

## HEALTHY MEAL PLAN

# WEEK #4

Click on each recipe title in bold text  
for full recipes, tips & tricks  
[www.therealfooddietitians.com](http://www.therealfooddietitians.com)

## GROCERY LIST

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 Chicken Salad

### PROTEIN:

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

### DAIRY:

- ½ cup crumbled feta cheese <sup>(2)</sup>
- ¼ cup crumbled cotija cheese or feta cheese <sup>(3)</sup>
- 1 cup plain yogurt, Greek yogurt, or skyr <sup>(2)</sup>
- \_\_\_\_\_
- \_\_\_\_\_

### PRODUCE:

- 1 large orange <sup>(1)</sup>
- 1 medium lemon <sup>(2)</sup>
- 2 medium limes <sup>(1, 3)</sup>
- 1 large fresh mango <sup>(3)</sup>
- 1 medium avocado <sup>(3)</sup>
- 1 head romaine lettuce <sup>(2)</sup>
- 1 cup shredded red cabbage or coleslaw mix <sup>(3)</sup>
- 1 cup curly kale <sup>(4)</sup>
- 1 medium bell pepper, any color <sup>(1)</sup>
- 1 medium zucchini or yellow squash <sup>(1)</sup>
- 1 English cucumber <sup>(2)</sup>
- 2 pints grape or cherry tomatoes <sup>(2, 4)</sup>
- 2 medium red onions <sup>(1, 2, 3)</sup>
- 2 green onions <sup>(2)</sup>
- 1 small jalapeño <sup>(3)</sup>
- 3 cloves garlic <sup>(1, 2, 3)</sup>
- 1-inch knob fresh ginger or ¼ teaspoon dried ginger <sup>(1)</sup>
- 1 bunch fresh cilantro <sup>(3)</sup>
- 2 teaspoons fresh mint (or ½ teaspoon dried mint) <sup>(2)</sup>
- ¾ cup fresh, frozen, or canned corn <sup>(4)</sup>

### OTHER PRODUCE:

- \_\_\_\_\_
- \_\_\_\_\_

### CANNED, DRY, PANTRY & FROZEN:

- ¼ cup olive oil or avocado oil <sup>(1, 2, 3)</sup>
- ¼ cup rice vinegar <sup>(1)</sup>
- ¼ cup coconut aminos <sup>(1)</sup>
- ½ cup mayonnaise <sup>(4)</sup>
- 2 tablespoons BBQ sauce <sup>(4)</sup>
- ¼ cup creamy peanut butter <sup>(1)</sup>
- 1 ounce smoked or dry-roasted almonds <sup>(4)</sup>
- ⅓ cup pitted kalamata olives <sup>(2)</sup>
- 8 corn tortillas <sup>(3)</sup>
- 12 large/long wooden or metal skewers <sup>(1, 2, 3)</sup>
- \_\_\_\_\_
- \_\_\_\_\_

### SEASONINGS & SPICES:

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

### Recipe 01

## Grilled Pork Kebabs with Peanut Sauce



### Recipe 02

## Mediterranean Steak Bowls



### Recipe 03

## Grilled Shrimp Tacos with Mango-Avocado Salsa



### Recipe 04

## Creamy BBQ Chicken Salad



x *the real food* DIETITIANS

