

HEALTHY MEAL PLAN

WEEK #4

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GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Pork Kebabs with Peanut Sauce, (2) Mediterranean Steak Bowls, (3) Grilled Shrimp Tacos with Mango-Avocado Salsa, (4) Creamy BBQ Chicken Salad

PROTEIN:

- 1 lb. boneless, thick-cut pork chops ⁽¹⁾
- 1 lb. beef flank steak, NY strip, or sirloin steak ⁽²⁾
- 8-10 ounces chicken breasts or thighs ⁽⁴⁾
- 1 lb. medium raw shrimp ⁽³⁾
- 1 16-ounce carton original or garlic hummus ⁽²⁾
- _____
- _____

DAIRY:

- ½ cup crumbled feta cheese ⁽²⁾
- ¼ cup crumbled cotija cheese or feta cheese ⁽³⁾
- 1 cup plain yogurt, Greek yogurt, or skyr ⁽²⁾
- _____
- _____

PRODUCE:

- 1 large orange ⁽¹⁾
- 1 medium lemon ⁽²⁾
- 2 medium limes ^(1, 3)
- 1 large fresh mango ⁽³⁾
- 1 medium avocado ⁽³⁾
- 1 head romaine lettuce ⁽²⁾
- 1 cup shredded red cabbage or coleslaw mix ⁽³⁾
- 1 cup curly kale ⁽⁴⁾
- 1 medium bell pepper, any color ⁽¹⁾
- 1 medium zucchini or yellow squash ⁽¹⁾
- 1 English cucumber ⁽²⁾
- 2 pints grape or cherry tomatoes ^(2, 4)
- 2 medium red onions ^(1, 2, 3)
- 2 green onions ⁽²⁾
- 1 small jalapeño ⁽³⁾
- 3 cloves garlic ^(1, 2, 3)
- 1-inch knob fresh ginger or ¼ teaspoon dried ginger ⁽¹⁾
- 1 bunch fresh cilantro ⁽³⁾
- 2 teaspoons fresh mint (or ½ teaspoon dried mint) ⁽²⁾
- ⅔ cup fresh, frozen, or canned corn ⁽⁴⁾

OTHER PRODUCE:

- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- ¼ cup olive oil or avocado oil ^(1, 2, 3)
- ¼ cup rice vinegar ⁽¹⁾
- ¼ cup coconut aminos ⁽¹⁾
- ⅓ cup mayonnaise ⁽⁴⁾
- 2 tablespoons BBQ sauce ⁽⁴⁾
- ¼ cup creamy peanut butter ⁽¹⁾
- 1 ounce smoked or dry-roasted almonds ⁽⁴⁾
- ⅓ cup pitted kalamata olives ⁽²⁾
- 8 corn tortillas ⁽³⁾
- 12 large/long wooden or metal skewers ^(1, 2, 3)
- _____
- _____

SEASONINGS & SPICES:

- 2 teaspoons chili powder ⁽³⁾
- 1 teaspoon ground cumin ⁽³⁾
- ¼ teaspoon ancho chili powder or chili powder ⁽³⁾
- ½ teaspoon dried dill ⁽²⁾
- ½ teaspoon garlic powder ⁽³⁾
- ¼ teaspoon onion powder ⁽³⁾
- ½ teaspoons dried oregano ⁽²⁾
- ½ teaspoon crushed red pepper flakes ⁽¹⁾
- Fine salt
- Black pepper
- _____
- _____

Recipe 01

Grilled Pork Kebabs with Peanut Sauce



Recipe 02

Mediterranean Steak Bowls



Recipe 03

Grilled Shrimp Tacos with Mango-Avocado Salsa



Recipe 04

Creamy BBQ Chicken Salad

