. When frozen, transfer to an airtight freezer-safe container for up to 1 month.



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## LUNCH

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## slow cooker sweet potato chili

Prep Time: **15 minutes** | Cook Time: **8 hours (Low) or 4 hours (High)**

Total Time: **8 hours, 15 minutes (Low) or 4 hours, 15 minutes (High)** | Serves: **10 (Makes 10 cups)**

2 pounds lean ground beef  
1 large sweet potato, peeled and cut in  
½-inch cubes (about 3 cups)  
1 large yellow onion, diced  
8 cloves garlic, minced  
2 (28-ounce) cans fire-roasted diced  
tomatoes, undrained  
1 (4-ounce) can diced green chilies  
2 tablespoons tomato paste  
2 tablespoons chili powder  
1 tablespoon ground cumin  
½ teaspoon ground chipotle  
or ancho chili powder  
2 teaspoons fine salt  
½ teaspoon ground black pepper  
2 cups (16 ounces) beef  
or chicken broth  
Optional for Topping:  
Fresh cilantro, sliced or diced avocado,  
hot sauce, and/or lime wedges

- 1.** In a large skillet over medium heat, cook the ground beef until browned, draining off any fat.
- 2.** Transfer the cooked ground beef to the slow cooker. Add all of the remaining ingredients.
- 3.** Stir well, cover, and cook on high for 4 hours or on low for 6 to 8 hours, or until the sweet potatoes are tender. Taste and add more seasonings, if you wish.
- 4.** Serve with desired toppings.
- 5.** Store leftovers in an airtight container in the refrigerator for up to 4 days. May be frozen for longer storage.

- GLUTEN-FREE
- DAIRY-FREE
- GRAIN-FREE
- EGG-FREE
- NUT-FREE

**Nutrition Info:** (Serving size: 1 cup) Calories: 264 | Fat: 10 g | Sat Fat: 4 g  
Sodium: 875 mg | Carbohydrate: 10 g | Fiber: 2 g | Sugar: 7 g | Protein: 25 g

**Tips from the Dietitians:** Click [here](#) for the Instant Pot directions



# chicken waldorf salad

Prep Time: **15 minutes** | Total Time: **15 minutes** | Serves: **4 (Makes 3 cups)**

2 cups cooked chicken, cubed  
or shredded (leftover  
chicken works great!)

½ cup halved grapes

⅓ cup diced celery

¼ cup diced red onion

¼ cup chopped walnuts

2 tablespoons chopped fresh basil  
(or 1 teaspoon dried basil)

⅓ cup mayonnaise

2 tablespoons fresh lemon juice

Fine salt and ground black pepper  
to taste

1. In a bowl, mix together all of the ingredients until well combined.
2. Serve over a bed of greens.
3. Store leftovers in an airtight container in the refrigerator for up to 4 days.

- GLUTEN-FREE
- DAIRY-FREE
- GRAIN-FREE
- EGG-FREE OPTION
- NUT-FREE

**Nutrition Info:** (Serving size: ¾ cup) Calories: 300 | Fat: 22g | Sat Fat: 5g | Sodium: 225mg | Carbohydrate: 4g | Fiber: 1g | Sugar: 2g | Protein: 24g

**Tips from the Dietitians:** Need a recipe for the chicken? Try our skillet chicken recipe [here](#).



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## DINNER

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# slow cooker white chicken chili

Prep Time: **15 minutes** | Cook Time: **5 hours** | Total Time: **5 hours, 15 minutes** | Serves: **5 (makes 7 ½ cups)**

1 tablespoon avocado oil  
or extra-virgin olive oil  
1 medium yellow onion, diced  
1 medium bell pepper, any color, diced  
1 small jalapeno, seeds and membranes  
removed and finely diced  
6 garlic cloves, finely minced  
2 ½ teaspoons ground cumin  
1 teaspoon dried oregano  
1 tablespoon chili powder  
1 teaspoon fine salt, plus more to taste  
½ teaspoon ground black pepper  
1 ½ pounds boneless,  
skinless chicken breasts or thighs  
1 ½ to 2 cups chicken broth  
1 (14-ounce) can full-fat coconut milk  
Juice of ½ lime  
½ cup chopped fresh cilantro  
Optional for Topping: Fresh chopped  
cilantro and lime wedges for garnish

