

# 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 lbs pork tenderloin
- 1 lb boneless, skinless chicken breasts
- 1 lb lean ground beef
- 1 ¼ lbs raw shrimp, deveined and tails removed
- ¼ cup sour cream or plain yogurt (may sub dairy-free sour cream)
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### PRODUCE (FRESH AND FROZEN):

- 1–1 ¼ lbs Yukon gold baby potatoes
- 1 lb asparagus, medium thickness
- 2 yellow onions
- 4 medium bell peppers (any color)
- 6 garlic cloves
- 1 (12-ounce) bag frozen cauliflower florets
- 2–3 cups baby spinach
- 4–6 green onions
- 1 (12-ounce) bag coleslaw mix
- 2 cups shredded carrots
- 2 teaspoons freshly grated ginger
- 1 cup frozen shelled edamame
- 16 ounces riced cauliflower (may sub frozen)
- 1 lime
- Fresh cilantro
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### CANNED, DRIED & PANTRY STAPLES:

- Cooking spray
- Avocado oil or olive oil
- 2 tablespoons mayonnaise
- 2 tablespoons whole grain mustard (may sub stone ground or dijon)
- 1 (15-ounce) can fire-roasted diced tomatoes
- 1 (14-ounce) can full-fat coconut milk
- 1 (15-ounce) can chickpeas
- 2 cups low-sodium chicken broth
- ½ cup low-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 1 tablespoon rice vinegar
- 2 teaspoons honey
- 3 (3-ounce) packages of ramen noodles
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### SEASONINGS & SPICES:

- Fine salt and black pepper
- 2 ½ teaspoons chili powder
- ½ teaspoon onion powder
- 1 teaspoon garlic powder
- ¼ teaspoon chipotle powder
- 2 tablespoons curry powder
- ½ teaspoon ground turmeric
- ¼ teaspoon dried ginger
- ¼ teaspoon smoked paprika
- ¼ teaspoon ground cumin
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### OPTIONAL GARNISHES AND SUGGESTED SIDES:

- For the Chicken and Chickpea Curry** - cooked rice or cauliflower rice, lime wedges, and fresh cilantro
- For the Crockpot Beef Ramen** - fresh cilantro, sliced green onions, Sriracha, sesame seeds, hot honey, and crushed red pepper flakes
- For the Sheet Pan Shrimp Fajita Bowls** - cooked rice or cauliflower rice, guacamole or avocado, lemon or lime wedges, and fresh cilantro

## Recipe 01

### **Sheet Pan Pork Tenderloin**



## Recipe 02

### **Chicken and Chickpea Curry**



## Recipe 03

### **Crockpot Beef Ramen**



## Recipe 04

### **Sheet Pan Shrimp Fajita Bowls**



x **the real food** DIETITIANS

