

# WEEK 2

## DINNER MENU

<b>MON</b> Day 08	<b>Healthy Tater Tot Casserole with Lentils</b>
<b>TUE</b> Day 09	<b>Creamy Pumpkin Pasta with Sausage</b>
<b>WED</b> Day 10	<b>Chicken and Chickpea Curry</b>
<b>THU</b> Day 11	Leftovers
<b>FRI</b> Day 12	<b>Easy Taco Soup</b>
<b>SAT</b> Day 13	Leftovers or Takeout
<b>SUN</b> Day 14	BYOM



# GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Healthy Tater Tot Casserole with Lentils, (2) Creamy Pumpkin Pasta with Sausage, (3) Chicken And Chickpea Curry, (4) Easy Taco Soup

## PROTEIN AND DAIRY:

- 2 lbs lean ground beef <sup>(1, 4)</sup>
- 1 lb boneless skinless chicken breast <sup>(2)</sup>
- 1 lb ground turkey <sup>(2)</sup>
- 1 cup whole milk or unsweetened non-dairy milk <sup>(2)</sup>
- 2/3 cup sour cream or plain Greek yogurt <sup>(4)</sup>
- 1 1/2 cups shredded cheddar cheese <sup>(1)</sup>
- 1/2 cup grated Parmesan cheese <sup>(2)</sup>

## PRODUCE (FRESH & FROZEN):

- 2 medium yellow onions <sup>(1, 3, 4)</sup>
- 2 medium red bell peppers <sup>(3, 4)</sup>
- 1 small zucchini <sup>(4)</sup>
- 2 medium carrots <sup>(4)</sup>
- 8 ounces mushrooms <sup>(1)</sup>
- 6 ounces fresh spinach <sup>(2, 3)</sup>
- 2 small limes <sup>(4)</sup>
- 8 cloves garlic <sup>(2, 3, 4)</sup>
- 1 (12-ounce) bag frozen mixed vegetables <sup>(1)</sup>
- 2 (12-ounce) bags frozen cauliflower rice <sup>(1, 3)</sup>
- 1 (28-ounce) package frozen tater tots or crispy crowns <sup>(1)</sup>
- 1 cup frozen corn <sup>(4)</sup>

## PANTRY STAPLES:

- Cooking spray <sup>(2)</sup>
- Avocado oil or olive oil <sup>(1, 2, 4)</sup>
- 1 tablespoon butter <sup>(2)</sup>
- 1 quart low-sodium chicken broth or beef broth <sup>(1)</sup>
- 1 (14-ounce) can full-fat coconut milk <sup>(3)</sup>
- 1 cup canned pumpkin <sup>(2)</sup>
- 2 tablespoons tomato paste <sup>(2)</sup>
- 1 (15-ounce) can tomato sauce <sup>(4)</sup>
- 2 (15-ounce) cans fire-roasted diced tomatoes <sup>(3, 4)</sup>
- 1 (15-ounce) can cooked lentils or 2 cups cooked lentils <sup>(1)</sup>
- 1 (15-ounce) can black beans <sup>(4)</sup>
- 8 ounces uncooked linguine or fettuccine chickpea pasta, such as Banza brand <sup>(2)</sup>
- 1/3 cup all-purpose flour, gluten-free if needed <sup>(1)</sup>

## SEASONINGS:

- Fine salt <sup>(1, 2, 3, 4)</sup>
- Black pepper <sup>(1, 2, 3, 4)</sup>
- 2 tablespoons chili powder <sup>(4)</sup>
- 2 tablespoons curry powder <sup>(3)</sup>
- 1 tablespoon ground cumin <sup>(4)</sup>
- 1/4 teaspoon fennel seeds <sup>(2)</sup>
- 1 teaspoon garlic powder <sup>(1, 2)</sup>
- 1/4 teaspoon dried ginger <sup>(3)</sup>
- 1 teaspoon Italian seasoning <sup>(2)</sup>
- 1 teaspoon onion powder <sup>(1, 2)</sup>
- 1/8 teaspoon grated nutmeg <sup>(2)</sup>
- 1 teaspoon dried oregano <sup>(4)</sup>
- Pinch of red pepper flakes <sup>(2)</sup>
- 1 package fresh sage or 1/2 teaspoon ground sage <sup>(2)</sup>
- 1/2 teaspoon ground turmeric <sup>(3)</sup>

## OPTIONAL GARNISHES AND SUGGESTED SIDES:

- **For the Chicken And Chickpea Curry** - fresh cilantro, steamed rice, lime wedges
- **For the Easy Taco Soup** - Diced avocado, fresh cilantro, green onions, shredded cheese, tortilla chips, sour cream or Greek yogurt, and/or lime wedges

## OTHER:

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



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