

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:

- 3 ½ - 4 lbs boneless pork shoulder
- 2 tablespoons butter
- 1 lb lean ground beef
- ½ cup full-fat sour cream
- 2 lbs boneless, skinless chicken breasts
- 1 lb skinless salmon fillets
- _____
- _____

PRODUCE (FRESH AND FROZEN):

- 3 yellow onions
- 2 lbs sweet potatoes
- 1 (10-12-ounce) bag of coleslaw
- 1 large apple
- 3 green onions
- 8 ounces of cremini or button mushrooms
- 2 garlic bulbs
- 1 red bell pepper
- 1 (5-ounce) carton fresh baby spinach
- 1 large lime
- 3 teaspoons fresh ginger root (may sub ground ginger)
- 1 English cucumber
- _____
- _____

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- **For the Fall Pork Bowls** -
chopped fresh parsley
- **For the Ground Beef Stroganoff** -
chopped fresh parsley
- **For the Slow Cooker Thai Peanut Chicken** -
rice noodles or white rice, chopped peanuts, chopped fresh cilantro, sliced green onions
- **For the Salmon Bites Bowls** -
diced avocado, shelled edamame, red pepper flakes, sesame seeds, sliced green onions

CANNED, DRIED & PANTRY STAPLES:

- Cooking spray
- Avocado oil or olive oil
- ⅓ cup Dijon mustard
- 2 tablespoons brown sugar
- ¾ cup apple juice (may sub chicken broth)
- 6 tablespoons apple cider vinegar
- 1 ½ teaspoons pure maple syrup (may sub honey)
- 2 tablespoons all-purpose flour (may sub gluten-free)
- 2 teaspoons Worcestershire sauce (may sub coconut aminos)
- 1 cup low-sodium beef broth
- 1 ½ cups uncooked egg noodles (may sub gluten-free noodles)
- 1 cup light or full-fat canned coconut milk
- ½ cup natural creamy peanut butter
- ½ cup coconut aminos
- 4 tablespoons rice vinegar
- 3 tablespoons pure honey
- 3 teaspoons toasted sesame oil
- 2 ½ teaspoons Sriracha
- ¼ cup mayonnaise
- 3 cups cooked brown rice, jasmine rice, or cauliflower rice
- _____
- _____

SEASONINGS & SPICES:

- Fine salt and black pepper
- 2 teaspoons paprika
- ½ teaspoon ground cinnamon
- ½ teaspoon red pepper flakes
- _____
- _____

Recipe 01

Fall Pork Bowls



Recipe 02

Ground Beef Stroganoff



Recipe 03

Slow Cooker Thai Peanut Chicken



Recipe 04

Salmon Bites Bowls



x the **real food** DIETITIANS

