

# Emily, RD

MEAL PLAN #24  
SEPTEMBER 30, 2019

## This Week's Meal Plan

### Breakfast Options

Oatmeal Parfait Cups  
Ham, Egg & Cheese Breakfast Quesadillas

### Lunch Prep

Spicy Chicken & Broccoli Lunch Bowls

### Dinners

**Monday** - Crockpot Pork & Apples w/  
Roasted Sweet Potatoes

**Tuesday** - Mushroom & Black Bean Tacos

**Wednesday** - Pork (Leftovers from Monday)  
& Kale Fall Bowls

**Thursday** - Maple Walnut Crusted Salmon w/  
Sautéed Green Beans

**Weekend** - Chicken Enchiladas w/ Pumpkin  
Cream Sauce

### Snacks

Whole Grain Toast w/ Cashew Maple Spread  
Veggie Sticks & Hummus Cups  
Honeycrisp Apples

### Dessert

Spiced Apple Crisp

### Little Lunch Boxes

**Main** - Grilled Cheese

**Fruit** - Berries

**Veggie** - Cucumbers

**Extras** - Veggie Straws + Heavenly Hunks Chocolate Chip Oatmeal Bites

\*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-

## **Oatmeal Parfait Cups**

Banana, 2  
Honey  
Almond Extract  
Rolled Oats  
Cinnamon  
Yogurt, plain, full-fat  
Topping Options: berries, sliced almonds

## **Ham, Egg, & Cheese Quesadillas**

Tortillas, choice of type (I like Siete Foods  
Almond Flour)  
Eggs  
Ham (I like Applegate Farms)  
Shredded Cheddar  
Baby Spinach

## **Spicy Chicken & Broccoli Lunch Bowls**

Sweet Potatoes, 2  
Olive Oil  
Paprika  
Salt  
Pepper  
Garlic Powder  
Chicken Breasts (or tenders), 1.5 lb  
Cumin  
Thyme  
Cayenne Pepper  
Broccoli  
Lemon Pepper

## **Lunch Box**

Whole Grain Bread (I like Dave's Killer Thin-  
Sliced)  
Sliced Cheddar Cheese  
Berries  
Cucumber  
Veggie Straws  
Heavenly Hunks Chocolate Chip Bites

## **Snacks**

Whole Grain Bread (I like Dave's Good Seed)  
Cashews  
Maple Syrup  
Salt  
Carrot Sticks  
Cucumber  
Bell Pepper Slices  
Hummus  
Honeycrisp Apples

## **Crockpot Pork & Apples w/ Roasted**

### **Sweet Potatoes**

Pork Loin, 2-2.5 lb  
Granny Smith Apples, 3  
Cinnamon  
Brown Sugar (sub Coconut Sugar)  
Sweet Potatoes, 2  
Olive Oil  
Salt  
Pepper

## **Mushroom & Black Bean Tacos**

Cilantro  
Garlic  
Green Onion, 4  
Lime, 2  
Olive Oil  
Capers  
Salt  
Pepper  
Coconut Oil  
Yellow Onion, 1  
Portobello Mushrooms, 2-3  
Black Beans, 1 can  
Chili Powder  
Cumin  
Paprika  
Tortillas, choice of type

Avocado  
Queso Fresco (optional)

### **Pork & Kale Fall Bowls**

Leftover Pork  
Kale, 1 bunch  
Bacon (optional)  
Butternut Squash, cubed  
Red Onion, 2  
Garlic  
Olive Oil  
Walnuts  
Apple Cider Vinegar  
Optional: cooked wild rice or quinoa

### **Maple Walnut Crusted Salmon w/ Sautéed**

#### **Green Beans**

Ghee (or sub Butter)  
Salmon, 4 filets  
Salt  
Pepper  
Walnuts  
Paprika  
Chipotle Powder  
Onion Powder  
Pepper  
Maple Syrup  
Apple Cider Vinegar  
Coconut Aminos (sub Soy Sauce)  
Green Beans  
Garlic

### **Pumpkin Chicken Enchiladas**

Olive Oil  
Yellow Onion, 1  
Bell Pepper, 1  
Butternut Squash, 1-2 cups cubed  
Chicken, 2 cups cooked and shredded  
Salt  
Pepper  
Tortillas, corn  
Pepper Jack Cheese  
Pumpkin Puree

Chili Powder  
Cumin  
Oregano  
Plain Yogurt  
Chicken Stock

### **Spiced Apple Crisp**

Apples, 4  
Oats  
Pecans  
Almond Meal  
Maple Syrup  
Coconut Oil  
Ground Cardamom  
Ground Allspice  
Ground Cloves  
Ground Nutmeg  
Ground Ginger  
Cinnamon

# Emily's Grocery List

-By Store Section-

## **Produce**

Apples, 5 Honeycrisp + 5 Granny Smith  
Avocado, 2  
Baby Spinach  
Banana, 2  
Blueberries  
Broccoli, 2 heads  
Butternut Squash, 2 bags cubed  
Carrot Sticks  
Cilantro  
Cucumber, 2  
Garlic  
Green Beans  
Green Onion, 4  
Kale, 1 bunch  
Lemons, 3-4  
Lime, 2  
Portobello Mushroom, 2-3  
Red Bell Pepper, 2  
Sweet Potato, 4  
Yellow Bell Pepper, 1  
Yellow Onion, 2

## **Dairy/Dairy Alternatives**

Almond Milk, unsweetened  
Butter (or sub Ghee)  
Coconut Milk (canned), 3  
Pepper Jack Cheese (block)  
Queso Fresco (optional)  
Shredded Cheddar  
Sliced Cheddar  
Yogurt, plain, full-fat (I like Siggi's)

## **Proteins**

Bacon (optional - I like Applegate Farms)  
Chicken Breasts (or tenderloins), 1.5 lb  
Chicken Thighs (2 lb)  
Eggs  
Deli-sliced Ham (I like Applegate Farms)

Pork Loin, 2-2.5 lb  
Salmon Filets, 4- 6oz

## **Pantry Essentials - Baking**

Almond Extract  
Almond Meal  
Cinnamon  
Coconut Oil  
Coconut Sugar (sub Brown Sugar)  
Collagen Peptides  
Honey  
Maple Syrup

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

Almonds, sliced  
Apple Cider Vinegar  
Black Beans, 1 can  
Capers  
Cashews  
Chicken Stock  
Coconut Aminos (sub Soy Sauce)  
Olive Oil  
Pecans  
Pumpkin Puree  
Walnuts

## **Pantry Essentials - Spices**

Black Pepper  
Cayenne Pepper  
Chili Powder  
Chipotle Powder  
Cumin  
Garlic Powder  
Ground Cardamom  
Ground Allspice  
Ground Cloves  
Ground Nutmeg  
Ground Ginger

Lemon Pepper  
Onion Powder  
Oregano  
Paprika  
Salt  
Thyme

**Grains or Grain Alternatives**

Corn Tortillas  
Rolled Oats  
Tortillas (I like Siete Foods Almond Flour)  
Whole Grain Bread (I like Dave's Killer Thin-Sliced)  
OPTIONAL: wild rice or quinoa

**Other**

Heavenly Hunks Oatmeal Chocolate Chip  
Bites  
Hummus Cups  
Veggie Straws