

# Emily, RD

MEAL PLAN #28  
OCTOBER 28, 2019

## *This Week's Meal Plan*

### *Breakfast Options*

Cherry Almond Smoothie  
Freezer Veggie Breakfast Sandwiches

### *Snacks*

Yogurt Cups or Smoothies  
GF Pretzels  
Apple & Pear Slices

### *Lunch Prep*

Moroccan Greek Yogurt Chicken Salad

### *Dessert*

Dark Chocolate Peanut Butter Cups

### *Dinners*

**Monday** - Crockpot Chicken Taco Salads  
**Tuesday** - One Skillet Goat Cheese Stuffed  
Chicken & Orzo  
**Wednesday** - Crispy Baked Chicken Tacos  
**Thursday** - Garlic Shrimp Asparagus Skillet  
**Weekend** - Butternut Squash Enchilada  
Casserole

### *Little Lunch Boxes*

**Main** - Halloween Pasta Salad

**Fruit** - Pear & Red Grapes

**Veggie** - Cucumber Slices

**Extras** - GF Pretzels

\*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-

## **Cherry Almond Smoothie**

Spinach  
Banana  
Frozen Cherries  
Chia Seeds  
Almond Milk, unsweetened  
Collagen Powder  
Honey  
Almond Extract

## **Freezer Veggie Breakfast Sandwiches**

Olive Oil  
Onion, 1  
Red Bell Pepper, 1  
Spinach, 3 cups  
Salt  
Pepper  
Eggs, 10  
Almond Milk, unsweetened  
Cheddar Cheese  
English Muffins (I like Dave's Killer Bread)

## **Moroccan Greek Yogurt Chicken Salad**

Rotisserie Chicken  
Whole Milk Greek Yogurt  
Tahini  
Dijon Mustard  
Turmeric  
Cinnamon  
Cumin  
Salt  
Pepper  
Dried Cherries  
Green Onion  
Cilantro  
Parsley  
Pecans  
Leafy Greens

## **Halloween Pasta Salad**

Pasta (type of choice)  
Carrot  
Shredded Cheese  
Black Olives  
Italian Dressing (I like Primal Kitchen)

## **Lunch Box**

Cucumber Slices  
GF Pretzels  
Pear  
Red Grapes

## **Snacks**

Yogurt Cups (I like Siggis)  
GF Pretzels  
Apple  
Pear

## **Crockpot Chicken Taco Salads**

Chicken Thighs, boneless, skinless, 2 lbs  
Salsa (I like Mateo's Mild or any sugar-free brand)  
Taco Seasoning  
Romaine  
Spring Mix  
Cherry Tomatoes  
Black Beans  
Shredded Cheese (optional)  
Tortilla Chips (I like Siete Foods)  
Red Bell Pepper, 1  
Avocado  
Creamy Salsa Dressing (Sour Cream + Salsa or Greek Yogurt + Salsa) or sub dairy-free  
Ranch Dressing

## **One Skillet Goat Cheese Stuffed Chicken & Orzo**

Goat Cheese

Basil  
Walnuts  
Thyme  
Salt  
Pepper  
Crushed Red Pepper Flakes  
Chicken Breasts, boneless, skinless  
Honey  
Olive Oil  
Butter  
Garlic  
Pasta  
Chicken Broth  
Kale  
Balsamic Vinegar

### **Crispy Baked Chicken Tacos**

Crockpot Salsa Chicken  
Siete Foods Tortillas  
Avocado Oil  
Cashew Queso (Siete Foods) or Shredded  
Cheese  
Chopped Leafy Greens  
Cherry Tomatoes  
Avocado  
Sour Cream (optional)

### **Garlic Shrimp Asparagus Skillet**

Shrimp  
Salt  
Pepper  
Onion Powder  
Butter (or Ghee)  
Garlic  
Mushrooms, 2 cups sliced  
Asparagus, 1 bunch  
Parsley

### **Butternut Squash Enchilada Casserole**

Butternut Squash (1 medium or 1 package  
chopped)  
Yellow Onion, 1  
Green Bell Pepper, 1

Jalapeños, 2 (optional)  
Avocado Oil  
Cumin  
Salt  
Pepper  
Black Beans  
Cilantro  
Baby Spinach  
Enchilada Sauce  
Tortillas (I like Siete Foods)  
Shredded Cheese

### **Dark Chocolate Peanut Butter Cups**

Dark Chocolate  
Peanut Butter, natural  
Coconut Oil

# Emily's Grocery List

-By Store Section-

## **Produce**

Apples, 4 Honeycrisp  
Asparagus, 1 bunch  
Avocado, 2-3  
Banana, 3-4  
Basil  
Butternut Squash, 1 or 1 bag cubed  
Carrots, 4  
Cherry Tomatoes  
Cilantro  
Cucumber, 1 english  
Garlic  
Green Bell Pepper, 1  
Green Onion  
Jalapeño, 1  
Kale, Lacinto, 1 head  
Mushrooms  
Parsley  
Pear, 2-3  
Red Bell Pepper, 2  
Red Grapes  
Romaine  
Spinach  
Spring Mix  
Yellow Onion, 2

## **Dairy/Dairy Alternatives**

Almond Milk, unsweetened  
Butter  
Cashew Queso  
Goat Cheese  
Shredded Cheddar Cheese  
Sliced Cheddar or Pepper Jack Cheese  
Sour Cream (optional)  
Whole Milk Greek Yogurt  
Yogurt Cups (I like Siggis)

## **Proteins**

Chicken Breasts, boneless, skinless, 1 lb

Chicken Thighs, 2 lb  
Collagen Peptides  
Eggs  
Peanut Butter  
Rotisserie Chicken  
Shrimp, 1 lb

## **Pantry Essentials - Baking**

Almond Extract  
Chia Seeds  
Cinnamon (Ceylon)  
Coconut Oil  
Collagen Peptides  
Dark Chocolate Chips (I like EnjoyLife Dairy-Free)  
Frozen Cherries  
Honey

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

Avocado Oil  
Balsamic Vinegar  
Black Beans, 2 cans  
Black Olives  
Chicken Broth  
Dijon Mustard  
Dried Cherries  
Enchilada Sauce  
Italian Dressing (I like Primal Kitchen)  
Olive Oil  
Pecans  
Ranch Dressing (optional)  
Salsa (I use Mateo's Mild)  
Tahini  
Walnuts

## **Pantry Essentials - Spices**

Black Pepper  
Chili Powder

Crushed Red Pepper  
Cumin  
Garlic Powder  
Old Bay Seasoning  
Onion Powder  
Oregano  
Paprika  
Red Pepper Flakes  
Salt  
Thyme  
Turmeric

**Grains or Grain Alternatives**

English Muffins (I like Dave's Killer Bread)  
GF Pretzels  
Orzo Pasta  
Pasta (choice of type)  
Tortillas, 2 packages (I like Siete Foods)  
Tortilla Chips (I like Siete Foods)

**Other**