

WEEK 1

DINNER MENU

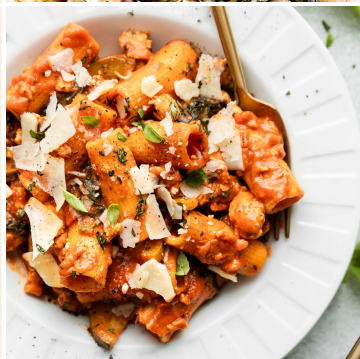
MON
Day 01

Greek Orzo Skillet with Chicken and Chickpeas



TUE
Day 02

Easy Rigatoni with Chickpea Pasta



WED
Day 03

Taco Stuffed Peppers with Beef or Lentils



THU
Day 04

Leftovers

FRI
Day 05

Stir-Fry Noodles with Chicken



SAT
Day 06

Leftovers or Takeout

SUN
Day 07

BYOM

GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Greek Orzo Skillet with Chicken And Chickpeas, (2) Easy Rigatoni with Chickpea Pasta, (3) Taco Stuffed Peppers with Beef or Lentils, (4) Stir-Fry Noodles with Chicken

PROTEIN AND DAIRY:

- 2 ¾ to 3 lbs boneless skinless chicken breasts ^(1, 4)
- 1 lb ground turkey ⁽²⁾
- 1 lb lean ground beef ⁽³⁾ - OR use 2 cups cooked lentils OR ½ lb ground beef & 1 cup cooked lentils
- ½ cup crumbled feta cheese ⁽¹⁾
- 1 ¼ cups finely shredded cheddar cheese ⁽³⁾

PRODUCE (FRESH & FROZEN):

- 3 medium zucchini ^(1, 2, 3)
- 1 medium yellow onion ^(1, 3)
- 2 small bell peppers, any color ^(1, 4)
- 4 oz grape or cherry tomatoes ⁽¹⁾
- 8 ounces fresh spinach ^(1, 2)
- 2 medium carrots ⁽⁴⁾
- 4 oz sliced mushrooms ⁽⁴⁾
- 1 cup snow peas ⁽⁴⁾
- 1 bunch green onions ⁽⁴⁾
- 1 lemon ⁽¹⁾
- 8 cloves garlic ^(2, 3, 4)
- 1 small knob fresh ginger ⁽⁴⁾ - may sub dried ginger
- 1 (10-ounce) bag frozen cauliflower rice ⁽³⁾

PANTRY STAPLES:

- Cooking spray ^(1, 3, 4)
- Olive oil or avocado oil ^(1, 2, 3)
- 1 tablespoon toasted sesame oil ⁽⁴⁾
- ⅓ cup coconut aminos ⁽⁴⁾
- 3 tablespoons rice vinegar ⁽⁴⁾
- 1 (15-ounce) can chickpeas ⁽¹⁾
- 1 (14-ounce) can artichoke hearts ⁽¹⁾
- 1 jar pitted kalamata olives ⁽¹⁾
- 1 quart low-sodium chicken broth ^(1, 2)
- 1 (23- to 24-ounce) jar vodka sauce ⁽²⁾
- 1 cup salsa of choice ⁽³⁾
- 6 oz uncooked orzo pasta, gluten free if needed ⁽¹⁾
- 6 oz uncooked spaghetti noodles, gluten free if needed ⁽⁴⁾
- 8 oz uncooked rigatoni chickpea pasta, such as Banza brand ⁽²⁾
- 1 ½ teaspoons brown sugar or honey ⁽⁴⁾

SEASONINGS:

- Fine salt ^(1, 2)
- Black pepper ^(1, 2)
- ½ teaspoon dried basil ⁽¹⁾
- ½ teaspoon dried dill ⁽¹⁾
- ½ teaspoon fennel seeds ⁽²⁾
- 1 teaspoon Italian seasoning ⁽²⁾
- 1 teaspoon dried oregano ⁽¹⁾
- ½ teaspoon smoked paprika ⁽¹⁾
- Pinch of crushed red pepper flakes ⁽²⁾
- ¼ teaspoon ground sage ⁽²⁾
- 3 tablespoons taco seasoning ⁽³⁾
- 1 teaspoon dried thyme ⁽¹⁾

OPTIONAL GARNISHES:

- **For the Greek Orzo Skillet with Chicken And Chickpeas** - fresh parsley, lemon wedges, fresh dill, tzatziki sauce
- **For the Easy Rigatoni with Chickpea Pasta** - fresh basil, shaved Parmesan
- **For the Taco Stuffed Peppers with Beef or Lentils** - fresh cilantro, avocado slices, sour cream, cherry tomatoes, jalapeño slices
- **For the Stir-Fry Noodles with Chicken** - sesame seeds

OTHER:

- _____
- _____
- _____
- _____
- _____



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