

2-WEEK HEALTHY meal plan + grocery list #6



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MON Day 01	TUE Day 02	WED Day 03	THU Day 04	FRI Day 05	SAT Day 06	SUN Day 07
Vegetarian Tikka Masala	Moroccan- Spiced Beef & Lentil Stew	Fall Lentil Salad + Protein of Choice	Leftovers	Healthy Sloppy Joes	Leftovers or Takeout	BYOM <i>Build Your Own Meal</i>
MON Day 08	TUE Day 09	WED Day 10	THU Day 11	FRI Day 12	SAT Day 13	SUN Day 14
Sheet Pan Mediterranean Chicken and Veggies + Hummus	Slow Cooker Bean and Beef Chili	Turkey Bolognese over Lentil or Chickpea Pasta	Leftovers	Southwest Quinoa Casserole	Leftovers or Takeout	BYOM <i>Build Your Own Meal</i>



WEEK 1

DINNER MENU

MON
Day 01

**Vegetarian
Tikka Masala**



TUE
Day 02

**Moroccan- Spiced
Beef & Lentil Stew**



WED
Day 03

**Fall Lentil Salad +
Protein of Choice**



THU
Day 04

Leftovers

FRI
Day 05

**Healthy
Sloppy Joes**



SAT
Day 06

Leftovers
or Takeout

SUN
Day 07

BYOM

GROCERY LIST

PROTEIN AND DAIRY:

- 1 1/2 lbs beef stew meat
- 2 lbs ground beef or ground turkey
- Protein of choice (to serve with lentil salad)
- 1 cup plain whole milk Greek yogurt or skyr
- 1/2 cup crumbled feta cheese

PRODUCE (FRESH & FROZEN):

- 2 medium yellow onions
- 1/2 medium red onion
- 2 medium red bell peppers
- 1 medium zucchini
- 2 garlic bulbs
- 2-3 ounces spinach (1/2 of a 5-ounce container)
- 4 cups curly kale leaves
- 3 medium carrots
- 3 stalks celery
- 1 lemon
- 1 medium sweet potatoes (8-10 ounces)
- 8 ounces Brussels sprouts
- 1 bunch fresh parsley
- 1 teaspoon fresh thyme (or 1/4 teaspoon dried thyme)
- 2 (12-ounce) bags frozen cauliflower florets

PANTRY STAPLES:

- Avocado oil or olive oil
- 1 (28-ounce) can tomato sauce
- 1 (14-ounce) can diced tomatoes
- 1 (6-ounce) can tomato paste
- 1 (15-ounce) can chickpeas
- 3 cups (24 ounces) beef broth
- 1 1/2 cups dried lentils (red, green, or brown)
- 3 tablespoons apple cider vinegar
- 1/2 teaspoon fish sauce (may sub coconut aminos or tamari)
- 2 tablespoons pure maple syrup
- 3 tablespoons Dijon mustard
- 1/4 cup roasted and salted pumpkin seeds
- 1/4 cup chopped pecans
- 1/2 cup dried cherries and/or dried cranberries
- 1/3 cup dried apricots

SEASONINGS:

- Fine salt and black pepper
- 1/2 teaspoon ground allspice
- 2 bay leaves
- 1/8 teaspoon cayenne (optional)
- 1/4 teaspoon chili powder
- 2 teaspoons garam masala
- 1/2 teaspoon ground cinnamon
- 1 1/4 teaspoons ground coriander
- 3/4 teaspoon ground cumin
- 1 1/2 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1 teaspoon onion powder
- 1 1/2 teaspoons paprika
- 1/2 teaspoon smoked paprika (may sub regular paprika)
- 2 1/2 teaspoons ground turmeric

OPTIONAL GARNISHES:

