

Emily, RD

MEAL PLAN #25
OCTOBER 7, 2019

This Week's Meal Plan

Breakfast Options

Cinnamon Toast & Scrambled Eggs
Fall Yogurt Breakfast Bowl

Snacks

Fruit & Veggie Muffins
Honeycrisp Apples w/ Almond Butter

Lunch Prep

4-Ingredient Fall Frittata

Dessert

Harvest Oatmeal Chocolate Chunk Cookies

Dinners

Monday - Autumn Spiced Vegetarian Chili

Tuesday - Acorn Squash w/ Sausage & Kale

Wednesday - Vegetarian Chili Rice Bowls

Thursday - Greek Salmon Sheet Pan Dinner

Weekend - Crunchy Baked Turkey Tacos

Little Lunch Boxes

Main - Turkey, Cheddar & Crackers

Fruit - Apple Slices

Veggie - Red Bell Pepper

Extras - Hummus & Nature's Bakery GF Fig Bar

*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-

Cinnamon Toast & Scrambled Eggs

Whole Grain Bread
Grass-fed Butter (sub Ghee)
Ceylon Cinnamon
Sugar (sub Swerve Sweetener)
Eggs
Salt
Pepper

Fall Yogurt Breakfast Bowl

Yogurt, full-fat, plain (I like Siggis)
Maple Syrup
Pumpkin Puree
Pepitas
Pecans
Granola

4-Ingredient Fall Frittata

Goat Cheese
Eggs
Spinach
Onion, 1
Ghee (sub Butter)
Salt
Pepper

Lunch Box

Deli-Sliced Turkey (I like Applegate Farms)
Sliced Cheddar Cheese
Crackers (I like Simple Mills or Mary's Good
Seed)
Apple
Red Bell Pepper
Hummus
GF Fig Bar

Snacks

Flour, whole wheat
Flour, GF Baking

Baking Soda

Salt

Nutmeg

Cinnamon

Sugar (sub Swerve Sweetener)

Butter (I like Kerrygold)

Egg

Vanilla

Broccoli

Zucchini, 1

Carrot, 1

Honeycrisp Apple, 4

Banana, 1

Apple Juice

Applesauce, unsweetened

Yogurt, full-fat, plain

Almond Butter

Fall Veggie Chili

Olive Oil

Onion, 1

Garlic

Bell pepper, 2

Diced Tomatoes

Pinto Beans

Black Beans

Pumpkin Puree

Chili Powder

Smoked Paprika

Cinnamon

Pumpkin Pie Spice

Salt

Oregano

Cayenne Pepper

Acorn Squash w/ Sausage & Kale

Acorn Squash, 2

Salt

Pepper

Olive Oil
Italian Sausage, 8 oz
Leek, 1
Garlic
Kale
Chicken Broth
Walnuts
Parmesan
Panko Breadcrumbs

Fall Veggie Chili Rice Bowls

Leftover Chili
Rice (sub Cauliflower Rice)
Avocado
Shredded Cheddar
Chopped Spinach (sub Kale)
Sour Cream (optional)

Greek Salmon Sheet Pan Dinner

Salmon, 1lb
Baby Potatoes, 2 lb
Onion, 1
Olive Oil
Salt
Pepper
Garlic
Lemon, 1
Baby Bell Peppers, 4
Oregano
Cherry Tomatoes
Feta

Crunchy Baked Turkey Tacos

Avocado Oil
Onion, 1
Ground Turkey, 1 lb
Salt
Pepper
Chili Pepper
Garlic Powder
Onion Powder
Cumin
Oregano

Diced Green Chilis
Tomato Paste
Chicken Broth
Tortillas (I like Siete Foods)
Cashew Queso (Siete Foods or sub shredded
cheese)
Lettuce
Roma Tomato, 1
Cilantro
Lime

Harvest Oatmeal Chocolate Chunk Cookies w/ Salted Toasted Pepitas

Oats
Flour
Hazelnut Flour (Bob's Red Mill)
Light Brown Sugar
Medjool Dates. 10
Baking Soda
Salt
Cinnamon
Coconut Oil
Apple Sauce, unsweetened
Eggs
Vanilla
Dark Chocolate
Flaked Coconut
Pepitas
Maple Syrup
Flaky Salt

Emily's Grocery List

-By Store Section-

Produce

Acorn Squash, 2
Apples, 8 Honeycrisp
Avocado, 2
Baby Bell Peppers, 4
Baby Potatoes, 2lb
Baby Spinach
Banana, 2-3
Broccoli, 1 head
Carrot, 1 medium
Cherry Tomatoes
Cilantro
Garlic
Kale, 1 bunch
Leek, 1
Lemons, 3-4
Lime, 2
Red Bell Pepper, 3
Roma Tomato, 1
Yellow Onion, 4
Zucchini, 1

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Butter (or sub Ghee)
Cashew Queso (or sub shredded cheddar)
Feta
Goat Cheese
Parmesan
Shredded Cheddar
Sliced Cheddar
Sour Cream (optional)
Yogurt, plain, full-fat (I like Siggi's)

Proteins

Almond Butter
Deli-sliced Turkey (I like Applegate Farms)
Eggs
Ground Turkey, 1lb

Salmon Filets, 1lb

Pantry Essentials - Baking

Applesauce, unsweetened
Baking Soda
Cinnamon (Ceylon)
Coconut Oil
Coconut Sugar (sub Brown Sugar)
Collagen Peptides
Dark Chocolate
Flaked Coconut
Flaky Salt
GF Baking Flour (I like Bob's Red Mill)
Hazelnut Flour
Maple Syrup
Medjool Dates
Organic Cane Sugar (sub Swerve sweetener)
Vanilla
Whole Wheat Flour

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

Avocado Oil
Black Beans, 1 can
Chicken Broth
Diced Green Chilis
Diced Tomatoes, 28-oz can
Olive Oil
Pecans
Pepitas
Pinto Beans, 1 can
Pumpkin Puree
Tomato Paste
Walnuts

Pantry Essentials - Spices

Black Pepper
Cayenne Pepper
Chili Powder

Cumin
Garlic Powder
Nutmeg
Onion Powder
Oregano
Paprika
Pumpkin Pie Spice
Salt

Grains or Grain Alternatives

Panko Breadcrumbs
Rice (sub Cauliflower Rice)
Rolled Oats
Tortillas (I like Siete Foods Almond or
Cassava Flour)
Whole Grain Bread (I like Dave's Killer Thin-
Sliced)

Other

Apple Juice (1 small bottle)
Crackers (I like Simple Mills or Mary's Good
Seed)
GF Fig Bars
Granola (I like Purely Elizabeth Pumpkin
Spice Grain-Free)
Hummus Cups
Veggie Straws