

2-WEEK MEAL PREP

meal plan with grocery list

Click on each recipe title in bold text for full recipes, tips & tricks
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WEEK #1	01 MAIN DISH	02 MAIN DISH	03 MAIN DISH	04 SNACK	05 BREAKFAST
	Noodle-Free Chicken Pad-Thai	5-Ingredient Baked Ziti	Instant Pot Salsa Chicken	Peanut Butter Oatmeal Balls	Blueberry Baked Oatmeal
WEEK #2	01 MAIN DISH	02 MAIN DISH	03 MAIN DISH	04 SNACK	05 BREAKFAST
	Sheet Pan Mini Meatloaf with Vegetables	Healthy Taco Casserole	Chicken Waldorf Salad	Trail Mix Breakfast Cookies	Baked Protein Oatmeal



MEAL PREP MEAL PLAN

WEEK #1

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GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Noodle-Free Chicken Pad Thai, (2) 5-Ingredient Baked Ziti, (3) Instant Pot Salsa Chicken, (4) Peanut Butter Oat Balls (5) Blueberry Baked Oatmeal

PROTEIN:

- 5 large eggs ^(1, 5)
- 2 lbs. boneless skinless chicken breast (or thighs) ^(1, 3)
- 1 lb. ground beef or turkey OR
½ lb. Italian sausage + ½ lb. ground beef or turkey ⁽²⁾
- _____
- _____

DAIRY:

- 1 ½ cups shredded mozzarella cheese ⁽²⁾
- 1 cup sour cream ⁽³⁾
- 1 ½ cups milk of choice ⁽⁵⁾
- _____
- _____

PRODUCE:

- 1 (12-ounce) bag broccoli slaw ⁽¹⁾
- 1 ½ cup shredded red (or green cabbage) ⁽¹⁾
- 1 ½ cup shredded carrots ⁽¹⁾
- 1 red bell pepper ⁽¹⁾
- 2 small yellow onion ^(1, 3)
- 6–8 green onions ⁽¹⁾
- 9 garlic cloves ^(1, 3)
- 2 teaspoons fresh ginger (or ½ teaspoon ground ginger) ⁽¹⁾
- 2 limes ^(1, 3)
- ¼ cup fresh cilantro leaves ⁽³⁾
- 1 ripe banana (or applesauce) ⁽⁵⁾
- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- 1 tablespoons + 2 teaspoons avocado or olive oil ^(1, 3)
- ¼ cup almond butter (or peanut butter) ⁽¹⁾
- ¼ cup coconut aminos ⁽¹⁾
- 2 tablespoons rice vinegar ⁽¹⁾
- 1 tablespoons toasted sesame oil ⁽¹⁾
- 12 ounces pasta of choice ⁽²⁾

- 1 (24-ounce) jar marinara sauce ⁽²⁾
- 1 (14-16 ounce) jar salsa ⁽³⁾
- 1 (15-ounce) can black beans ⁽³⁾
- 1 (15 ounce) can corn, drained
(may sub 1 ½ cups frozen corn) ⁽³⁾
- ½ teaspoon honey ⁽³⁾
- ⅓ cup + 3 tablespoons maple syrup (or honey) ^(4, 5)
- 1 cup natural creamy peanut butter ⁽⁴⁾
- ¼ cup + 2 tablespoons coconut oil (or butter) ^(4, 5)
- 3 teaspoon pure vanilla extract ^(4, 5)
- 5 cups old-fashioned oats ^(4, 5)
- ¼ cup unsweetened shredded coconut ⁽⁴⁾
- ¼ cup ground flaxseed ⁽⁴⁾
- 2 ½ tablespoons chia seeds ^(4, 5)
- ⅓ cup mini chocolate chips ⁽⁴⁾
- 1 teaspoon baking powder ⁽⁵⁾
- ¼ cup sliced almonds ⁽⁵⁾
- 1 ½ cups frozen blueberries ⁽⁵⁾
- _____
- _____

SEASONINGS & SPICES:

- ½ teaspoon crushed red pepper ⁽¹⁾
- 1 teaspoon dried Italian seasoning ⁽²⁾
- 2 tablespoons store-bought
or [Homemade Taco Seasoning](#) ⁽³⁾
- ½ teaspoon ground cinnamon ⁽⁵⁾
- ¼ teaspoon ground nutmeg ⁽⁵⁾
- Fine salt and black pepper
- _____
- _____

OPTIONAL FOR SERVING:

- **Noodle-Free Chicken Pad-Thai:** Chopped cilantro, roasted cashews, sliced green onion, lime wedges, sesame seeds
- **5-Ingredient Baked Ziti:** Fresh basil, parmesan cheese
- **Instant Pot Salsa Chicken Bowls:** serve chicken salsa over cooked rice or cauliflower rice, top with sliced avocado, cilantro-lime crema, thinly sliced jalapeno, lime wedges, fresh chopped cilantro, pickled red onion, side of blue corn tortilla chips