- **For the Vegetarian Tikka Masala** - cooked rice or cauliflower rice, cilantro, lime wedges, toasted sesame seeds, and/or cashews
- **For the Moroccan-Spiced Beef & Lentil Stew** - pita bread, plain yogurt, lemon wedges, and/or parsley
- **For the Healthy Sloppy Joes** - baked sweet potatoes, creamy coleslaw or veggie side for serving

OTHER:

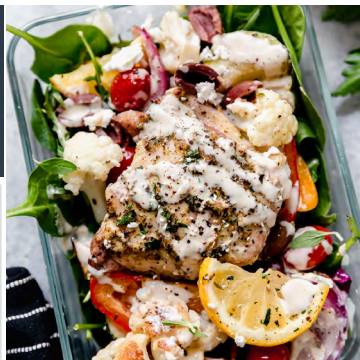
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WEEK 2

DINNER MENU



GROCERY LIST

PROTEIN AND DAIRY:

- 2 1/2 lbs boneless skinless chicken thighs or breast
- 1 1/2 lbs ground beef (may sub ground turkey)
- 3 slices bacon
- 1 lb ground turkey (may sub ground beef)
- 8 ounces (one block or bag) colby jack or cheddar cheese
- 1/2 cup crumbled feta cheese

PRODUCE (FRESH & FROZEN):

- 2 medium yellow onions
- 1 medium red onion
- 2 medium bell peppers, any color
- 2 jalapeño peppers
- 1 small head cauliflower (or 16-ounces florets)
- 2 small zucchini
- 6 ounces grape tomatoes (1 cup)
- 1 garlic bulb
- 3 lemons
- 5 ounces fresh spinach and/or arugula (1 container)
- 2 medium carrots
- 2 celery ribs
- 8 ounces cremini mushrooms
- 1 (10-ounce) bag frozen cauliflower rice
- 1 1/2 cups frozen corn

PANTRY STAPLES:

- Avocado oil or olive oil
- Cooking spray
- 1/4 cup pitted kalamata olives
- 1/4 cup tahini
- 3 (15-ounce) cans tomato sauce
- 1 (8-ounce) can tomato sauce
- 2 (15-ounce) can fire-roasted diced tomatoes
- 1 (15-ounce) can diced tomatoes
- 2 (4-ounce) cans diced green chiles
- 1 (15-ounce) can kidney beans
- 1 (15-ounce) can pinto beans
- 2 (15-ounce) cans black beans (may sub lentils)
- 3/4 cup beef broth
- 1 cup water or chicken broth
- 1 box lentil- or chickpea-based pasta (ie: Banza, Tolerant, or other brand)
- 2 teaspoons balsamic vinegar
- 1/2 cup dry quinoa

SEASONINGS:

- Fine salt and black pepper
- 1 teaspoon dried basil
- 3 tablespoons + 2 teaspoons chili powder
- 1/2 teaspoon ancho chili powder (may sub chili powder)
- 1/4 teaspoon ground cinnamon
- 1 tablespoon cocoa powder
- 1 tablespoon + 1 teaspoon ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons Italian seasoning
- 1 teaspoon onion powder
- 2 1/2 teaspoons dried oregano
- 1 1/2 teaspoons smoked paprika
- 1 pinch red pepper flakes (optional)

OPTIONAL GARNISHES

AND SUGGESTED SIDES:

- **For the Sheet Pan Mediterranean Chicken and Veggies** - fresh parsley and/or oregano, lemon zest, cracked black pepper
- **For the Slow Cooker Bean & Beef Chili** - green onions, fresh cilantro, jalapeño, cheddar cheese, sour cream, avocado, and/or lime wedges
- **For the Turkey Bolognese** - serve over chickpea pasta or lentil pasta (in grocery list above) or serve over spaghetti squash, garnish with fresh basil, and/or Parmesan; serving with veggie or side salad
- **For the Southwest Quinoa Casserole** - sour cream, salsa, fresh cilantro, green onions, jalapeno slices, fresh lime wedges, and/or diced avocado

OTHER:

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