

# 2-WEEK FAST & EASY

## meal plan + grocery list



Click on each recipe title in bold text for full recipes, tips & tricks  
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MON Day 01	TUE Day 02	WED Day 03	THU Day 04	FRI Day 05	SAT Day 06	SUN Day 07
One-Dish Chicken Sweet Potato Bake with <b>Broccoli</b> (serve with a salad)	Loaded Burger Bowl with Special Sauce	Slow Cooker Pulled Pork with Honey Mustard BBQ Sauce (Serve with <b>Creamy Broccoli Slaw</b> )	Leftovers	Sheet Pan Honey Garlic Shrimp Dinner (Serve with <b>steamed rice</b> or cauliflower rice)	Leftovers or Takeout	BYOM <i>Build Your Own Meal</i>
MON Day 08	TUE Day 09	WED Day 10	THU Day 11	FRI Day 12	SAT Day 13	SUN Day 14
Baked Chicken Nuggets (Serve with Honey-Mustard Dipping Sauce and your choice of side)	5-Ingredient Baked Ziti (Serve with roasted broccoli or green beans)	Easy One-Skillet Creamy Tuscan Salmon (Serve with pasta, rice, or roasted veggies)	Leftovers	Pineapple BBQ Meatballs (Serve with rice and veggie side)	Leftovers or Takeout	BYOM <i>Build Your Own Meal</i>



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**BUTCHER BOX**

**PRIMAL KITCHEN**

# WEEK 1

## DINNER MENU

**MON**  
Day 01

**One-Dish Chicken  
Sweet Potato Bake  
with Broccoli**  
(serve with a salad)



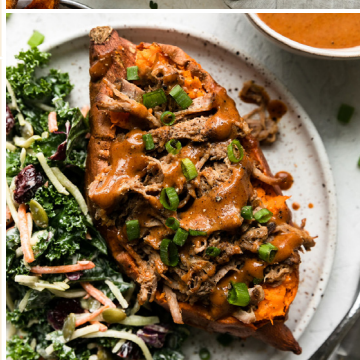
**TUE**  
Day 02

**Loaded  
Burger Bowl with  
Special Sauce**



**WED**  
Day 03

**Slow Cooker  
Pulled Pork with  
Honey Mustard  
BBQ Sauce**  
(Serve with **Creamy  
Broccoli Slaw**)



**THU**  
Day 04

**Leftovers**

**FRI**  
Day 05

**Sheet Pan  
Honey Garlic  
Shrimp Dinner**  
(Serve with **steamed rice**  
or **cauliflower rice**)



**SAT**  
Day 06

**Leftovers  
or Takeout**

**SUN**  
Day 07

**BYOM**

BYOM = Build Your Own Meal

## GROCERY LIST

### PROTEINS:

- 1 lb. boneless, skinless chicken breast or thighs
- 1 lb. lean ground beef
- 3 lb. boneless pork butt (Boston butt)
- 1 lb. fresh or frozen raw shrimp, peeled and deveined

### PRODUCE:

- 5 cups broccoli florets and/or stems
- ¾ lb. (12 oz.) fresh green beans
- 1 large sweet potato
- 2 medium sweet potatoes
- ½ medium red onion
- 1 small yellow onion
- 9 garlic cloves
- 8 ounces leafy greens of choice (about 8 cups)
- Juice of ½ lemon
- 2 green onions

### DRY GOODS/PANTRY STAPLES:

- ¼ cup avocado oil or olive oil
- 1 tablespoon toasted sesame oil
- ½ cup mayonnaise
- 2 tablespoons ketchup
- ⅔ cup Dijon mustard
- ½ cup coconut aminos
- 3 tablespoons apple cider vinegar
- ½ teaspoon Worcestershire sauce (or coconut aminos)
- 2 tablespoons diced pickles (dill or sweet)
- 3 tablespoons chopped pecans or walnuts
- ¼ cup chopped dates
- ⅔ cup honey
- 2 tablespoons cornstarch or arrowroot powder
- Cooking spray