1. Add the oil, onion, peppers, garlic, and spices (cumin, oregano, chili powder, salt, and black pepper) to the bottom of a slow cooker. Arrange the chicken on top of the vegetables in a single layer.
2. Add the broth and place the lid on the slow cooker.
3. Set heat to low and cook for 5 to 6 hours, or until the chicken is done and the vegetables are tender.
4. Remove the chicken from the slow cooker and shred it with two forks. Return the shredded chicken to the slow cooker.
5. Turn the heat to high. Add the coconut milk, stir, and replace the lid. Continue heating for an additional 10 to 15 minutes, or until heated through.
6. Stir in the lime juice and cilantro. Taste and adjust seasonings as desired. Serve in bowls garnished with chopped cilantro and lime wedges, if desired.
7. Store leftovers in an airtight container in the refrigerator for up to 4 days. May be frozen for longer storage.

• GLUTEN-FREE  
• DAIRY-FREE  
• GRAIN-FREE  
• EGG-FREE  
• NUT-FREE

**Nutrition Info:** (Serving size: 1 ½ cups) Calories: 327 | Fat: 17g | Sat Fat: 5g | Sodium: 676 mg | Carbohydrate: 6g | Fiber: 2g | Sugar: 3g | Protein: 28g

**Tips from the Dietitians:** Click [here](#) for the Instant Pot or Stove top directions



## oven-baked pork chops with squash

Prep Time: **15 minutes** | Cook Time: **20 minutes** | Total Time: **35 minutes** | Serves: **4**

4 boneless pork chops  
(5 to 6 ounces each)  
1 delicata squash or acorn squash  
(13 to 14 ounces)  
1 fresh poblano pepper  
2 tablespoons avocado oil  
or extra-virgin olive oil  
2 teaspoons smoked paprika  
1 teaspoon garlic powder  
1 teaspoon ground sage  
1 teaspoon fine salt  
½ teaspoon ground black pepper  
Chopped fresh cilantro, for garnish

1. Preheat the oven to 400°. Line a baking sheet with parchment paper.
2. Cut the delicata squash in half lengthwise and use a spoon to scoop out the seeds; set the seeds aside in a small bowl. Cut the squash halves into ½-inch thick half-moon slices and place in a large bowl (you don't need to peel the squash).
3. Cut the poblano into rings or ½-inch wide strips (remove any seeds) and add the pepper strips to the bowl with the squash.
4. In a small bowl whisk together 1 tablespoon of the oil, the paprika, garlic powder, sage, ½ teaspoon of the salt, and the pepper. Using your hands, rub half of the spice mixture over both sides of the pork chops (a little goes a long way). Pour the rest of the spice mixture over the squash and peppers; use your hands to work the spice mixture into the vegetables.
5. Spread the pork chops and vegetables in an even layer on the sheet pan. Bake for 20 to 25 minutes, or until the thickest part of the pork reaches 145° on a meat thermometer.
6. Meanwhile, rinse the reserved delicata squash seeds in a colander and remove any squash flesh from the seeds. When the seeds are clean, pat them dry on a kitchen towel and transfer to a bowl; toss with the remaining 1 tablespoon of oil and ½ teaspoon salt. Spread the seeds on a separate

*(continued)*

parchment-lined baking sheet. When the pork chops have 10 minutes left, add the sheet pan with squash seeds to the oven to toast (watch seeds closely as they can burn easily).

7. To serve, divide pork chops, squash, and peppers among plates. Sprinkle the squash with a pinch of salt and garnish with cilantro and the toasted delicata squash seeds.

8. Store leftovers in an airtight container in the refrigerator for up to 4 days.

**Nutrition Info:** (Serving size: 1 pork chop with 1/4 of veggies) Calories: 377 | Fat: 24g  
Sat Fat: 7g | Sodium: 401mg | Carbohydrate: 10g | Fiber: 2g | Sugar: 3g | Protein: 31g

**Tips from the Dietitians:** If you want to skip the step of roasting the delicata squash seeds, you can also garnish with pepitas (raw pumpkin seeds, for nut-free), hazelnuts, almonds, or walnuts.



