

WEEK 2

DINNER MENU

MON Day 08	Slow Cooker Indian Butter Chicken
TUE Day 09	Korean-Inspired Beef Bowls
WED Day 10	Olive Garden Copycat Zuppa Toscana
THU Day 11	Leftovers
FRI Day 12	Sheet Pan Shrimp Fajita Bowls
SAT Day 13	Leftovers or Takeout
SUN Day 14	BYOM



GROCERY LIST

PROTEIN AND DAIRY:

- 2 lbs. boneless, skinless chicken breast
- 1 lb. lean ground beef
- 1 lb. lean ground turkey
- 1 ¼ lb. raw shrimp, deveined and tails removed
- 1 tablespoon salted butter
- ½ cup plain Greek yogurt
- 1 ¼ cup half-and-half
- ½ cup grated or shredded parmesan cheese for serving

PRODUCE:

- 4 medium yellow onions
- 1 medium red bell pepper
- 5 medium carrots
- Juice of ½ lemon
- 9 garlic cloves
- 1 tablespoon fresh ginger (may sub 1 teaspoon ground ginger)
- 3 green onions
- 1 large cucumber
- 8 radishes
- 1 lb. small red or Yukon Gold potatoes
- 8 oz. button or cremini mushrooms
- 4 cups fresh kale (1 small bunch)
- 3 small bell peppers, any color
- 16 ounces riced cauliflower (or 1 small head finely chopped)
- Juice of ½ lime

DRY GOODS/PANTRY STAPLES:

- Avocado oil or olive oil
- 1 (15-oz) can tomato sauce
- 1 (6-oz) can tomato paste
- 3 cups cooked [brown rice](#) or [white rice](#) (1 cup dry or 2 pouches pre-cooked rice)
- ½ cup coconut aminos*
- 1 tablespoon toasted sesame oil
- 2 teaspoons honey
- 2 tablespoons rice vinegar
- 4 cups low-sodium chicken broth
- 3 tablespoons cornstarch
- ¼ cup ranch of choice or [Homemade Paleo Ranch Dressing](#)

SEASONINGS:

- Fine salt and black pepper
- 3 tablespoons curry powder
- 2 teaspoons garam masala
- ¾ teaspoon crushed red pepper flakes
- ¼ teaspoon ground ginger
- 1 teaspoon sesame seeds
- 1 ½ teaspoons dried Italian seasoning
- 1 teaspoon dried oregano
- 1 ¼ teaspoon garlic powder
- ¾ teaspoon fennel seeds
- ¼ teaspoon smoked paprika
- pinch of chipotle pepper powder
- ½ teaspoon chili powder

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- For the Slow Cooker Butter Chicken - cooked white rice, naan, chopped fresh cilantro, lime wedges, and/or toasted sesame seeds
- For the Korean-Inspired Beef Bowls - sriracha or chili-garlic sauce
- For the Zuppa Toscana Soup - chopped fresh parsley and red pepper flakes
- For the Sheet Pan Shrimp Fajitas - fresh cilantro, guacamole and lime wedges for serving

OTHER:

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BYOM = Build Your Own Meal