

HEALTHY MEAL PLAN

WEEK #1

Click on each recipe title in bold text
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GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Pork Tenderloin with Pineapple Salsa, (2) Grilled Steak Kebabs, (3) Summer Pasta Salad with Chicken and Berries, (4) Greek Quinoa Salad with Avocado

PROTEIN:

- 1 - 1 ¼ lb. pork tenderloin ⁽¹⁾
- 1 ¼ lbs. sirloin steak ⁽²⁾
- 8 ounces chicken breast or thighs ⁽³⁾
- _____
- _____

DAIRY:

- 2 ounces feta cheese ⁽⁴⁾
- _____
- _____

PRODUCE:

- 2 medium lemons ^(3, 4)
- 1 medium lime ⁽¹⁾
- 1 fresh pineapple (or 1 cup diced pineapple) ⁽¹⁾
- 6 ounces fresh berries of choice ⁽³⁾
- 1 small avocado ⁽⁴⁾
- 16 ounces baby spinach ^(3, 4)
- 1 small cucumber ⁽⁴⁾
- 4 ounces grape or cherry tomatoes ⁽⁴⁾
- 1 medium red bell pepper ⁽¹⁾
- 2 small bell peppers, any color ⁽²⁾
- 3 small red onions ^(1, 2, 3, 4)
- 1 small bunch green onions ⁽³⁾
- 1 clove garlic ⁽¹⁾
- 1 small jalapeño ⁽¹⁾
- 1 bunch fresh cilantro ⁽¹⁾
- 1 bunch fresh basil ⁽³⁾
- 2 tablespoons fresh oregano (may sub 1 teaspoon dried) ⁽⁴⁾
- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- ½ cup olive oil or avocado oil ^(3, 4)
- 2 tablespoons red wine vinegar ⁽²⁾
- ¼ cup apple cider vinegar ⁽³⁾
- 2 tablespoons tamari, soy sauce, or coconut aminos ⁽²⁾
- 1 tablespoon Worcestershire sauce ⁽²⁾
- ⅔ cup mayonnaise ⁽³⁾
- 2 tablespoons honey ⁽³⁾
- 6 ounces pasta, any shape, gluten-free if needed ⁽³⁾
- ½ cup uncooked quinoa ⁽⁴⁾
- ⅓ cup sliced almonds ⁽³⁾
- ¼ cup dried cranberries ⁽³⁾
- ½ cup canned, jarred or frozen artichoke hearts ⁽⁴⁾
- ¼ cup pitted kalamata olives ⁽⁴⁾
- 4-6 large/long wooden or metal skewers ⁽²⁾
- _____
- _____

SEASONINGS & SPICES:

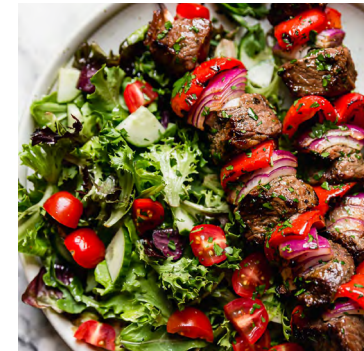
- 1 pinch ground cinnamon ⁽¹⁾
- ½ teaspoon chili powder ⁽¹⁾
- 1 teaspoon garlic powder ^(1, 2)
- ½ teaspoon Italian seasoning ⁽²⁾
- ½ teaspoon onion powder ⁽¹⁾
- ½ teaspoon dried oregano ⁽¹⁾
- 2 teaspoons poppy seeds ⁽³⁾
- Fine salt
- Black pepper
- _____
- _____

OPTIONAL FOR SERVING:

○ **Greek Quinoa Salad with Avocado:**
If desired, add 6-8 ounces cooked shredded chicken or cooked shrimp to this salad (*not included in grocery list above*)

Recipe 01

Grilled Pork Tenderloin with Pineapple Salsa



Recipe 02

Grilled Steak Kebabs

Recipe 03

Summer Pasta Salad with Chicken and Berries



Recipe 04

Greek Quinoa Salad with Avocado

