

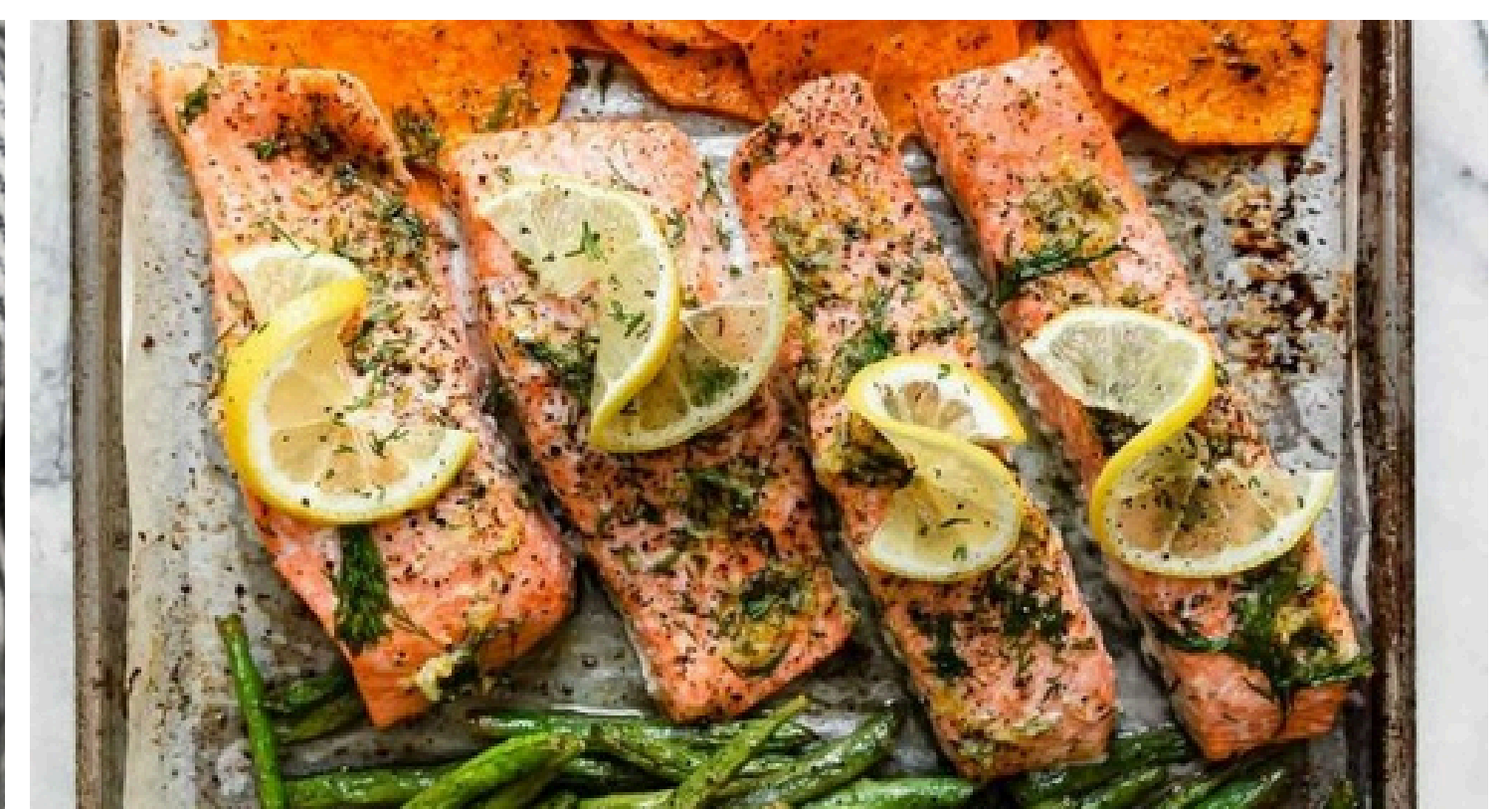


# 2-WEEK HEALTHY meal plan + grocery list #9



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>Smothered Pork Chops</u>	<u>Easy Zucchini Lasagna Skillet</u>	<u>Chipotle Quinoa Casserole with Chicken</u>	Leftovers	<u>Turkey Sloppy Joes</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>Orange Pork Stir Fry</u>	<u>Buffalo Chicken Enchilada Skillet</u>	<u>Slow Cooker Banh Mi Bowls</u>	Leftovers	<u>Sheet Pan Salmon and Veggies</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:

- 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
- \_\_\_\_\_
- \_\_\_\_\_

### 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)
- \_\_\_\_\_
- \_\_\_\_\_

### 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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# HEALTHY MEAL PLAN

# WEEK #2

Click on each recipe title in bold text  
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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)
- \_\_\_\_\_
- \_\_\_\_\_

### 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
- \_\_\_\_\_
- \_\_\_\_\_

## 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**



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