

# Emily, RD

MEAL PLAN #25  
OCTOBER 7, 2019

## This Week's Meal Plan

### Breakfast Options

Apple Cinnamon Oatmeal  
Kodiak Cakes Toaster Waffle w/ Pumpkin  
Butter

### Lunch Prep

Autumn Grain Bowls

### Dinners

**Monday** - Turmeric Roasted Chicken & Sweet Potatoes w/ Green Salad  
**Tuesday** - 30-minute Indian Pumpkin Butter Chickpeas  
**Wednesday** - White Chicken Chili  
**Thursday** - Garlic Butter Steak w/ Roasted Asparagus & Sautéed Mushrooms  
**Weekend** - Baked Honey Cilantro Lime Salmon in Foil w/ Roasted Broccoli

### Snacks

Rainbow Veggie Plate w/ Ranch  
Apple Cinnamon Energy Balls

### Dessert

Apple Cookies

### Little Lunch Boxes

**Main** - English Muffin Pizza  
**Fruit** - Tiny Honeycrisp Apple  
**Veggie** - Red Bell Pepper & Baby Carrots w/ Ranch  
**Extras** - Apple Cinnamon Energy Balls

\*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-

## **Apple Cinnamon Oatmeal**

Apple, 1  
Butter  
Cinnamon  
Nutmeg  
Water (sub milk of choice)  
Rolled Oats  
Maple Syrup  
Vanilla  
Salt

## **Kodiak Cakes Toaster Waffle w/ Pumpkin**

### **Butter**

Kodiak Cakes Toaster Waffle  
Maple Syrup  
Water  
Coconut Sugar  
Cinnamon  
Ginger  
Cloves  
Nutmeg  
Pumpkin Puree

## **Autumn Grain Bowl**

Wild Rice  
Quinoa  
Sweet Potato, 1  
Olive Oil  
Chili Powder  
Cumin  
Cinnamon  
Kale, 1 bunch  
Red Onion, 1  
Honeycrisp Apple, 1  
Rotisserie Chicken  
Smoked Gouda  
Walnuts  
Balsamic  
Maple Syrup

Garlic  
Salt  
Pepper  
Thyme  
Rosemary

## **Lunch Box**

English Muffin  
Pizza Sauce  
Shredded Cheese  
Red Bell Pepper  
Honeycrisp Apple  
Baby Carrots  
Ranch

## **Rainbow Veggie Tray**

Colorful veggies of choice  
Ranch Dressing

## **Apple Cinnamon Energy Balls**

Medjool Dates, 11  
Dried Apples  
Oats  
Walnuts  
Cinnamon

## **Turmeric Roasted Chicken & Sweet Potatoes w/ Green Salad**

Shallot, 2  
Sweet Potato, 2  
Garlic  
Turmeric  
Garlic Powder  
Ginger, ground  
Salt  
Olive Oil  
Chicken Drumsticks  
Chicken Thighs  
Lemon

Herbs de Provence or Poultry Seasoning  
White Wine (sub chicken broth)  
Leafy Greens  
Chopped Veggies  
Maple Balsamic Dressing (from Autumn  
Grain Bowl)

### **30-minute Indian Pumpkin Butter**

#### **Chickpeas**

Olive Oil  
Yellow Onion, 1  
Garlic  
Ginger  
Garam Masala  
Yellow Curry Powder  
Turmeric  
Cayenne  
Salt  
Pepper  
Chickpeas  
Coconut Milk  
Pumpkin, canned  
Tomato Paste  
Butter  
Cilantro  
Rice  
Naan Bread

#### **White Chicken Chili**

Chicken Thighs, boneless, skinless  
Cream of Chicken Soup  
Chicken Broth  
White Shoepeg Corn  
Sweet Yellow Corn  
Cannellini Beans  
Light Red Kidney Beans  
Rotel Chilis  
Garlic Powder  
Onion Powder  
Cumin  
Paprika  
Oregano  
Coriander

Swiss Chard, 1 bunch  
Optional: avocado, shredded sharp cheddar  
cheese, sour cream

### **Garlic Butter Steak w/ Roasted Asparagus & Sautéed Mushrooms**

New York Strip or Rib-Eye Steaks, 1.5 lb  
Olive Oil  
Salt  
Pepper  
Butter  
Garlic  
Thyme  
Rosemary  
Asparagus  
Mushrooms

### **Baked Honey Cilantro Lime Salmon in Foil w/ Roasted Broccoli**

Salmon, 1 large filet  
Salt  
Pepper  
Butter  
Lime, 2  
Honey  
Garlic  
Cilantro  
Broccoli  
Olive Oil

#### **Apple Cookies**

Honeycrisp Apples  
Peanut Butter  
Sprinkles or Chocolate Chips (I like EnjoyLife  
Dairy-Free)

# Emily's Grocery List

-By Store Section-

## **Produce**

Apples, 8 Honeycrisp  
Asparagus, 1 bunch  
Avocado, 2  
Baby Bell Peppers, 4  
Baby Carrots  
Baby Spinach  
Broccoli, 2 head  
Cherry Tomatoes  
Cilantro  
Cucumber, 1 english  
Garlic  
Ginger  
Kale, 1 bunch  
Lemons, 3-4  
Lime, 2  
Mushrooms, 1 container baby bella  
Red Bell Pepper, 3  
Red Onion, 1  
Rosemary  
Shallot, 2  
Sweet Potato, 3  
Swiss Chard, 1 bunch  
Thyme  
Yellow Onion, 1

## **Dairy/Dairy Alternatives**

Almond Milk, unsweetened  
Butter (or sub Ghee)  
Shredded Cheddar  
Sliced Cheddar  
Smoked Gouda  
Sour Cream (optional)

## **Proteins**

Chicken Drumsticks, 4, skinless  
Chicken Thighs, 4, skinless + 2 lbs boneless, skiless

Peanut Butter  
Rotisserie Chicken  
Salmon Filets, 1 large  
Steak, 1.5 lb, new york strip or rib-eye

## **Pantry Essentials - Baking**

Chocolate Chips (I like EnjoyLife Dairy-Free)  
Cinnamon (Ceylon)  
Coconut Sugar (sub Brown Sugar)  
Collagen Peptides  
Dried Apples  
Maple Syrup  
Medjool Dates, 11  
Sprinkles  
Vanilla  
Whole Wheat Flour

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

Balsamic Vinegar  
Cannellini Beans, 1 can  
Chicken Broth  
Chickpeas, 1 can  
Coconut Milk, 1 can  
Cream of Chicken Soup (I like Pacific Life brand), 1 small container  
Kidney Beans (Light Red), 1 can  
Olive Oil  
Pizza Sauce  
Pumpkin Puree, 2 cans  
Ranch Dressing  
Rotel Chilis (Mild), 2 cans  
Sweet Yellow Corn, 1 can (sub frozen)  
Tomato Paste  
Walnuts  
White Shoepeg Corn, 1 can

## **Pantry Essentials - Spices**

Black Pepper

Cayenne  
Chili Powder  
Cloves  
Coriander  
Cumin  
Garam Masala  
Garlic Powder  
Ginger  
Herbs de Provence (sub Poultry Seasoning)  
Nutmeg  
Onion Powder  
Oregano  
Paprika  
Rosemary  
Salt  
Thyme  
Turmeric  
Yellow Curry Powder

**Grains or Grain Alternatives**

Basmati Rice  
English Muffins  
Kodiak Cakes Toaster Waffles  
Naan Bread  
Quinoa  
Rolled Oats  
Wild Rice

**Other**

White Wine (optional)