

Emily, RD

MEAL PLAN #27
OCTOBER 18,

This Week's Meal Plan

Breakfast Options

Avocado Toast & Scrambled Eggs
Warm Banana Bread Overnight Oats

Snacks

Fall Fruit Salad
Veggie Slices + Ranch
Perfect Kids Bites

Lunch Prep

Fall Veggie Rice Bowls

Dessert

Date Cookies Kids Love

Dinners

Monday - Crockpot Chicken & Rice

Tuesday - Salmon Burger Kale Caesar Salad

Wednesday - Leftover Chicken & Rice w/
Roasted Broccoli

Thursday - Root Veggie Tacos

Weekend - Sloppy Jane ← I mean how
cute is the name alone?

Little Lunch Boxes

Main - Turkey, Cheddar & Crackers

Fruit - Apple Slices

Veggie - Bell Pepper Slices

Extras - Hummus Cup & 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-

Avocado Toast & Scrambled Eggs

Whole Grain Toast (I like Dave's Killer Bread)

Avocado

Egg

Salt

Pepper

Cheddar Cheese, sliced or cubed

Crackers (I like a GF option like Simple Mills)

Apple

Bell Pepper

Hummus Cups

GF Fig Bar

Warm Banana Bread Overnight Oats

Banana, 1

Oats

Almond Milk, unsweetened

Chia Seeds

Walnuts

Raisins

Cinnamon

Maple Syrup

Fall Fruit Salad

Red Grapes, seedless

Apples

Pears

Cinnamon

Snacks

Carrots, Cucumbers, Bell Pepper Slices

Ranch Dressing

Perfect Bar Kids Bites

Fall Veggie Rice Bowls

Brussels Sprouts, 1 lb

Sweet Potato, 1

Radishes, 6-8

Red Onion, 1

Chickpeas

Salt

Pepper

Paprika

Garlic Powder

Onion Powder

Rice

Almonds

Parsley

Shallot

Dijon Mustard

Honey

Red Wine Vinegar

Olive Oil

Crockpot Chicken & Rice

Brown Rice

Carrots, 4

Shallot, 1

Dijon Mustard

Chicken Thighs, 1.5#, boneless, skinless

Garlic Powder

Dried Thyme

Salt

Pepper

Chicken Broth

Peas (frozen)

Plain Greek Yogurt

Sharp Cheddar Cheese

Broccoli, 2 heads (for serving with leftovers)

Salmon Burger Kale Salad

Salmon, 2lb

Shallot, 1

Old Bay Seasoning

Dill

Lunch Box

Turkey, deli sliced (I like Applegate Farms)

Cassava Flour
Egg
Salt
Pepper
Almond Flour
Olive Oil
Lacinto Kale, 2 heads
Caesar Dressing (store-bought or make-your-own)

Walnuts
Medjool Dates
Salt
Baking Soda
Vanilla
Ground Flax Seed
Apple Cider Vinegar
Dark Chocolate Chips (I like EnjoyLife Dairy-Free)

Root Veggie Tacos

Sweet Potato, 1
Butternut Squash, 1
Red Onion, 1
Black Beans
Rotel Tomatoes
Olive Oil
Cumin
Paprika
Chili Powder
Garlic Powder
Onion Powder
Goat Cheese
Avocado
Cilantro
Tortillas (I like Siete Foods Grain-Free)

Sloppy Janes

Sweet Potato, 4
Olive Oil
Yellow Onion, 1
Green Bell Pepper, 1
Garlic
Ground Beef, 1 lb
Salt
Pepper
Tomato Paste
Yellow Mustard
Red Pepper Flakes
Chili Powder
Coconut Aminos

Date Cookies Kids Love

Emily's Grocery List

-By Store Section-

Produce

Apples, 6-8 Honeycrisp
Avocado, 2-4
Banana, 1-2
Bell Peppers, 2-3, any color
Broccoli, 2 head
Brussels Sprouts, 1lb
Butternut Squash, 1 or 1 bag cubed
Carrots, 4
Carrot Sticks
Cilantro
Cucumber, 1 english
Dill
Garlic
Green Bell Pepper, 1
Kale, Lacinto, 2 heads
Parsley
Radishes, 6-8
Red Grapes
Red Onion, 2
Shallot, 3
Sweet Potato, 6
Swiss Chard, 1 bunch
Yellow Onion, 1

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Goat Cheese
Greek Yogurt, plain
Shredded Sharp Cheddar
Sliced Cheddar (or cubed)

Proteins

Chicken Thighs, 1.5lb
Eggs
Ground Beef, 1lb
Hummus Cups
Perfect Bar Kids Bites
Salmon Filets, 2 lbs

Turkey, Deli-Sliced (I like Applegate Farms)

Pantry Essentials - Baking

Almond Flour
Baking Soda
Cassava Flour
Chia Seeds
Cinnamon (Ceylon)
Collagen Peptides
Dark Chocolate Chips (I like EnjoyLife Dairy-Free)
Ground Flax Seed
Honey
Maple Syrup
Medjool Dates
Raisins
Vanilla

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

Almonds, sliced
Apple Cider Vinegar
Black Beans
Caesar Dressing
Chicken Broth
Chickpeas, 1 can
Coconut Aminos
Dijon Mustard
Olive Oil
Peas (frozen)
Ranch Dressing
Red Wine Vinegar
Rotel Chilis (Mild), 1 can
Tomato Paste
Walnuts
Yellow Mustard

Pantry Essentials - Spices

Black Pepper

Chili Powder
Cumin
Garlic Powder
Old Bay Seasoning
Onion Powder
Paprika
Red Pepper Flakes
Salt
Thyme

Grains or Grain Alternatives

Crackers (I like Simple Mills)
Rice (any kind you like)
Rolled Oats
Tortillas (I like Siete Foods Grain-Free)
Whole Grain Bread (I like Dave's Killer)

Other

GF Fig Bars