- GLUTEN-FREE
- DAIRY-FREE
- GRAIN-FREE
- EGG-FREE
- NUT-FREE



## sheet pan baked salmon with vegetables

Prep Time: **15 minutes** | Cook Time: **20–25 minutes** | Total Time: **35–40 minutes** | Serves: **4**

3 tablespoons avocado oil  
or extra-virgin olive oil  
Juice of 1 medium lemon  
(about  $\frac{1}{4}$  cup)  
2 garlic cloves, finely minced  
1 tablespoon fresh dill  
(or  $\frac{1}{2}$  teaspoon dried dill)  
 $\frac{1}{2}$  teaspoon fine salt  
 $\frac{1}{4}$  teaspoon ground black pepper  
1  $\frac{1}{4}$  pounds salmon fillets  
1 pound sweet potato  
(1 large or 2 small)  
12 ounces fresh green beans, trimmed  
 $\frac{1}{2}$  small red onion, thinly sliced  
 $\frac{1}{2}$  lemon, thinly sliced

1. Preheat the oven to 425°. Line a large rimmed baking sheet with parchment paper and set aside.
2. Make the marinade by whisking together the oil, lemon juice, garlic, dill, salt, and pepper in a small bowl. Set aside 2 tablespoons of the marinade to use later.
3. Place the salmon fillets in a shallow dish and pour half of the remaining marinade (not the 2 tablespoons you just set aside) over the salmon. Place the salmon in the fridge to marinate while you prep the veggies.
4. Wash and peel the sweet potato. Using a knife or mandolin slicer, thinly slice the sweet potato into rounds about  $\frac{1}{8}$  inch thick. Place the sweet potato slices on the baking sheet. Drizzle with the other half of the marinade that you used for the salmon. Toss the sweet potato slices with the marinade then spread them into an even layer on the baking sheet.
5. Place the baking sheet in the preheated oven and bake for 10 minutes. After 10 minutes, remove the pan and move the sweet potatoes to one side of the pan to make room for the green beans and onion.
6. Drizzle the green beans and onion with the reserved 2 tablespoons of marinade. Give them a little toss with your hands or a spoon then spread them evenly into a thin layer next to the sweet potatoes. Return the pan to the oven and bake for an additional 5 minutes.

7. After 5 minutes, remove the pan from the oven and make a space in the center of the pan for the marinated salmon fillets. Top off each salmon fillet with a lemon slice or two and sprinkle with a little salt and pepper.
8. Place the baking sheet back into the oven and bake for 10 to 15 minutes or until the salmon flakes easily with a fork and is no longer opaque. The sweet potato slices should be tender and the green beans crisp-tender.
9. Serve the salmon and vegetables with additional lemon slices and salt and pepper, if desired.
10. Store leftovers in an airtight container in the refrigerator for up to 4 days.

**Nutrition Info:** (Serving size: 1 salmon fillet with ¼ of veggies) Calories: 365 | Fat: 12g  
Sat Fat: 4g | Sodium: 370mg | Carbohydrate: 31g | Fiber: 7g | Sugar: 5g | Protein: 31g



- GLUTEN-FREE
- DAIRY-FREE
- GRAIN-FREE
- EGG-FREE
- NUT-FREE



## egg roll in a bowl

Prep Time: **20 minutes** | Cook Time: **20 minutes** | Total Time: **40 minutes** | Serves: **4–5 (Makes 12 cups)**

½ cup coconut aminos  
2 tablespoons toasted sesame oil  
2 tablespoons rice vinegar  
5 garlic cloves, minced  
(about 2 ½ tablespoons)  
1 tablespoon peeled and grated fresh  
ginger (or 1 teaspoon ground ginger)  
½ teaspoon Chinese 5-spice powder  
2 teaspoons avocado oil  
or extra-virgin olive oil  
8 green onions, sliced; white/light green  
and dark green parts separated  
1 pound 90-93% lean ground turkey  
(may use ground chicken)  
2 (12-ounce) bags broccoli slaw mix  
Optional for Toppings: black sesame  
seeds, sriracha, sliced avocado, and/or  
chopped fresh cilantro

- GLUTEN-FREE
- DAIRY-FREE
- GRAIN-FREE
- EGG-FREE
- NUT-FREE

1. In a small bowl, combine the coconut aminos, sesame oil, rice vinegar, garlic, ginger, and 5-spice powder. Whisk to combine, then set aside.
2. Place a large skillet over medium heat. When the skillet is hot, add the oil and swirl to coat the bottom. Add the white and light green parts of the green onions and cook, stirring occasionally, until the green onions start to soften, 2 to 3 minutes.
3. Add the chicken to the skillet, break it up with a large wooden spoon, and cook, stirring occasionally, until the chicken is cooked through and no longer pink, 5 to 6 minutes.
4. Increase the heat to medium-high. Add the broccoli slaw and sauce. Cook, stirring occasionally, until the slaw is crisp-tender or cooked to your liking, 6 to 7 minutes.
5. Stir in the dark green parts of the green onions, then remove from the heat.
6. Serve in bowls, and garnish with sesame seeds, sriracha, sliced avocado, and/or cilantro leaves, if desired.
7. Store leftovers in an airtight container in the refrigerator for up to 4 days.

