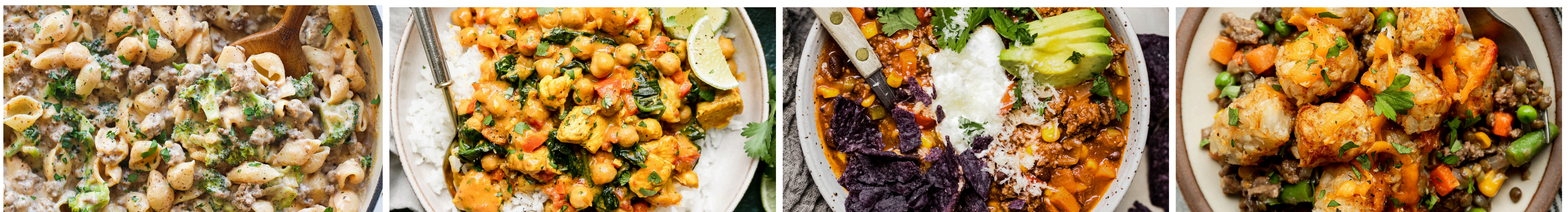


2-WEEK HEALTHY meal plan + grocery list #10



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>Thai-Inspired Sweet Potato Peanut Bowl with Chicken</u>	<u>Ground Beef and Zucchini Skillet</u>	<u>Sheet Pan Veggie Shawarma</u>	Leftovers	<u>Green Chicken Enchilada Casserole</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>Homemade Hamburger Helper</u>	<u>Chicken and Chickpea Curry</u>	<u>Healthy Turkey Chili</u>	Leftovers	<u>Tater Tot Casserole with Lentils</u>	Leftovers or Takeout	Build Your Own Meal



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:

- 1 lb lean ground beef
- 1 ½ lbs boneless, skinless chicken breasts
- 1 ½ cups plain whole milk yogurt
- 3 cups Monterey Jack cheese
- _____
- _____

PRODUCE (FRESH AND FROZEN):

- 1 garlic bulb
- 3 cups fresh broccoli florets
- 2 medium sweet potatoes
- 2 medium red bell peppers
- 2 small red onions
- 1 small zucchini
- 1 cup frozen corn
- 1 head cauliflower
- 1 lemon
- 1 lime
- 1 (5-ounce) container fresh baby spinach
- ¾ cup fresh cilantro
- 1 teaspoon fresh ginger (may sub ground ginger)
- _____
- _____

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- For the Ground Beef and Zucchini Skillet** - chopped fresh cilantro, sliced green onions, sour cream.
- For the Veggie Shawarma Bowls** - lettuce, diced or sliced cucumber, halved cherry tomatoes, lemon wedges, fresh mint/basil/cilantro, cashews, toasted sesame seeds. Add protein of choice if desired.
- For the Green Chicken Enchilada Casserole** - chopped fresh cilantro, finely diced red onion, diced or sliced avocado, and/or lime wedges.

CANNED, DRIED & PANTRY STAPLES:

- Cooking spray
- Olive oil or avocado oil
- 9 (6-inch) yellow corn tortillas
- 2 (15-ounce) cans chickpeas
- 2 (15-ounce) cans black beans
- 2 (15-ounce) cans green enchilada sauce
- 1 (15-ounce) can fire-roasted tomatoes
- ⅓ cup dry roasted peanuts
- ⅓ cup natural peanut butter
- ¼ cup tahini (may sub peanut butter)
- ¼ cup coconut aminos
- 1 tablespoon pure maple syrup
- 2 teaspoons rice vinegar
- 1 ½ teaspoons toasted sesame oil
- _____
- _____

SEASONINGS & SPICES:

- 1 packet taco seasoning
- 2 ¾ teaspoons ground cumin
- 1 ½ teaspoons paprika
- 1 teaspoon ground coriander
- ¾ teaspoon ground turmeric
- ¾ teaspoon garlic powder
- ¾ teaspoon onion powder
- ½ teaspoon red pepper flakes
- Salt and black pepper
- _____
- _____

Recipe 01

Thai-Inspired Sweet Potato Peanut Bowls



Recipe 02

Ground Beef and Zucchini Skillet



Recipe 03

Sheet Pan Veggie Shawarma



Recipe 04

Green Chicken Enchilada Casserole



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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 lbs lean ground beef
- 1 lb boneless, skinless chicken breasts
- 1 lb lean ground turkey, beef or chicken
- 3 cups milk
- 2 ½ cups shredded cheddar cheese
- ½ cup half and half
- _____
- _____

PRODUCE (FRESH AND FROZEN):

- 3 cups (8-ounces) diced mushrooms
- 1 garlic bulb
- 3 medium yellow onion
- 2 medium red bell pepper
- 1 medium head broccoli
- 1 zucchini or yellow squash
- 1 (12-ounce) bag frozen cauliflower florets
- 1 (28-ounce) package frozen tater tots or crispy crowns (such as Cascadian Farms or Alexia)
- 1 (12-ounce) bag frozen mixed vegetables
- 1 cup frozen corn
- 1 cup frozen cauliflower rice
- 3-ounces fresh baby spinach
- _____
- _____

CANNED, DRIED & PANTRY STAPLES:

- Olive oil or avocado oil
- 4 cups chicken broth
- 1 (15-ounce) fire-roasted diced tomatoes
- 1 (15-ounce) can chickpeas
- 1 (15-ounce) can tomato sauce
- 1 (15-ounce) can crushed or petite diced tomatoes
- 1 (15-ounce) can black beans
- 1 (15-ounce) can cooked lentils
- 1 (14-ounce) can full-fat or light coconut milk
- ⅔ cup gluten free flour blend (may sub regular flour)
- 6 ounces chickpea pasta (elbow or shells)
- 2 tablespoons tomato paste
- _____
- _____

SEASONINGS & SPICES:

- 2 tablespoons chili powder
- 2 tablespoons curry powder
- 1 tablespoon ground cumin
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon ground turmeric
- ¼ teaspoon dried ginger
- dash of cayenne pepper
- Salt and black pepper
- _____
- _____

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- For the Chicken and Chickpea Curry - chopped fresh cilantro, steamed rice, and lime wedges.
- For the Healthy Turkey Chili - diced avocado, chopped cilantro, shredded cheese, sour cream or Greek yogurt, and/or lime wedges.

Recipe 01

Homemade Hamburger Helper



Recipe 02

Chicken and Chickpea Curry



Recipe 03

Healthy Turkey Chili



Recipe 04

Tater Tot Casserole with Lentils



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