

Emily, RD

MEAL PLAN #31
NOVEMBER 18, 2019

This Week's Meal Plan

Breakfast Options

Apple Cinnamon Oatmeal
Kodiak Cakes Toaster Waffle w/ Pumpkin
Butter

Snacks

Rainbow Veggie Plate w/ Ranch
Apple Cinnamon Energy Balls

Lunch Prep

Autumn Grain Bowls

Dessert

Apple Cookies

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

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,
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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)