Recipe 01

Noodle-Free Chicken Pad-Thai



Recipe 02

5-Ingredient Baked Ziti

Recipe 03

Instant Pot Salsa Chicken



Recipe 04

Peanut Butter Oatmeal Balls



Recipe 05

Blueberry Baked Oatmeal



MEAL PREP MEAL PLAN

WEEK #2

Click on each recipe title in bold text
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GROCERY LIST

(1) Sheet Pan Mini Meatloaf, (2) Healthy Taco Casserole, (3) Chicken Waldorf Salad (4) Trail Mix Breakfast Cookies, (5) Baked Protein Oatmeal

PROTEIN:

- 2 lbs. lean ground beef ^(1, 2)
- 2 cups cooked and cubed chicken ⁽³⁾
- 2 large eggs ⁽⁵⁾
- ¼ cup egg whites (whites of about 2 eggs, may sub an additional whole egg) ⁽⁵⁾
- ⅔ cup vanilla protein powder of choice ⁽⁵⁾
- _____
- _____

DAIRY:

- 1 ½ cups (6 ounces) shredded cheddar cheese or Monterey jack cheese ⁽²⁾
- ½ cup dairy or plant-based yogurt (vanilla or plain) ⁽⁴⁾
- 2 cups milk of choice ⁽⁵⁾
- ½ cup plain Greek yogurt ⁽⁵⁾
- _____
- _____

PRODUCE:

- 1 lb. Brussels sprouts ⁽¹⁾
- 1 large sweet potato ⁽¹⁾
- 5 garlic cloves ^(1, 2)
- ½ medium yellow onion ⁽²⁾
- 1 small bell pepper, any color ⁽²⁾
- 2 small zucchini ⁽²⁾
- ½ cup halved grapes ⁽³⁾
- ½ cup diced celery ⁽³⁾
- ¼ cup diced red onion ⁽³⁾
- 2 tablespoons chopped fresh basil (or 1 teaspoon dried basil) ⁽³⁾
- 1 medium lemon ⁽³⁾
- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- ⅓ cup BBQ sauce ⁽¹⁾
- 2 tablespoons olive oil ⁽¹⁾
- 1 (14-ounce) can fire-roasted diced tomatoes ⁽²⁾

- 1 (6-ounce) can tomato paste ⁽²⁾
- 2 ¾ cups beef broth ⁽²⁾
- ½ cup frozen corn ⁽²⁾
- 1 (15-ounce) can black beans ⁽²⁾
- 1 cup uncooked long-grain white rice (such as American long-grain, basmati, or jasmine rice) ⁽²⁾
- ¼ cup chopped walnuts ⁽³⁾
- ⅓ cup mayonnaise ⁽³⁾
- ½ cup flax meal ⁽³⁾
- ½ cup creamy peanut butter ⁽⁴⁾
- ¼ cup dried cranberries ⁽⁴⁾
- ¼ cup raw or roasted pumpkin seeds ⁽⁴⁾
- ¼ cup chocolate chips (semi-sweet and/or white chocolate chips) ⁽⁴⁾
- ½ cup pure maple syrup ^(4, 5)
- 1 ¼ cup quick-cooking oats ^(4, 5)
- ½ cup flour (all-purpose or gluten-free 1:1) ^(4, 5)
- 2 ½ cup old-fashioned rolled oats ⁽⁵⁾
- 1 tablespoon chia seeds ⁽⁵⁾
- 2 teaspoons vanilla extract ⁽⁵⁾
- ½ teaspoon baking soda ⁽⁴⁾
- 1 teaspoon baking powder ^(4, 5)
- _____
- _____

SEASONINGS & SPICES:

- ½ teaspoon garlic powder (1)
- ½ teaspoon onion powder (1)
- ¼ teaspoon dried thyme (1)
- 2 tablespoons [Homemade Taco Seasoning](#) (or store-bought)
- ½ teaspoon ground cinnamon (4)
- Fine salt and pepper
- _____
- _____

OPTIONAL FOR SERVING:

- **Meatloaf Dinner:** Fresh parsley
- **Taco Casserole:** Salsa, diced avocado, sour cream, fresh cilantro, lime wedges, pickled jalapeños, etc.
- **Chicken Waldorf Salad:** Crackers, bread, or mixed greens
- **Protein Baked Oatmeal:** Fresh fruit, nut or seed butter, yogurt, honey, or maple syrup

Recipe 01

Sheet Pan Mini Meatloaf with Vegetables



Recipe 02

Healthy Taco Casserole

Recipe 03

Chicken Waldorf Salad



Recipe 04

Trail Mix Breakfast Cookies



Recipe 05

Baked Protein Oatmeal

