HEALTHY MEAL PLAN

WEEK #4

Click on each recipe title in bold text

for full recipes, tips & tricks

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GROCERY L

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Pork Kebabs with Peanut Sauce, (2) Mediterranean Steak Bowls, (3) Grilled Shrimp Tacos with Mango-Avocado Salsa, (4) Creamy BBQ

PROTEIN:

- o 1 lb. boneless, thick-cut pork chops (1)
- o 1 lb. beef flank steak, NY strip, or sirloin steak (2)
- o 8-10 ounces chicken breasts or thighs (4)
- o 1 lb. medium raw shrimp (3)
- o 1 16-ounce carton original or garlic hummus (2)

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DAIRY:

- o ½ cup crumbled feta cheese (2)
- o ¼ cup crumbled cotija cheese or feta cheese (3)
- o 1 cup plain yogurt, Greek yogurt, or skyr (2)

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PRODUCE:

- o 1 large orange (1)
- o 1 medium lemon (2)
- o 2 medium limes (1, 3)
- o 1 large fresh mango (3)
- o 1 medium avocado (3)
- o 1 head romaine lettuce (2)
- o 1 cup shredded red cabbage or coleslaw mix (3)
- o 1 cup curly kale (4)
- o 1 medium bell pepper, any color (1)
- o 1 medium zucchini or yellow squash (1)
- o 1 English cucumber (2)
- o 2 pints grape or cherry tomatoes (2, 4)
- o 2 medium red onions (1, 2, 3)
- o 2 green onions (2)
- o 1 small jalapeño (3)
- o 3 cloves garlic (1, 2, 3)
- o 1-inch knob fresh ginger or 1/4 teaspoon dried ginger (1)
- o 1 bunch fresh cilantro (3)
- o 2 teaspoons fresh mint (or ½ teaspoon dried mint) (2)
- o ²/₃ cup fresh, frozen, or canned corn ⁽⁴⁾

OTHER PRODUCE:

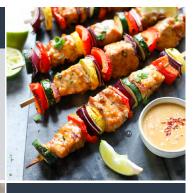
CANNED, DRY, PANTRY & FROZEN:

- o 1/4 cup olive oil or avocado oil (1, 2, 3)
- o ¼ cup rice vinegar (1)
- o 1/4 cup coconut aminos (1)
- o ⅓ cup mayonnaise (4)
- o 2 tablespoons BBQ sauce (4)
- o ¼ cup creamy peanut butter (1)
- o 1 ounce smoked or dry-roasted almonds (4)
- o 1/3 cup pitted kalamata olives (2)
- o 8 corn tortillas (3)
- o 12 large/long wooden or metal skewers (1, 2, 3)

SEASONINGS & SPICES:

- o 2 teaspoons chili powder (3)
- o 1 teaspoon ground cumin (3)
- o ¼ teaspoon ancho chili powder or chili powder (3)
- o ½ teaspoon dried dill (2)
- ½ teaspoon garlic powder (3)
- o 1/4 teaspoon onion powder (3)
- o ½ teaspoons dried oregano (2)
- o ½ teaspoon crushed red pepper flakes (1)
- Fine salt
- o Black pepper

Grilled Pork Kebabs with Peanut Sauce



Mediterranean **Steak Bowls**



Grilled Shrimp Tacos with Mango-Avocado Salsa





Creamy **BBQ Chicken** Salad