**Nutrition Info:** (Serving size: 2 patties) 105 calories | 5g fat | 260 mg sodium  
2g carbs | 0g fiber | 0g sugar | 14g protein



# slow cooker healthy hamburger soup

Prep Time: **20 minutes** | Cook Time: **8 hours** | Total Time: **8 hours, 20 minutes** | Serves: **6 (Makes 10 ½ cups)**

2 teaspoons avocado oil  
or extra-virgin olive oil  
1 pound lean ground beef  
1 medium yellow onion, diced  
1 medium green bell pepper, diced  
6 garlic cloves, minced  
10 ounces sweet potato,  
peeled and cubed  
10 ounces Yukon gold potatoes, cubed  
2 medium carrots, peeled and diced  
2 medium celery stalks, diced  
2 (14-ounce) cans fire-roasted diced  
tomatoes, undrained  
1 (6-ounce) can tomato paste  
4 cups (32 ounces) beef broth  
+ additional if needed  
1 ½ tablespoons Italian seasoning  
1 teaspoon fine salt, plus more to taste  
½ teaspoon ground black pepper  
8 ounces fresh green beans,  
cut into 1-inch pieces  
2 cups packed kale, chopped  
and tough stems removed

1. In a large skillet over medium heat add the oil. Once hot, add the ground beef, onion, green pepper, and garlic. Cook, stirring occasionally, until the ground beef is no longer pink.
2. Add everything to the slow cooker except for green beans and kale.
3. Cook on low for 8 to 9 hours or on high for 5 to 6 hours. With about 2 hours of cooking time left, add the green beans and kale. If you prefer your soup to be thinner, feel free to add additional broth at this time. Cook until the green beans are tender.
4. Taste and season as needed before serving.
5. Store leftovers in an airtight container in the refrigerator for up to 4 days. May be frozen for longer storage.

**Nutrition Info:** (Serving size: 1 ¾ patties) Calories: 350 | Fat: 7g | Sat Fat: 2g  
Sodium: 850mg | Carbohydrate: 47g | Fiber: 7g | Sugar: 13g | Protein: 24g

**Tips from the Dietitians:** Click [here](#) for the Instant Pot

- GLUTEN-FREE
- DAIRY-FREE
- GRAIN-FREE
- EGG-FREE
- NUT-FREE



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## SNACK

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## chili and rosemary roasted nuts

Prep Time: **5 minutes** | Cook Time: **12 minutes** | Total Time: **17 minutes** | Serves: **16 (Makes 4 cups)**

4 cups mixed nuts (dry roasted or raw)

1 ½ tablespoons avocado oil  
or extra-virgin olive oil

1 ½ teaspoon chili powder

½ teaspoon ground cumin

Juice of ½ lime

1 tablespoon chopped fresh rosemary  
(or 1 teaspoon dried)

**1.** Preheat the oven to 325°.

**2.** Line a large rimmed baking sheet with parchment paper. Pour nuts onto the baking sheet.

**3.** In a small bowl combine oil, chili powder, cumin, lime juice, and rosemary. Pour over nuts and mix until nuts are evenly coated with spice mixture.

**4.** Bake for 12 to 15 minutes, stirring every 5 minutes to avoid burning.

**5.** Remove pan to a cooling rack on the counter and allow nuts to cool, stirring occasionally, until completely cooled.

**6.** Store in an airtight container on the counter for up to 3 weeks

• GLUTEN-FREE

• DAIRY-FREE

• GRAIN-FREE

• EGG-FREE

• VEGAN

**Nutrition Info:** (Serving size: ¼ cup) Calories: 160 | Fat: 13g | Sat Fat: 3g | Sodium: 90mg | Carbohydrate: 8g | Fiber: 1g | Sugar: 2g | Protein: 4g



## paleo ranch dressing and dip

Prep Time: **5 minutes** | Total Time: **5 minutes (30 minutes chill time)** | Serves: **6–8 (Makes ¾ cups)**

- ½ cup mayonnaise
- ⅓ cup full-fat canned coconut milk
- 1 teaspoon dried parsley
- ½ teaspoon dried dill
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried chives
- ¼ teaspoon fine salt,  
plus more to taste
- ¼ teaspoon black pepper

1. In a small bowl, combine all ingredients and mix until smooth and creamy. If the canned coconut milk is separated, place the contents of the can in a blender and blend until smooth.
2. Chill for at least 30 minutes before serving.
3. Store leftovers in an airtight container in the refrigerator for up to 1 weeks.

