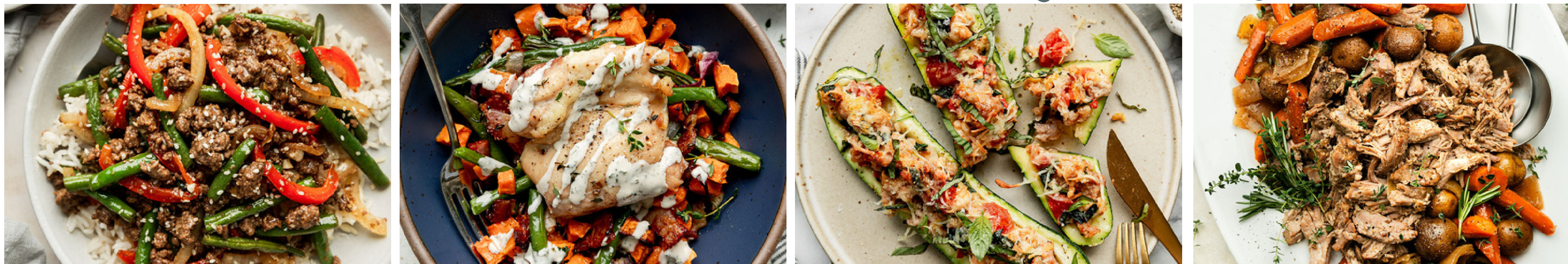


2-WEEK HEALTHY

meal plan + grocery list #8



Click on each recipe title in bold text
For full recipes, tips and tricks
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MONDAY Day 01	TUESDAY Day 02	WEDNESDAY Day 03	THURSDAY Day 04	FRIDAY Day 05	SATURDAY Day 06	SUNDAY Day 07
<u>Ground Beef Stir Fry</u>	<u>Crock Pot Carnitas</u>	<u>King Ranch Chicken Casserole</u>	Leftovers	<u>Sheet Pan Honey Garlic Shrimp</u>	Leftovers or Takeout	Build Your Own Meal
MONDAY Day 08	TUESDAY Day 09	WEDNESDAY Day 10	THURSDAY Day 11	FRIDAY Day 12	SATURDAY Day 13	SUNDAY Day 14
<u>Crock Pot Pork Roast</u>	<u>Beef Skillet Enchiladas</u>	<u>Sheet Pan Chicken Bacon Ranch</u>	Leftovers	<u>Italian Sausage Zucchini Boats</u>	Leftovers or Takeout	Build Your Own Meal



HEALTHY MEAL PLAN

WEEK #1

Click on each recipe title in bold text
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GROCERY LIST

PROTEIN & DAIRY:

- 1 lb lean ground beef
- 3 lbs. boneless pork shoulder or butt roast
- 2 ½ cups cooked chicken breast or thighs (about 1 lb raw)
- 1 lb fresh or frozen raw shrimp, peeled and deveined
- 2 tablespoons butter
- 1 ¾ cup shredded cheddar cheese
- ½ cup plain yogurt (may substitute sour cream)
- _____
- _____

PRODUCE (FRESH AND FROZEN):

- 20 ounces fresh green beans
- 2 medium red bell pepper
- 2 medium yellow onion
- 2 garlic bulbs
- 1 teaspoon grated fresh ginger
- 4 limes
- 1 large orange
- 1 lemon
- 1 cup fresh cilantro leaves
- 3 cups of baby spinach leaves
- 2 green onions
- _____
- _____

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- For the Ground-Beef Stir Fry and Sheet Pan Honey Garlic Shrimp** - cooked rice or cauliflower rice, sesame seeds.
- For the Crock Pot Carnitas** - serve as tacos or bowl style with your favorite fixings such as; corn or flour tortillas, cooked rice or cauliflower rice, black or pinto beans, greens, tomatoes or salsa, avocado or guac, red onion or pickled onion, sour cream, cheese, cilantro, and lime wedge.
- For the King Ranch Chicken Casserole** - crushed chips, sour cream, pico de gallo, sliced green onion, diced avocado, lime wedge, and sliced jalapeño.

