

4-WEEK HEALTHY MEAL PLAN

with grocery list #3

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WEEK #1	DAY 01 MONDAY	DAY 02 TUESDAY	DAY 03 WEDNESDAY	DAY 04 THURSDAY	DAY 05 FRIDAY	DAY 06 SATURDAY	DAY 07 SUNDAY
		<u>Grilled Pork Tenderloin with Pineapple Salsa</u>	<u>Grilled Steak Kebabs</u>	<u>Summer Pasta with Chicken and Berries</u>	Leftovers	<u>Greek Quinoa Salad with Avocado</u> (optional: Add shrimp or chicken)	Leftovers or Takeout
WEEK #2	DAY 08 MONDAY	DAY 09 TUESDAY	DAY 10 WEDNESDAY	DAY 11 THURSDAY	DAY 12 FRIDAY	DAY 13 SATURDAY	DAY 14 SUNDAY
		<u>Grilled Honey Garlic Pork Chops and Quinoa Kale Salad with Blueberries</u>	<u>Easy Thai-Inspired Steak Salad</u>	<u>Grilled Salmon Kebabs with Creamy Curry Yogurt Sauce</u>	Leftovers	<u>Strawberry Spinach Salad with Chicken</u>	Leftovers or Takeout
WEEK #3	DAY 15 MONDAY	DAY 16 TUESDAY	DAY 17 WEDNESDAY	DAY 18 THURSDAY	DAY 19 FRIDAY	DAY 20 SATURDAY	DAY 21 SUNDAY
		<u>Grilled Pork Burgers with Creamy Thai-Inspired Slaw</u>	<u>Grilled Flank Steak with Chimichurri and Quinoa Arugula Salad with Peaches</u>	<u>Teriyaki Salmon Bowls</u>	Leftovers	<u>Greek Chicken Kebabs</u>	Leftovers or Takeout
WEEK #4	DAY 22 MONDAY	DAY 23 TUESDAY	DAY 24 WEDNESDAY	DAY 25 THURSDAY	DAY 26 FRIDAY	DAY 27 SATURDAY	DAY 28 SUNDAY
		<u>Grilled Pork Kebabs with Peanut Sauce</u>	<u>Mediterranean Steak Bowls</u>	<u>Grilled Shrimp Tacos with Mango-Avocado Salsa</u>	Leftovers	<u>Creamy BBQ Chicken Salad</u>	Leftovers or Takeout



HEALTHY MEAL PLAN

WEEK #1

GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Pork Tenderloin with Pineapple Salsa, (2) Grilled Steak Kebabs, (3) Summer Pasta Salad with Chicken and Berries, (4) Greek Quinoa Salad with Avocado

PROTEIN:

- 1 - 1 ¼ lb. pork tenderloin ⁽¹⁾
- 1 ¼ lbs. sirloin steak ⁽²⁾
- 8 ounces chicken breast or thighs ⁽³⁾
- _____
- _____

DAIRY:

- 2 ounces feta cheese ⁽⁴⁾
- _____
- _____

PRODUCE:

- 2 medium lemons ^(3, 4)
- 1 medium lime ⁽¹⁾
- 1 fresh pineapple (or 1 cup diced pineapple) ⁽¹⁾
- 6 ounces fresh berries of choice ⁽³⁾
- 1 small avocado ⁽⁴⁾
- 16 ounces baby spinach ^(3, 4)
- 1 small cucumber ⁽⁴⁾
- 4 ounces grape or cherry tomatoes ⁽⁴⁾
- 1 medium red bell pepper ⁽¹⁾
- 2 small bell peppers, any color ⁽²⁾
- 3 small red onions ^(1, 2, 3, 4)
- 1 small bunch green onions ⁽³⁾
- 1 clove garlic ⁽¹⁾
- 1 small jalapeño ⁽¹⁾
- 1 bunch fresh cilantro ⁽¹⁾
- 1 bunch fresh basil ⁽³⁾
- 2 tablespoons fresh oregano (may sub 1 teaspoon dried) ⁽⁴⁾
- _____
- _____

Click on each recipe title in bold text

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CANNED, DRY, PANTRY & FROZEN:

- ½ cup olive oil or avocado oil ^(3, 4)
- 2 tablespoons red wine vinegar ⁽²⁾
- ¼ cup apple cider vinegar ⁽³⁾
- 2 tablespoons tamari, soy sauce, or coconut aminos ⁽²⁾
- 1 tablespoon Worcestershire sauce ⁽²⁾
- ⅔ cup mayonnaise ⁽³⁾
- 2 tablespoons honey ⁽⁴⁾
- 6 ounces pasta, any shape, gluten-free if needed ⁽³⁾
- ½ cup uncooked quinoa ⁽⁴⁾
- ⅓ cup sliced almonds ⁽³⁾
- ¼ cup dried cranberries ⁽³⁾
- ½ cup canned, jarred or frozen artichoke hearts ⁽⁴⁾
- ¼ cup pitted kalamata olives ⁽⁴⁾
- 4-6 large/long wooden or metal skewers ⁽²⁾
- _____
- _____

SEASONINGS & SPICES:

- 1 pinch ground cinnamon ⁽¹⁾
- ½ teaspoon chili powder ⁽¹⁾
- 1 teaspoon garlic powder ^(1, 2)
- ½ teaspoon Italian seasoning ⁽²⁾
- ½ teaspoon onion powder ⁽¹⁾
- ½ teaspoon dried oregano ⁽¹⁾
- 2 teaspoons poppy seeds ⁽³⁾
- Fine salt
- Black pepper
- _____
- _____

OPTIONAL FOR SERVING:

- **Greek Quinoa Salad with Avocado:**

If desired, add 6-8 ounces cooked shredded chicken or cooked shrimp to this salad (*not included in grocery list above*)

Recipe **01**

Grilled Pork Tenderloin with Pineapple Salsa



Recipe **02**

Grilled Steak Kebabs



Recipe **03**

Summer Pasta Salad with Chicken and Berries



Recipe **04**

Greek Quinoa Salad with Avocado



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GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Honey Garlic Pork Chops and Quinoa Kale Salad with Blueberries, (2) Easy Thai-Inspired Steak Salad, (3) Grilled Salmon Kebabs with Creamy Curry Yogurt Sauce, (4) Strawberry Spinach Salad with Chicken

PROTEIN:

- 4 boneless pork loin chops (6-8 ounces each) (1)
1 lb. beef sirloin steak (2)
12 ounces cooked or grilled chicken (4)
20 to 24 ounces of skin-on salmon filets (3)

DAIRY:

- 4 ounces feta cheese (1)
1/2 cup plain yogurt, Greek yogurt or skyr (3)
4 ounces goat cheese (4)

PRODUCE:

- 6 medium lemons (1, 3, 4)
1 medium lime (2)
4 ounces fresh blueberries (1)
1 carton fresh strawberries (4)
1 medium avocado (4)
16 ounces spinach or salad greens of choice (2)
6 ounces chopped curly kale (1)
1 English cucumber (2)
1 pint cherry tomatoes (2)
1 small red onion (1, 4)
6 green onions (2, 4)
2 shallots (1, 2)
3 garlic cloves (1)
1 bunch fresh cilantro (2)
1 (0.67 ounce) package fresh mint (2)
2 tablespoons fresh basil (1)

CANNED, DRY, PANTRY & FROZEN:

- 1 cup plus 1 tablespoon olive oil or avocado oil (1, 2, 3, 4)
3 tablespoons apple cider vinegar (1)
2 tablespoons champagne vinegar or red wine vinegar (4)
4 tablespoons coconut aminos (1, 2)
1/2 teaspoon fish sauce (2)
3 tablespoons mayonnaise (1)
1/4 cup Dijon mustard (1)
6 tablespoons pure honey (1, 2, 3, 4)
1/3 cup roasted shelled pistachios (1)
1/4 cup dry roasted salted peanuts (2)
1/3 cup sliced almonds (4)
1/2 cup uncooked quinoa (1)
4-6 large/long wooden or metal skewers (3)

SEASONINGS & SPICES:

- 1 teaspoon chili-garlic sauce or Sriracha (2)
1/2 teaspoon curry powder (3)
1 teaspoon garlic powder (1, 3)
1 pinch smoked paprika (3)
1/4 teaspoon dried thyme (1)
Fine salt
Black pepper

