

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:

- 2 ½–3 lbs boneless pork shoulder or Boston butt
- 1¼ lbs boneless, skinless chicken breasts, tenders or thighs
- 1 lb lean ground beef
- 4 salmon filets, about 1 inch thick (4-5 ounces each)
- _____
- _____

PRODUCE (FRESH AND FROZEN):

- 2 yellow onions & 1 red onion
- 2 garlic bulbs
- 1 (10-12-ounce) bag coleslaw mix
- 3 green onions
- ½ cup fresh cilantro leaves
- 3 tablespoons fresh basil
- 1 lime & 1 lemon
- 2 large heads fresh broccoli (8-10 cups florets)
- 4 medium carrots
- 2 cups button mushrooms
- 1 cup cherry tomatoes
- 8 ounces fresh green beans
- 1 red bell pepper
- 1 teaspoon grated fresh ginger (may sub ground ginger)
- 1 lb baby red potatoes
- _____
- _____

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- For the Pulled Pork Bowls** -
cooked rice or cauliflower rice, sliced green onions, and pickles
- For the Ground Beef Stir Fry** -
cooked rice or cauliflower rice and sesame seeds
- Pro Tip!**
meal prep a batch of rice to serve with the pulled pork bowls and ground beef stir fry!

CANNED, DRIED & PANTRY STAPLES:

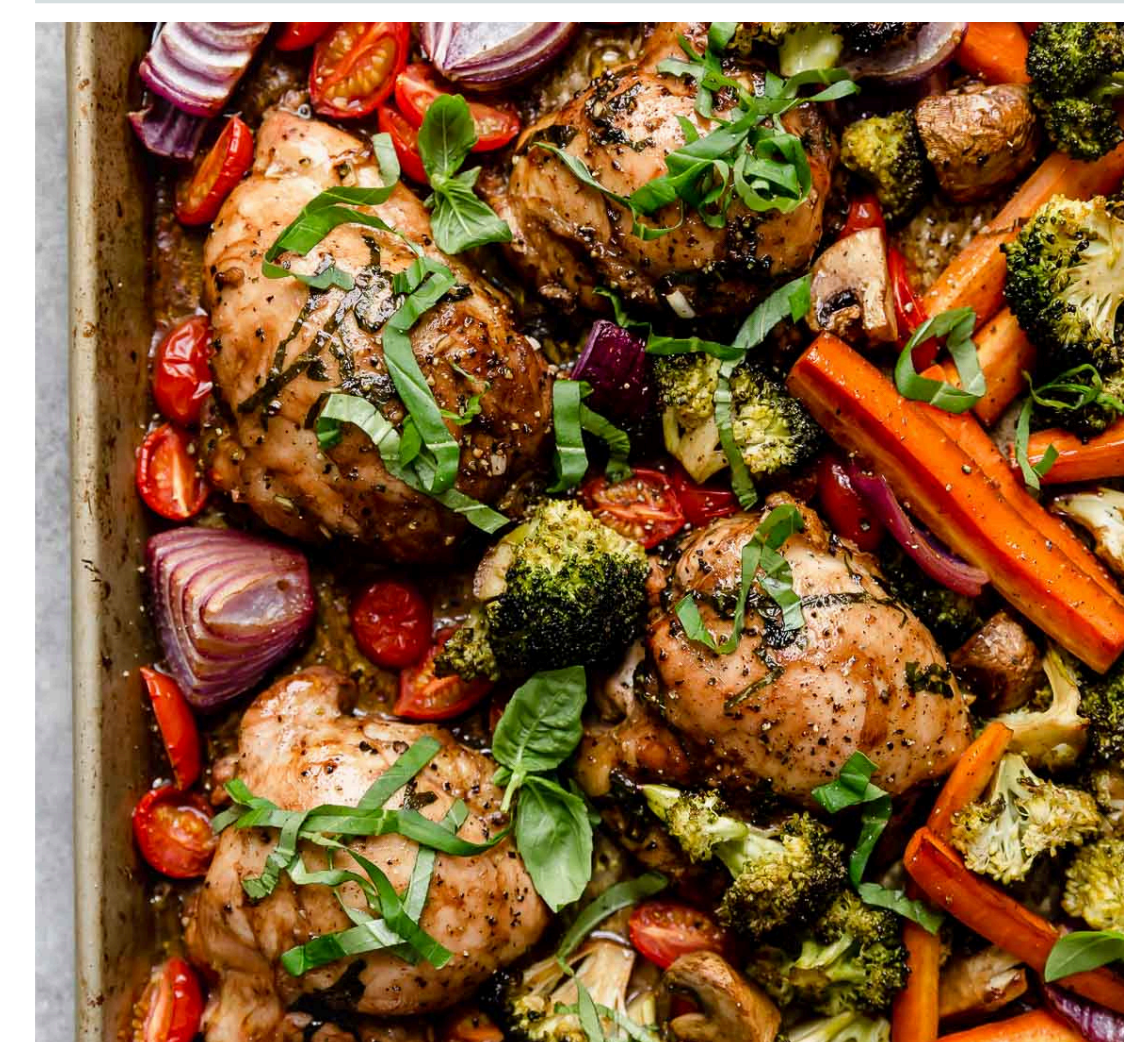
- Cooking spray
- Avocado oil or olive oil
- 1 ½ cups (12-ounces) BBQ sauce of choice
- ⅓ cup apple cider vinegar
- ½ cup honey
- 3 tablespoons balsamic vinegar
- 1 teaspoon brown or Dijon mustard
- 2 teaspoons toasted sesame oil
- ⅓ cup coconut aminos
- ½–1 teaspoon chili garlic sauce (such as Huy Fong or Lee Kum Kee brand)
- 3 tablespoons whole grain mustard (may substitute stone ground or dijon mustard)
- _____
- _____

SEASONINGS & SPICES:

- Fine salt and black pepper
- ½ teaspoon ground cumin
- ½ teaspoon dried thyme
- Pinch of cayenne pepper (optional)
- _____
- _____

Recipe 01

Crockpot Pulled Pork Bowls



Recipe 03

Ground Beef Stir Fry



Recipe 04

Sheet Pan Honey Mustard Salmon



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