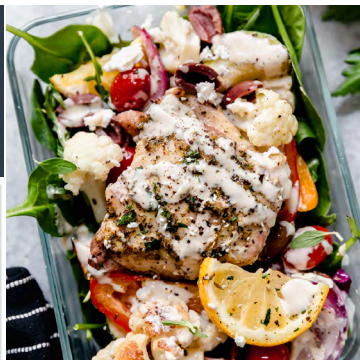


WEEK 2

DINNER MENU



GROCERY LIST

PROTEIN AND DAIRY:

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

PRODUCE (FRESH & FROZEN):

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

PANTRY STAPLES:

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

SEASONINGS:

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

OPTIONAL GARNISHES

AND SUGGESTED SIDES:

- o **For the Sheet Pan Mediterranean Chicken and Veggies** - fresh parsley and/or oregano, lemon zest, cracked black pepper
- o **For the Slow Cooker Bean & Beef Chili** - green onions, fresh cilantro, jalapeño, cheddar cheese, sour cream, avocado, and/or lime wedges
- o **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
- o **For the Southwest Quinoa Casserole** - sour cream, salsa, fresh cilantro, green onions, jalapeno slices, fresh lime wedges, and/or diced avocado

OTHER:

- o _____
- o _____
- o _____



Click on each recipe title in bold text for full recipes, tips & tricks
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MON
Day 08

Sheet Pan Mediterranean Chicken and Veggies + Hummus

TUE
Day 09

Slow Cooker Bean and Beef Chili

WED
Day 10

Turkey Bolognese over Lentil or Chickpea Pasta

THU
Day 11

Leftovers

FRI
Day 12

Southwest Quinoa Casserole

SAT
Day 13

Leftovers or Takeout

SUN
Day 14

BYOM