

Emily, RD

MEAL PLAN #29
NOVEMBER 4, 2019

This Week's Meal Plan

Breakfast Options

Peanut Butter & Strawberry Toast
Butternut, Spinach & Sausage Egg Cups

Lunch Prep

Fall Harvest Meal Prep Bowls

Dinners

Monday - Breakfast Tacos
Tuesday - Perfect Baked Salmon w/ Lentils & Lemon Herb Sauce
Wednesday - Tomato Herb Rice w/ White Beans & Spinach
Thursday - Leftover Rice (above) + Simple Green Salad
Weekend - Instant Pot Chicken Pot Pie Soup

Snacks

Apple Cinnamon Energy Balls
Hummus + Pretzels
Bananas

Dessert

Apple Slices + Caramel Dip

Little Lunch Boxes

Main - Roasted Chicken Rolls
Fruit - Red Grapes + Apples
Veggie - Sugar Snap Peas + Red Bell Pepper Slices
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-

Peanut Butter & Strawberry Toast

Whole Grain Bread (I like Dave's Killer)
Peanut Butter
Sliced Strawberries
Honey
Chia Seeds
Hemp Seeds

Butternut, Spinach & Sausage Egg Cups

Chicken Apple Sausage
Red Onion, 1
Butternut Squash, 2 cups chopped
Frozen Spinach (sub fresh)
Olive Oil
Salt
Eggs, 12

Fall Harvest Meal Prep Bowls

Spinach
Sweet Potato, 1
Brussels Sprouts
Olive Oil
Salt
Pepper
Chicken Breast, boneless, skinless
Apple, 1
Feta
Tahini
Lemon
Maple Syrup
Salt
Garlic
Walnuts (optional)

Roasted Chicken Rolls

Pulled Rotisserie Chicken
Whole Grain Roll
Condiments of choice: avocado, mustard,
cheese, veggies. etc.

Lunch Box

Red Grapes
Apples
Sugar Snap Peas
Red Bell Pepper Slices

Snacks

GF Pretzels
Hummus
Bananas, 4

Apple Cinnamon Energy Balls

Dates, pitted
Dried Apples
Cinnamon
Oats
Walnuts (optional)
White Chocolate Chips (optional)

Breakfast Tacos

Tortillas (I like Siete Foods)
Eggs
Bacon
Baby Spinach
Avocado
Salsa
Salt
Pepper

Perfect Baked Salmon w/ Lentils & Lemon

Herb Sauce

Black Lentils
Red Quinoa
Chicken Broth (sub Vegetable Broth)
Salmon, 12 ounces
Green Beans, 2-3 cups
Olive Oil
Lemon
Garlic

Salt
Honey
Parsley (optional)
Purple Sauerkraut (optional)

Tomato Herb Rice w/ White Beans &

Spinach

Olive Oil
Garlic
Oregano
Basil
Thyme
Rosemary
Crushed Red Pepper
Black Pepper
Tomato Paste
Brown Sugar (sub Coconut Sugar)
Salt
Yellow Onion, 1
Fire-Roasted Diced Tomatoes
Cannellini Beans
Spinach
Long Grain White Rice
Vegetable Broth

Simple Green Salad

Leafy Greens
Red Onion, 1
Shaved Parmesan
Olive Oil
Dijon Mustard
Honey
Apple Cider Vinegar
Salt
Pepper

Instant Pot Healthy Chicken Pot Pie Soup

Chicken Breasts, boneless, skinless, 2 large
Olive Oil
Onion, 1
Carrots, 3
Celery Stalks, 3
Garlic

Red Potatoes, 1 lb
Chicken Broth
Coconut Milk, full-fat
Cashews, 1 cup
Thyme, fresh
Salt
Sage
Pepper
Parsley

Dark Chocolate Peanut Butter Cups

Dark Chocolate (chips or chopped bar)
Coconut Oil
Peanut Butter (natural)

Emily's Grocery List

-By Store Section-

Produce

Apples, 6-8 Honeycrisp
Avocado, 2-3
Banana, 4-6
Brussels Sprouts, 1 lb
Butternut Squash, 1 or 1 bag cubed
Carrots, 3
Celery Stalks, 3
Garlic
Green Beans, 2-3 cups
Leafy Greens
Lemon, 3-4
Medjool Dates, pitted
Parsley
Red Bell Pepper, 2
Red Grapes
Red Onion, 2
Red Potatoes, 1 lb
Spinach, 2 containers/bags
Strawberries
Sweet Potato, 1
Thyme
Yellow Onion, 2

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Feta
Parmesan, shaved
Sliced Cheddar (optional)

Proteins

Bacon (I like Applegate Farms)
Chicken Apple Sausage
Chicken Breasts, boneless, skinless, 2lb
Eggs, 2 dozen
Rotisserie Chicken
Salmon, 12 oz

Pantry Essentials - Baking

Chia Seeds
Cinnamon (Ceylon)
Coconut Oil
Coconut Sugar (sub Brown Sugar)
Collagen Peptides
Dark Chocolate Chips (I like EnjoyLife Dairy-Free)
Dried Apples
Hemp Seeds
Honey
Maple Syrup
White Chocolate Chips (optional)

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

Apple Cider Vinegar
Avocado Oil
Black Lentils
Cannellini Beans
Cashews
Chicken Broth
Coconut Milk, full-fat
Dijon Mustard
Fire-Roasted Diced Tomatoes
Olive Oil
Red Quinoa
Salsa (I use Mateo's Mild)
Tahini
Tomato Paste
Vegetable Broth
Walnuts

Pantry Essentials - Spices

Basil
Black Pepper
Crushed Red Pepper
Oregano
Paprika
Red Pepper Flakes

Rosemary

Sage

Salt

Thyme

Grains or Grain Alternatives

GF Pretzels

Tortillas (I like Siete Foods)

White Grain Bread (I like Dave's Killer)

White Rice, long-grain

Whole Grain Roll (I like fresh from bakery)

Other

Hummus Cups

Purple Sauerkraut (optional)