CANNED, DRIED & PANTRY STAPLES:

- Cooking spray
- 2 tablespoons toasted sesame oil
- 1 cup coconut aminos
- ½ cup honey
- ½ – 1 teaspoon chili garlic sauce (such as Huy Fong or Lee Kum Kee brand; may substitute sriracha)
- ¾ cup mayonnaise
- 2 tablespoons all-purpose flour (use gluten-free if needed)
- 1 ¼ cup chicken broth
- 1 (10-ounce) can diced tomatoes with chilis (such as Rotel)
- 1 (4-ounce) can diced green chiles
- 4 ounces (4 cups) yellow tortilla chips
- 2 tablespoons cornstarch or arrowroot powder
- _____
- _____

SEASONINGS & SPICES:

- Fine salt and black pepper
- 2 tablespoon chili powder
- 1 ½ tablespoon ground cumin
- 2 teaspoon dried oregano
- ⅛ teaspoon ground cinnamon
- Pinch of chipotle powder
- Pinch of sesame seeds
- Pinch of red pepper flakes (optional)
- _____
- _____

Recipe 01

Ground Beef Stir Fry



Recipe 02

Crock Pot Carnitas



Recipe 03

King Ranch Chicken Casserole



Recipe 04

Honey Garlic Shrimp Dinner



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HEALTHY MEAL PLAN

WEEK #2

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

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GROCERY LIST

PROTEIN & DAIRY:

- 2 ½-3 lbs. boneless pork shoulder or butt roast
- 1 lb lean ground beef
- 1 ½ cups shredded Mexican blend cheese
- 1 ½ lbs boneless, skinless chicken thighs
- 3 strips bacon
- ½ lb ground Italian sausage
- ½ lb ground pork, chicken, beef
- 1 ½ cups shredded mozzarella cheese
- _____
- _____

PRODUCE (FRESH AND FROZEN):

- 1 large + 1 small yellow onion
- 1 small red onion
- 16 oz baby or petite yellow potatoes
- 12 oz carrots (about 5 medium)
- 1 small red bell pepper
- 5 medium zucchini (4 of them uniform in size)
- 6 green onions
- 2 medium sweet potatoes
- 12 oz fresh green beans
- 1 cup frozen corn (fire roasted or regular)
- 2 handfuls spinach
- Bundle of fresh thyme and fresh rosemary (optional)
- 2 tablespoons fresh thyme (may substitute 1 teaspoon dried thyme)
- ¼ cup fresh basil (optional)
- _____
- _____

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- For the Beef Skillet Enchiladas** - green onion, fresh cilantro, sour cream, diced tomatoes, diced or sliced avocado
- For the Italian Sausage Zucchini Boats** - basil and fresh grated parmesan cheese

CANNED, DRIED & PANTRY STAPLES:

- Avocado oil or olive
- Cooking spray
- ½ cup chicken broth
- ½ cup white wine (may substitute additional chicken broth + 1 ½ teaspoons apple cider vinegar)
- 2 tablespoons dijon mustard
- 1 ½ tablespoons cornstarch (or 2 ¼ teaspoons arrowroot starch)
- 8 (6-inch) corn tortillas
- 2 cups (15 to 16 oz) jarred or canned red enchilada sauce*
- 1 (15 oz-can) black beans, rinsed and drained
- ¼-½ cup purchased or homemade ranch dressing
- 1 (14 oz.-can) diced tomatoes
- _____
- _____

SEASONINGS & SPICES:

- Fine salt and black pepper
- 2 ½ teaspoons garlic powder
- 1 ½ teaspoons onion powder
- 1 ½ teaspoon dried rosemary
- 1 teaspoon paprika
- ½ teaspoon dried thyme
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon dried Italian seasoning
- _____
- _____

Recipe 01

Crock Pot Pork Roast



Recipe 02

Beef Skillet Enchiladas



Recipe 03

Sheet Pan Chicken Bacon Ranch



Recipe 04

Italian Sausage Zucchini Boats



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