### SEASONINGS:

- 1 ½ teaspoon dried Italian seasoning
- 1 ½ teaspoons onion powder
- 1 ½ teaspoon garlic powder
- 1 ½ teaspoon chili powder
- 1 teaspoon smoked paprika
- ½ teaspoon dried thyme
- ½ teaspoon fine salt
- ¼ teaspoon ground cumin
- Optional: Liquid smoke, a few drops to taste
- Fine salt & black pepper

### OPTIONAL GARNISHES AND SUGGESTED SIDES:

- Lemon or lime wedges
- Sliced green onions
- Shredded Parmesan or Manchego cheese
- Red pepper flakes
- Sesame seeds
- Burger toppings of choice:  
Pickles, onions, tomatoes, cheese,  
crisp-cooked bacon, etc.
- Baked sweet potatoes or Buns  
(gluten-free, if needed)

### MAKE IT EASY WITH

- Avocado Oil or Olive Oil
- Dijon Mustard
- Avocado Oil Mayo
- Unsweetened Ketchup
- Golden BBQ Sauce

### OTHER:

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- \_\_\_\_\_
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- \_\_\_\_\_
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# WEEK 2

## DINNER MENU

**MON**  
Day 08

**Baked Chicken Nuggets**  
(Serve with Honey-Mustard Dipping Sauce and your choice of side)



**TUE**  
Day 09

**5-Ingredient Baked Ziti**  
(Serve with roasted broccoli or green beans)



**WED**  
Day 10

**Easy One-Skillet Creamy Tuscan Salmon**  
(Serve with pasta, rice, or roasted veggies)



**THU**  
Day 11

Leftovers

**FRI**  
Day 12

**Pineapple BBQ Meatballs**  
(Serve with rice and veggie side)



**SAT**  
Day 13

Leftovers or Takeout

**SUN**  
Day 14

BYOM

BYOM = Build Your Own Meal

## GROCERY LIST

### PROTEINS:

- 1 ½ pound boneless skinless chicken breasts
- ½ lb. bulk mild Italian sausage + ½ lb. lean ground beef (may use 1 lb. ground meat of choice)
- 1 lb. ground chicken (or ground turkey or ground pork)
- 4 skin-on salmon filets (4-5 ounces each)

### DAIRY:

- 1 ½ cups shredded mozzarella cheese, divided
- 1 ½ cups half and half

### PRODUCE:

- 1 medium shallot
- 4 garlic cloves, minced
- 1 (5-ounce) bag fresh baby spinach
- ¼ cup fresh basil leaves
- Optional: 3-4 cups of diced zucchini, diced onion, roughly chopped spinach, and/or chopped broccoli

### DRY GOODS/PANTRY STAPLES:

- 12 ounces pasta of choice (gluten-free, if needed)
- 6 ounces tortilla chips
- 1 (24-ounce) jar marinara sauce
- 1 cup BBQ sauce of choice
- 1 (8-ounce) can crushed pineapple
- 1 (14-ounce) can artichoke heart quarters
- ⅓ cup sun-dried tomatoes packed in oil
- 3 tablespoons avocado oil or olive oil
- ½ cup mayonnaise
- ¼ cup spicy brown mustard or Dijon mustard
- 2 tablespoons honey
- ¼ cup almond flour
- ¾ cup chicken broth
- Cooking spray

### SEASONINGS:

- 1 ½ teaspoons garlic powder
- 1 teaspoon dried Italian seasoning
- 1 teaspoon garlic powder
- 1 ½ teaspoons onion powder
- ½ teaspoon paprika
- ¼ teaspoon dried thyme
- 2 teaspoons dried parsley (or 1½ tablespoons fresh parsley)
- Pinch of red pepper flakes

### OPTIONAL GARNISHES AND SUGGESTED SIDES:

- Fresh lemon wedges
- Chopped parsley, arugula or baby spinach for garnishing
- Fresh basil and Parmesan cheese
- Sliced green onions and or chopped parsley

### MAKE IT EASY WITH PRIMAL KITCHEN

- Classic BBQ Sauce
- Avocado Oil or Olive Oil
- Avocado Oil Mayo
- Dijon or Spicy Brown Mustard
- Tomato-Basil Marinara

### OTHER:

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