

# HEALTHY MEAL PLAN

# WEEK #1

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

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## GROCERY LIST

### PROTEIN & DAIRY:

- 4 bone-in or boneless pork chops (~2 lbs, ¾-to-1-inch thick)
- 1 lb lean ground beef, ground turkey, or ground pork
- 1 lb chicken (may buy 3 cups pre-cooked)
- 1 lb ground turkey or ground chicken
- 1 cup cottage cheese
- 1 cup shredded mozzarella cheese
- ½ cup shredded parmesan cheese
- 2 ½ cups (8-ounces) shredded colby jack or cheddar cheese
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### PRODUCE (FRESH AND FROZEN):

- 1 sweet yellow onion
- 3 medium zucchini
- 2 cups diced mushrooms
- 2 small yellow onion
- 1 garlic bulb
- 2 cups spinach
- ¼ cup fresh basil
- 1 ½ cups frozen corn
- 1 bell pepper, any color
- 1 medium carrot
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### OPTIONAL GARNISHES AND SUGGESTED SIDES:

- For the Smothered Pork Chops** - veggie side, mashed potatoes or rice, fresh thyme or parsley.
- For the Zucchini Lasagna Skillet** - side salad with Italian dressing.
- For the Chipotle Chicken Quinoa Casserole** - fresh cilantro, fresh lime wedges, avocado, jalapeno, salsa, sour cream, and/or blue corn chips.
- For the Turkey Sloppy Joes** - hamburger buns or serve in a sweet potato, veggie side.

### CANNED, DRIED & PANTRY STAPLES:

- Cooking spray
- Avocado oil or olive oil
- 2 ¾ cups chicken broth
- 3 tablespoons flour (gluten-free, if needed)
- 1 (24-ounce) jar marinara sauce
- 1 tablespoon balsamic vinegar
- 1 cup dry quinoa
- 1 (16-ounce) jar salsa
- 1 (4-ounce) can diced green chiles
- 1 (6-ounce) can tomato paste
- 2 tablespoons coconut aminos
- 1 tablespoon Dijon or yellow mustard
- 1 tablespoon apple cider vinegar (or white vinegar)
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### SEASONINGS & SPICES:

- Fine salt and black pepper
- 2 ½ teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground sage
- 1 ½ teaspoons Italian seasoning
- 1 ½ teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon chipotle powder (or chili powder)
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## Recipe 01

### **Smothered Pork Chops**



## Recipe 02

### **Easy Zucchini Lasagna Skillet**



## Recipe 03

### **Chipotle Quinoa Casserole with Chicken**



## Recipe 04

### **Turkey Sloppy Joes**



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