

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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