

# 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:

- 1 ¼ lb pork chops or pork tenderloin
- 1 ¼ pound salmon fillets
- 3 cups cooked chicken (1 lb raw)
- 1 ¼ lb pork tenderloin
- 1 ¾ cups shredded Monterey Jack or cheddar cheese
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- \_\_\_\_\_

### 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)
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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.

### 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
- ⅔ 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
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### SEASONINGS & SPICES:

- Fine salt and black pepper
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder
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## Recipe 01

### **Orange Pork Stir Fry**



## Recipe 02

### **Buffalo Chicken Enchilada Skillet**



## Recipe 03

### **Slow Cooker Banh Mi Bowls**



## Recipe 04

### **Sheet Pan Salmon and Veggies**



X **the real food** DIETITIANS

