

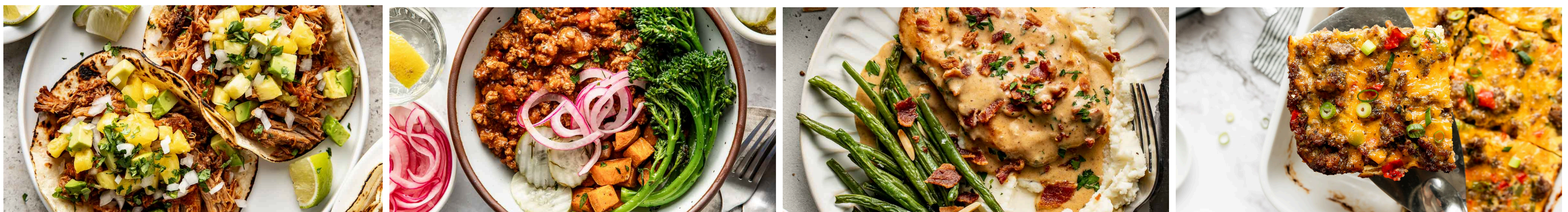


# 2-WEEK **HEALTHY** meal plan + grocery list #12



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>Fall Pork Bowls</u>	<u>Ground Beef Stroganoff</u>	<u>Slow Cooker Thai Peanut Chicken</u>	Leftovers	<u>Salmon Bites Bowls</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>Crockpot Al Pastor</u>	<u>Sloppy Joe Bowls</u>	<u>Smothered Chicken + Roasted Green Beans</u>	Leftovers	<u>Sausage Egg Bake</u>	Leftovers or Takeout	Build Your Own Meal





## HEALTHY MEAL PLAN

# WEEK #1

Click on each recipe title in bold text  
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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





## 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