- GLUTEN-FREE
- DAIRY-FREE
- GRAIN-FREE
- EGG-FREE OPTION
- NUT-FREE
- VEGETARIAN

**Nutrition Info:** (Serving size: 2 tablespoons) Calories: 110 | Fat: 12g | Sat Fat: 3 g  
Sodium: 200mg | Carbohydrate: 1g | Fiber: 0g | Sugar: 0g | Protein: 0g

**Tips from the Dietitians:** To make this recipe vegan, use vegan mayonnaise that doesn't contain eggs. You can substitute fresh herbs for dried herbs if you would like. To use fresh herbs, use 1 tablespoon fresh parsley, 1 ½ teaspoons fresh dill and 1 ½ teaspoons fresh chives, minced super fine.

# grocery list

This list includes ingredients that you will need to make the recipes in the meal plan.

This does not include optional toppings and garnishes. Feel free to add those as you please.

## PRODUCE:

2 medium green bell peppers  
2 medium red bell peppers, any color  
1 small jalapeno  
1 fresh poblano pepper  
4 yellow onions  
1 red onion  
2 bulbs garlic  
3 large sweet potatoes  
10 ounces Yukon gold potatoes  
1 delicata squash or acorn squash  
(13 to 14 ounces)  
3 medium stalks celery  
2 medium carrots  
20 ounces green beans  
2 (12-ounce) bags broccoli slaw mix  
1 bunch green onions  
2 cups packed kale  
2 tablespoons chopped fresh basil (or 1  
teaspoon dried basil)  
1 bunch fresh cilantro  
1 tablespoon fresh dill  
(or ½ teaspoon dried dill)  
1 tablespoon chopped fresh rosemary  
(or 1 teaspoon dried)  
1 tablespoon fresh ginger  
(or 1 teaspoon ground ginger)  
3 limes  
2 lemons  
½ cup finely minced apples  
(any variety will work)  
½ cup halved grapes  
Fruit for serving with meals and snacks  
(berries, apples, oranges, etc.)  
Veggies for servings with  
meals and snacks  
Avocados for serving

## PROTEINS:

8 large eggs  
½ pound ground pork sausage (see egg  
muffin recipe for homemade recipe)  
2 pounds 90-93% lean ground turkey  
or ground chicken  
3 pounds lean ground beef  
2 ½ pounds boneless, skinless chicken  
breasts or thighs  
4 boneless pork chops  
(5 to 6 ounces each)  
1 ¼ pounds salmon fillets

## SPICES & SEASONINGS:

4 tablespoons chili powder  
4 tablespoons ground cumin  
1 teaspoon dried oregano  
2 teaspoons garlic powder  
½ teaspoon onion powder  
½ teaspoon Italian seasoning  
or dried sage  
½ teaspoon paprika  
2 teaspoons smoked paprika  
¼ teaspoon fennel seeds  
½ teaspoon ground chipotle  
or ancho chili powder  
1 teaspoon ground sage  
¼ teaspoon Chinese 5-spice powder  
1 ½ tablespoons Italian seasoning  
1 teaspoon dried parsley  
½ teaspoon dried dill  
½ teaspoon dried chives  
Fine salt  
Ground black pepper

## PANTRY STAPLES & DRY GOODS:

3 (28-ounce) cans fire-roasted  
diced tomatoes  
2 (6-ounce) cans tomato paste  
1 (4-ounce) can diced green chilies  
2 (14-ounce) cans full-fat coconut milk  
6 cups beef or chicken broth  
1 ½ to 2 cups chicken broth  
½ cup coconut aminos  
2 tablespoons toasted sesame oil  
2 tablespoons rice vinegar  
¼ cup chopped walnuts  
4 cups mixed nuts (dry roasted or raw)  
1 cup mayonnaise

## FROZEN:

2 ½ cups frozen hash browns