HEALTHY MEAL PLAN

WEEK #2

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

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GROCERY LIST

DDATEINI O DAIDVA

PROTEIN & DAIRT:
 1 ¼ lb pork chops or pork tenderloin
 1 ½ pound salmon fillets
3 cups cooked chicken (1 lb raw)
1 ¼ lb pork tenderloin
 1 ¾ cups shredded Monterey Jack or cheddar cheese
PRODUCE (FRESH AND FROZEN):
2 oranges
1 garlic bulb
1 small ginger knob
 1 small head broccoli
2 medium zucchinis
2 medium carrots
2 red bell peppers
1 red onion
 1 bunch green onions
2 small jalapeños
 1 cup shredded carrots
3 radishes
 1 medium English cucumber
 1 cup fresh cilantro leaves
1 lemon
1 lb sweet potato
 12 ounces fresh green beans
○ 1 tablespoon fresh dill (or ½ teaspoon dried dill)

CANNED, DRIED & PANTRY STAPLES:

- Avocado oil or oil olive
- 1 ¼ cup coconut aminos
- 2 teaspoons toasted sesame oil
- 2 tablespoons cornstarch
- 1 tablespoon sesame seeds
- ²/₃ cup buffalo sauce
- 1 (4-ounce) can green chiles
- 1 ¼ cups (10-ounce can) red enchilada sauce
- 1 (14-ounce) can pinto beans
- 6 corn tortillas
- 1 cup rice vinegar
- 1 teaspoons fish sauce
- 3 cups cooked brown rice (2 90 second packets)
- 1 2 teaspoons sriracha
- 2 tablespoons mayonnaise

SEASONINGS & SPICES:

- Fine salt and black pepper
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
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OPTIONAL GARNISHES AND SUGGESTED SIDES:

- For the Orange Pork Stir Fry green onion, cilantro, cooked rice or cauliflower rice.
- For the Buffalo Chicken Enchilada Skillet ranch dressing, green onions, cilantro, and/or crumbled blue cheese.
- For the Banh Mi Bowls hot sauce (such as sriracha) and lime wedges.

Recipe 0

Orange Pork
Stir Fry

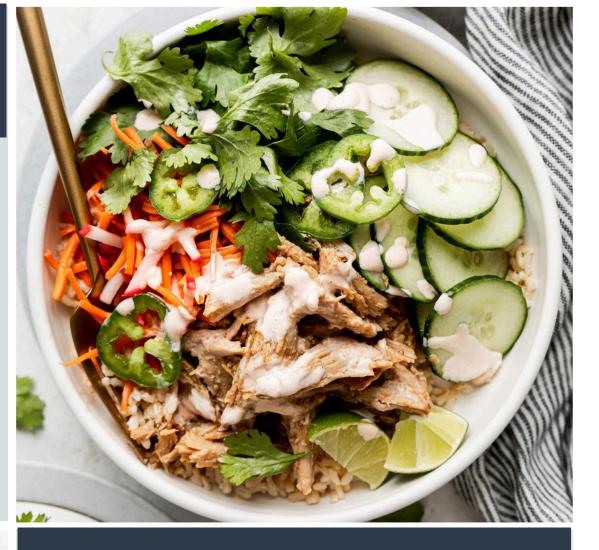




Buffalo Chicken Enchilada Skillet

Recipe 03

Slow Cooker
Banh Mi Bowls





Recipe 04

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Sheet Pan
Salmon and
Veggies

