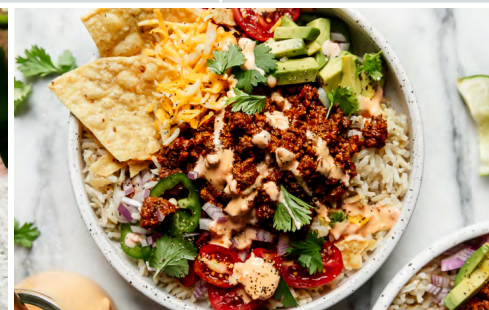


2-WEEK HEALTHY meal plan + grocery list #5



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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
Chicken Chickpea Curry	Lentil Shepherd's Pie	Mediterranean Steak Bowls with Hummus	Leftovers	Sheet Pan Veggie Shawarma	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
Saucy Beef and Lentil Meatballs	Mediterranean Bowls with Salmon	Slow Cooker Lentil Chili	Leftovers	Easy Taco Bowls	Leftovers or Takeout	BYOM <i>Build Your Own Meal</i>



WEEK 1

DINNER MENU

MON
Day 01

**Chicken
Chickpea
Curry**



TUE
Day 02

**Lentil
Shepherd's
Pie**



WED
Day 03

**Mediterranean
Steak Bowls
with Hummus**



THU
Day 04

Leftovers

FRI
Day 05

**Sheet Pan
Veggie
Shawarma**



SAT
Day 06

**Leftovers
or Takeout**

SUN
Day 07

BYOM

BYOM = Build Your Own Meal

GROCERY LIST

PROTEIN AND DAIRY:

- o 1 lb. boneless skinless chicken breast
- o 1 lb. flank steak (*may substitute NY strip or sirloin steak*)
- o ½ cup crumbled feta cheese
- o 1 cup plain yogurt (Greek or regular)

PRODUCE (FRESH & FROZEN):

- o 3 oz fresh baby spinach
- o 1 head romaine lettuce
- o 2 medium red bell peppers
- o 1 head cauliflower
- o 1 large cucumber
- o 1 pint grape or cherry tomatoes
- o 8 oz fresh cremini or button mushrooms
- o 1 head garlic (10 cloves)
- o 2 lemons
- o 2 medium yellow onions
- o 2 medium red onions
- o 2 lbs russet potatoes
- o 1 small package fresh mint
- o 1 small package fresh chives
- o 1 (12-ounce) bag frozen cauliflower florets
- o 1 ½ cups frozen peas and carrots mix

PANTRY STAPLES:

- o 1 bottle olive oil or avocado oil
- o ¼ cup tahini or natural peanut butter
- o 1 tablespoon pure maple syrup
- o 1 tablespoon coconut aminos
- o 1 quart vegetable broth
- o 1 (15-ounce) can fire-roasted diced tomatoes
- o 2 (14-ounce) cans full-fat coconut milk
- o 2 (15-ounce) cans chickpeas
- o 1 cup uncooked green or brown lentils
- o 2 tablespoons cornstarch
- o 1 small jar or can pitted kalamata olives

OTHER:

- o 1 small carton garlic hummus
- o Skewers for grilling veggies

SEASONINGS:

- o fine salt and black pepper
- o ground coriander (1 teaspoon)
- o ground cumin (2 teaspoons)
- o curry powder (2 tablespoons)
- o dried dill (½ teaspoon)
- o dried ginger (¼ teaspoon)
(may sub 1 teaspoon fresh ginger)
- o dried oregano (½ teaspoon)
- o paprika or smoked paprika (1½ teaspoons)
- o dried thyme (1 teaspoon)
- o ground turmeric (1 ¼ teaspoon)

OPTIONAL GARNISHES:

- o **For the Chicken Chickpea Curry** - chopped fresh cilantro, steamed rice, lime wedges
- o **For the Mediterranean Steak Bowls** - lemon wedges and/or torn fresh mint leaves
- o **For the Sheet Pan Veggie Shawarma** - lettuce, diced or sliced cucumber, halved cherry tomatoes, lemon wedges, fresh mint/basil/cilantro, cashews, toasted sesame seeds

OTHER:

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



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WEEK 2

DINNER MENU

MON
Day 08

**Saucy Beef
and Lentil
Meatballs**



TUE
Day 09

**Mediterranean
Bowls with
Salmon**



WED
Day 10

**Slow Cooker
Lentil Chili**



THU
Day 11

Leftovers

FRI
Day 12

**Easy
Taco Bowls**



SAT
Day 13

**Leftovers
or Takeout**

SUN
Day 14

BYOM

GROCERY LIST

PROTEIN AND DAIRY:

- o 3 lb ground beef (or may replace 1 pound of ground beef with 1 cup of cooked lentils in the Easy Taco Bowls)
- o 4 salmon filets (1-1 ¼ lbs. total)
- o 1 large egg
- o ½ cup crumbled feta cheese
- o ½ cup plain yogurt (Greek or regular)
- o ¼ cup sour cream (may sub plain Greek yogurt)
- o ¼ cup [homemade](#) or store-bought ranch dressing

PRODUCE (FRESH & FROZEN):

- o 1 avocado
- o 1 small bag chopped romaine or mixed greens
- o 1 medium bell pepper, any color
- o 2 large carrots
- o 1 large English cucumber
- o ½ pint cherry or grape tomatoes
- o 1 head garlic (11 cloves)
- o 2 lemons
- o 1 ½ medium yellow onions
- o 1 small red onion
- o 1 small package fresh oregano (may sub 2 teaspoons dried oregano)
- o 1 small package fresh dill (may sub 3 teaspoons dried dill)

PANTRY STAPLES:

- o 1 bottle olive oil or avocado oil
- o 1 teaspoon honey or maple syrup
- o 1 ½ cups uncooked green or brown lentils
- o ½ cup uncooked quinoa (or 1 ½ cups cooked quinoa)
- o 1 (15-ounce) can crushed tomatoes or tomato sauce
- o 1 (15-ounce) can tomato sauce
- o 1 (15-ounce) can diced tomatoes
- o 3 tablespoons no-salt-added tomato paste
- o 1 (15-ounce) can coconut milk
- o 1 (15-ounce) can chickpeas
- o 1 (14-ounce) can kidney beans
- o 1 (4-ounce) can diced green chiles
- o 1 quart vegetable broth
- o 1 tablespoon cornstarch or arrowroot starch
- o ½ cup pitted kalamata olives

SEASONINGS:

- o ground cumin (4 teaspoons)
- o dried ginger (2 teaspoons)
- o chili powder (2 tablespoons + 1 teaspoon)
- o dried oregano (1 teaspoon)
- o smoked paprika (1 teaspoon)
- o ¼ cup purchased taco seasoning (or make our [Homemade Taco Seasoning](#))
- o Optional: cayenne pepper or chipotle pepper powder

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- o **For the Saucy Lentil and Beef Meatballs** - cooked Israeli couscous or rice, fresh cilantro, and/or naan
- o **For the Slow Cooker Lentil Chili** - green onions, fresh cilantro, jalapeño, avocado, and/or lime wedges
- o **For the Easy Taco Bowls** - serve over cooked rice or cauliflower rice with your choice of shredded lettuce, tortilla chips, tomatoes, black olives, shredded cheese, red onions, avocado or guacamole, fresh cilantro, lime wedges, and/or jalapeño

OTHER:

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



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