

MEAL PREP MEAL PLAN

WEEK #1

Click on each recipe title in bold text

for full recipes, tips & tricks

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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

