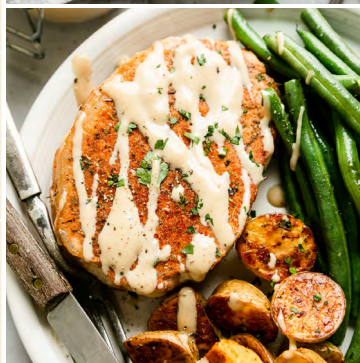


WEEK 1

DINNER MENU

MON Day 01	Chipotle Quinoa Casserole with Chicken
TUE Day 02	Slow Cooker Beef Stew
WED Day 03	Sheet Pan Honey Mustard Pork Chops with Veggies
THU Day 04	Leftovers
FRI Day 05	Teriyaki Salmon Bowls
SAT Day 06	Leftovers or Takeout
SUN Day 07	BYOM



GROCERY LIST

PROTEIN AND DAIRY:

- o 1 lb. boneless, skinless chicken breast
- o 2 lbs. beef stew meat
- o 1 lb. boneless pork chops, ¾-1 inch thick
- o 4 (5-6 ounce) salmon filets
- o 8 ounces shredded colby jack or cheddar cheese (2-2 ½ cups)

PRODUCE:

- o 1 ½ cups frozen corn
- o 1 small zucchini
- o 1 medium yellow onion
- o 1 ½ lbs. small red or Yukon Gold potatoes
- o 2 medium parsnips
- o 4 large carrots
- o 7 garlic cloves
- o 20 ounces green beans
- o 2 cups chopped cucumber
- o 1 cup frozen shelled edamame
- o 1 medium avocado
- o 2 green onions
- o 1 teaspoon grated fresh ginger (may sub ½ teaspoon ground ginger)

DRY GOODS/PANTRY STAPLES:

- o Nonstick cooking spray
- o Avocado oil or olive oil
- o 1 cup dry quinoa
- o 3 cups cooked [brown rice](#) or [white rice](#) (1 cup dry or 2 pouches pre-cooked rice)
- o 1 (16 oz) jar salsa
- o 1 4-ounce can diced green chiles
- o 1 (15-ounce) can diced tomatoes
- o 4 cups beef broth
- o 5 tablespoons cornstarch
- o 2 tablespoons Dijon mustard
- o 2 tablespoons mayo
- o ¼ cup + 1 tablespoon honey
- o ½ cup + 1 teaspoon coconut aminos
- o 1 tablespoon rice vinegar
- o 1 tablespoon toasted sesame oil
- o 2 teaspoons brown sugar

SEASONINGS:

- o Fine salt and black pepper
- o 1 ½ teaspoons chili powder
- o 2 ¼ teaspoons garlic powder
- o 1 teaspoon ground cumin
- o 1 ½ teaspoon smoked paprika
- o ¼ teaspoon chipotle powder (may substitute regular chili powder)
- o 2 ½ teaspoons dried thyme
- o 1 teaspoon dried rosemary
- o ½ teaspoon onion powder
- o ¼ teaspoon dried ground sage

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- o For the Chipotle Quinoa Casserole - chopped fresh cilantro fresh lime wedges, avocado
- o For the Beef Stew - chopped fresh parsley, serve with [Garlic Cheddar Biscuit](#)
- o For the Teriyaki Salmon Bowls -sesame seeds

OTHER:

- o _____
- o _____
- o _____
- o _____
- o _____

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