

## 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:

- ☐ 3 - 3 ½ lbs boneless pork shoulder
- ☐ 2 lbs lean ground beef
- ☐ 3 strips bacon
- ☐ 1 ½ lbs boneless skinless chicken breast (or 2 large)
- ☐ 6 tablespoons butter
- ☐ ¼ cup half and half or heavy cream
- ☐ 1 lb ground breakfast sausage
- ☐ 1 ½ cups shredded cheddar cheese
- ☐ ½ cup milk of choice
- ☐ ½ cup plain Greek yogurt or sour cream
- ☐ 10 large eggs
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### PRODUCE (FRESH AND FROZEN):

- ☐ 1 cup fresh pineapple chunks
- ☐ 1 orange (may sub orange juice)
- ☐ ½ small white + 1 small yellow onion
- ☐ 7 garlic cloves
- ☐ 1 ½ lbs sweet potatoes
- ☐ 1 small yellow onion,
- ☐ 2 red bell pepper
- ☐ 1 green bell pepper
- ☐ 1 lb fresh green beans (or 12-ounce bag trimmed)
- ☐ 1 (20-ounce) bag frozen shredded hash browns
- ☐ 5 green onions (about 1/2 cup)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### OPTIONAL GARNISHES AND SUGGESTED SIDES:

- ☐ **For the Slow Cooker Pork Al Pastor** - finely diced white onion, diced pineapple, chopped fresh cilantro, lime wedges, and guacamole; cooked rice if serving bowl style
- ☐ **For the Sloppy Joe Bowls** - pickled red onions, pickles, and chopped fresh parsley, sauteed broccolini or veggies of choice
- ☐ **For the Smothered Chicken** - chopped fresh parsley
- ☐ **For the Roasted Green Beans** - chopped bacon, toasted almonds, Parmesan cheese, or squeeze of lemon juice
- ☐ **For the Sausage Egg Bake** - fresh fruit, mixed green salad

### CANNED, DRIED & PANTRY STAPLES:

- ☐ Cooking spray
- ☐ Avocado oil or olive oil
- ☐ 2 (6-ounce) cans tomato paste
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons apple cider vinegar
- ☐ Small corn or flour tortillas (may sub rice)
- ☐ 2 tablespoons yellow mustard (may substitute Dijon mustard)
- ☐ 1 tablespoon coconut aminos
- ☐ ¼ cup all-purpose flour (may sub gluten-free)
- ☐ 1 cup low-sodium chicken broth
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### SEASONINGS & SPICES:

- ☐ Fine salt and black pepper
- ☐ 2 tablespoons chili powder
- ☐ 2 tablespoons paprika (regular or smoked)
- ☐ 2 teaspoons dried oregano
- ☐ 2 teaspoons ground cumin
- ☐ ⅛ - ¼ teaspoon cayenne
- ☐ 1 ¼ teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon dried parsley
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Recipe 01

#### **Crockpot** **Al Pastor**



### Recipe 02

#### **Sloppy Joe** **Bowls**



### Recipe 03

#### **Smothered** **Chicken +** **Roasted Green** **Beans**



### Recipe 04

#### **Sausage Egg** **Bake**



x the real food DIETITIANS