Recipe 01

Grilled Honey Garlic Pork Chops and Quinoa Kale Salad with Blueberries



Recipe 02

Easy Thai-Inspired Steak Salad



Recipe 03

Grilled Salmon Kebabs with Creamy Curry Yogurt Sauce



Recipe 04

Strawberry Spinach Salad with Chicken



HEALTHY MEAL PLAN

WEEK #3

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GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Pork Burgers with Creamy Thai-Inspired Slaw, (2) Grilled Flank Steak with Chimichurri and Quinoa Arugula Salad with Peaches, (3) Teriyaki Salmon Bowls, (4) Greek Chicken Kebabs

PROTEIN:

- 1 lb unseasoned ground pork ⁽¹⁾
- 1 – 1 ¼ lbs. beef flank steak ⁽²⁾
- 1 ½ lbs. chicken breasts ⁽⁴⁾
- 4 (5-6 ounce) salmon filets ⁽³⁾

○ _____
○ _____

DAIRY:

- 4 ounces goat cheese ⁽²⁾
- ½ cup plain yogurt, Greek yogurt, or skyr ⁽⁴⁾

○ _____
○ _____

PRODUCE:

- 4 medium lemons ^(2, 4)
- 1 medium lime ⁽¹⁾
- 1 medium peach ⁽²⁾
- 1 medium avocado ⁽³⁾
- 3 cups packed arugula ⁽²⁾
- 1 cup shredded cabbage ⁽¹⁾
- 1 medium zucchini ⁽⁴⁾
- 1 Persian (or mini) cucumber ⁽²⁾
- 1 English cucumber ^(3, 4)
- 3 large carrots ^(1, 3)
- ½ medium red bell pepper ⁽¹⁾
- 1 large sweet bell pepper, any color ⁽⁴⁾
- 2 medium red onions ^(2, 4)
- 6 green onions ^(1, 3)
- 1 small jalapeño ⁽¹⁾
- 12 garlic cloves or 2 heads garlic ^(1, 2, 3, 4)
- 3-inch knob fresh ginger (or 1 teaspoon ground ginger) ^(1, 3)
- 1 small bunch fresh basil or cilantro (or mix) ⁽¹⁾
- 1 bunch fresh flat-leaf Italian parsley ⁽²⁾
- Few sprigs fresh mint ⁽²⁾
- 2 tablespoons fresh oregano (or 2 teaspoons dried oregano) ⁽⁴⁾
- 1 tablespoon fresh dill (or 1 teaspoon dried dill) ⁽⁴⁾
- 1 cup shelled fresh or frozen edamame ⁽³⁾

OTHER PRODUCE:

- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- 1 cup olive oil or avocado oil ^(2, 4)
 - 2 tablespoons toasted sesame oil ^(1, 3)
 - ¼ cup balsamic vinegar ⁽²⁾
 - 1 tablespoon rice vinegar ⁽³⁾
 - 1 tablespoon apple cider vinegar ⁽⁴⁾
 - 10 tablespoons coconut aminos ^(1, 3)
 - 1 ½ teaspoons fish sauce or coconut aminos ⁽¹⁾
 - ¼ cup honey ⁽³⁾
 - ⅓ cup sliced almonds ⁽²⁾
 - 2 tablespoons chopped nuts (peanuts, almonds, or cashews) ⁽¹⁾
 - ½ cup uncooked quinoa ⁽²⁾
 - 1 ½ cups uncooked rice (may sub cooked or cauliflower rice) ⁽³⁾
 - 1 ½ tablespoons cornstarch ⁽³⁾
 - 6-8 large/long wooden or metal skewers ⁽⁴⁾
- _____
○ _____

SEASONINGS & SPICES:

- ½ teaspoon garlic powder ⁽²⁾
 - 1 ½ teaspoons Italian seasoning ⁽²⁾
 - ¼ teaspoon onion powder ⁽²⁾
 - 1 teaspoon red pepper flakes ^(1, 2, 4)
 - Sesame seeds, optional garnish ⁽³⁾
 - Fine salt
 - Black pepper
- _____
○ _____

Recipe 01

Grilled Pork Burgers with Creamy Thai-Inspired Slaw



Recipe 02

Grilled Flank Steak with Chimichurri and Quinoa Arugula Salad with Peaches



Recipe 03

Teriyaki Salmon Bowls



Recipe 04

Greek Chicken Kebabs



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

