

HEALTHY MEAL PLAN

WEEK #2

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GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Honey Garlic Pork Chops and Quinoa Kale Salad with Blueberries, (2) Easy Thai-Inspired Steak Salad, (3) Grilled Salmon Kebabs with Creamy Curry Yogurt Sauce, (4) Strawberry Spinach Salad with Chicken

PROTEIN:

- 4 boneless pork loin chops (6–8 ounces each) ⁽¹⁾
- 1 lb. beef sirloin steak ⁽²⁾
- 12 ounces cooked or grilled chicken ⁽⁴⁾
- 20 to 24 ounces of skin-on salmon filets ⁽³⁾
- _____
- _____

DAIRY:

- 4 ounces feta cheese ⁽¹⁾
- ½ cup plain yogurt, Greek yogurt or skyr ⁽³⁾
- 4 ounces goat cheese ⁽⁴⁾
- _____
- _____

PRODUCE:

- 6 medium lemons ^(1, 3, 4)
- 1 medium lime ⁽²⁾
- 4 ounces fresh blueberries ⁽¹⁾
- 1 carton fresh strawberries ⁽⁴⁾
- 1 medium avocado ⁽⁴⁾
- 16 ounces spinach or salad greens of choice ⁽²⁾
- 6 ounces chopped curly kale ⁽¹⁾
- 1 English cucumber ⁽²⁾
- 1 pint cherry tomatoes ⁽²⁾
- 1 small red onion ^(1, 4)
- 6 green onions ^(2, 4)
- 2 shallots ^(1, 2)
- 3 garlic cloves ⁽¹⁾
- 1 bunch fresh cilantro ⁽²⁾
- 1 (0.67 ounce) package fresh mint ⁽²⁾
- 2 tablespoons fresh basil ⁽¹⁾
- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- 1 cup plus 1 tablespoon olive oil or avocado oil ^(1, 2, 3, 4)
- 3 tablespoons apple cider vinegar ⁽¹⁾
- 2 tablespoons champagne vinegar or red wine vinegar ⁽⁴⁾
- 4 tablespoons coconut aminos ^(1, 2)
- ½ teaspoon fish sauce ⁽²⁾
- 3 tablespoons mayonnaise ⁽¹⁾
- ¼ cup Dijon mustard ⁽¹⁾
- 6 tablespoons pure honey ^(1, 2, 3, 4)
- ⅓ cup roasted shelled pistachios ⁽¹⁾
- ¼ cup dry roasted salted peanuts ⁽²⁾
- ⅓ cup sliced almonds ⁽⁴⁾
- ½ cup uncooked quinoa ⁽¹⁾
- 4-6 large/long wooden or metal skewers ⁽³⁾
- _____
- _____

SEASONINGS & SPICES:

- 1 teaspoon chili-garlic sauce or Sriracha ⁽²⁾
- ½ teaspoon curry powder ⁽³⁾
- 1 teaspoon garlic powder ^(1, 3)
- 1 pinch smoked paprika ⁽³⁾
- ¼ teaspoon dried thyme ⁽¹⁾
- Fine salt
- Black pepper
- _____
- _____

Recipe 01

Grilled Honey Garlic Pork Chops and Quinoa Kale Salad with Blueberries



Recipe 02

Easy Thai-Inspired Steak Salad



Recipe 03

Grilled Salmon Kebabs with Creamy Curry Yogurt Sauce



Recipe 04

Strawberry Spinach Salad with Chicken

