

# Emily, RD

MEAL PLAN #23  
SEPTEMBER 23, 2019

## This Week's Meal Plan

### Breakfast Options

Thursday's Breakfast Tacos  
Apple Muffins + Yogurt

### Lunch Prep

Butternut Squash Bowls

### Dinners

**Monday** - Instant Pot Picadillo w/ Spinach + Cauliflower Rice

**Tuesday** - Creamed Corn Chicken w/ Roasted Broccolini

**Wednesday** - Picadillo Quesadillas

**Thursday** - Pesto Salmon Foil Packs

**Weekend** - Souper Creamy Lemon Butter Zucchini Orzo

### Snacks

Apple Muffins  
Almond Butter Snack Packs  
Mandarin Orange

### Dessert

Chocolate Chia Pudding

### Little Lunch Boxes

**Main** - Protein Waffle Sandwich

**Fruit** - Banana

**Veggie** - Baby Carrots + Cucumber Slices

**Extras** - Hard-Boiled Eggs

\*Note: I know this seems like a lot of food but I cook breakfast, lunch and dinner for five people who like variety - adjust as you need to. Below I've arranged the grocery list by both recipe and section of the grocery store so you can easily strike ingredients you may not need.

# Emily's Grocery List

-By Recipe-

## Thursday's Breakfast Tacos

Tortillas  
Bacon  
Eggs  
Baby Spinach  
Avocado  
Salsa  
Salt  
Pepper

## Apple Muffins + Yogurt

Almond Flour  
Coconut Flour  
Salt  
Baking Powder  
Cinnamon  
Ginger  
Nutmeg  
Eggs  
Honey  
Vanilla  
Yogurt  
Apples  
Coconut Oil  
Maple Syrup  
Pecans

## Butternut Squash Bowls

Butternut Squash  
Olive Oil  
Parsley  
Oregano  
Salt  
Pepper  
Couscous  
Vegetable Stock  
Butter  
Avocado  
Pecans

Arugula  
Garlic  
Shallot  
Dijon Mustard  
Red Wine Vinegar

## Lunch Box

Kodiak Cakes Protein Waffle  
Almond Butter  
Banana  
Baby Carrots  
Cucumber  
Eggs

## Snacks

Almond Butter  
Celery Sticks  
Pretzels  
Mandarin Orange

## Instant Pot Picadillo

Ground Beef  
Onion, 1  
Garlic  
Tomato, 1  
Salt  
Red Bell Pepper, 1  
Cilantro  
Tomato Sauce  
Cumin  
Bay Leaf  
Green Olives  
Spinach  
Cauliflower Rice

## Creamed Corn Chicken

Chicken Thighs  
Olive Oil  
Thyme

Salt  
Pepper  
Flour  
Bacon  
Yellow Onion, 1  
Butter  
Corn, 4 ears  
Garlic  
Red Pepper Flakes  
White Wine  
Coconut Milk  
Parmesan  
Basil  
Broccolini

### **Picadillo Quesadilla**

Leftover Picadillo  
Tortillas  
Shredded Cheese  
Chopped Spinach

### **Pesto Salmon Foil Packs**

Asparagus  
Salmon Filets  
Pesto  
Cherry Tomatoes  
Salt  
Pepper  
Olive Oil

### **Souper Creamy Lemon Butter Cheesy**

#### **Zucchini Orzo**

Butter  
Garlic  
Orzo Pasta  
Thyme  
Zucchini, 2  
Kale  
Chicken Stock  
Lemon, 1  
Onion Powder  
Salt  
Pepper

Coconut Milk  
Parmesan  
Parsley

### **Chia Chocolate Pudding**

Coconut Milk  
Cocoa Powder  
Maple Syrup  
Chia Seeds  
Vanilla  
Salt

# Emily's Grocery List

-By Store Section-

## **Produce**

Apples  
Arugula  
Asparagus  
Avocado, 3-4  
Baby Carrots  
Baby Spinach  
Banana, 6-8  
Basil  
Broccolini  
Butternut Squash  
Carrots, 2 large  
Cauliflower Rice  
Celery Sticks  
Cherry Tomatoes  
Cilantro  
Corn, 4 ears  
Cucumber  
Garlic  
Kale  
Lemons, 3-4  
Mandarin Oranges  
Parsley, flat-leaf  
Red Bell Pepper, 1  
Shallot  
Thyme  
Tomato, 1  
Yellow Onion, 2  
Zucchini, 2

## **Dairy/Dairy Alternatives**

Almond Milk, unsweetened  
Butter  
Coconut Milk (canned), 3  
Parmesan Cheese  
Shredded Mozzarella  
Yogurt

## **Proteins**

Almond Butter  
Bacon (I like Applegate Farms)  
Chicken Thighs, 2 lbs  
Eggs  
Ground Beef, 1-2 lb  
Salmon Filets, 4- 6oz

## **Pantry Essentials - Baking**

Almond Flour  
Baking Powder  
Chia Seeds  
Cinnamon  
Cocoa Powder  
Coconut Flour  
Coconut Oil  
Collagen Peptides  
Flour (sub Almond Flour)  
Ginger  
Honey  
Kodiak Cakes Protein Waffle Mix  
Maple Syrup  
Nutmeg  
Vanilla

## **Pantry Essentials - Sauces, Broths, Nuts, Canned, Etc.**

Chicken Stock  
Dijon Mustard  
Green Olives  
Olive Oil  
Pecans  
Pesto  
Red Wine Vinegar  
Salsa  
Tomato Sauce  
Vegetable Stock  
White Wine

**Pantry Essentials - Spices**

Basil

Bay Leaf

Black Pepper

Chili Powder

Cumin

Garlic Powder

Onion Powder

Oregano

Parsley, dried

Red Pepper Flakes

Salt

Thyme

**Grains or Grain Alternatives**

Couscous

Orzo Pasta

Pretzels

Tortillas (I like Siete Foods Almond Flour)

**Other**