



2-WEEK HEALTHY meal plan + grocery list #7



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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
Greek Orzo Skillet with Chicken and Chickpeas	Easy Rigatoni with Chickpea Pasta	Taco Stuffed Peppers with Beef or Lentils	Leftovers	Stir-Fry Noodles with Chicken	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
Healthy Tater Tot Casserole with Lentils	Creamy Pumpkin Pasta with Sausage	Chicken and Chickpea Curry	Leftovers	Easy Taco Soup	Leftovers or Takeout	BYOM <i>Build Your Own Meal</i>



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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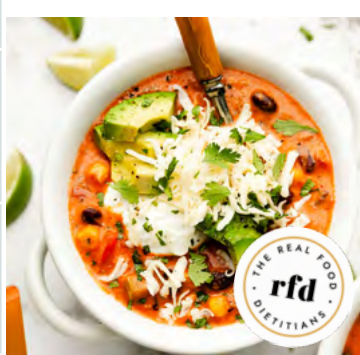


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WEEK 2

DINNER MENU

MON Day 08	Healthy Tater Tot Casserole with Lentils
TUE Day 09	Creamy Pumpkin Pasta with Sausage
WED Day 10	Chicken and Chickpea Curry
THU Day 11	Leftovers
FRI Day 12	Easy Taco Soup
SAT Day 13	Leftovers or Takeout
SUN 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 ^(1, 4)
- 1 lb boneless skinless chicken breast ⁽²⁾
- 1 lb ground turkey ⁽²⁾
- 1 cup whole milk or unsweetened non-dairy milk ⁽²⁾
- 2/3 cup sour cream or plain Greek yogurt ⁽⁴⁾
- 1 1/2 cups shredded cheddar cheese ⁽¹⁾
- 1/2 cup grated Parmesan cheese ⁽²⁾

PRODUCE (FRESH & FROZEN):

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

PANTRY STAPLES:

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

SEASONINGS:

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

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:

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