

MEAL PREP MEAL PLAN

WEEK #2

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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

