

Emily, RD

MEAL PLAN #33
DECEMBER 2, 2019

This Week's Meal Plan

Breakfast Options

Super Power Morning Smoothie
Carrot Sweet Potato Oatmeal Cups

Snacks

GF Pretzels and Hummus
Apple Pie Snack Cups

Lunch Prep

Kale & Brussels Sprouts Salad

Dessert

Berries & Cream

Dinners

Monday - Turkey Pot Pies
Tuesday - Lemon Garlic Orzo w/ Roasted Vegetables
Wednesday - Rosemary Garlic Sheet Pan Salmon
Thursday - Rotisserie Chicken w/ Paleo Creamed Spinach
Weekend - Chicken & Vegetable Soup

Little Lunch Boxes

Main - Turkey & Cranberry Sliders
Fruit - Apple & Pear Slices
Veggie - Carrots & Bell Peppers
Extras - GF Pretzels & Dark Chocolate Square

*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-

Super Power Morning Smoothie

Kale
Banana
Coconut Water (or sub Coconut Milk),
unsweetened
Almond Butter
Flax Oil (sub flax seed)
Cinnamon

Carrot Sweet Potato Oatmeal Cups

Oats
Cinnamon
Baking Powder
Salt
Almond Milk, unsweetened
Coconut Sugar (sub Swerve Brown)
Vanilla
Maple Syrup
Sweet Potato Puree
Grated Carrots
Nutmeg, grated
Cloves, ground

Kale & Brussels Sprouts Salad

Lemon, 1-2
Dijon Mustard
Shallot, 1
Garlic
Kosher Salt
Black Pepper
Tuscan Kale, 2 bunches
Brussels Sprouts, 1 lb
Olive Oil
Almonds
Pecorino Cheese

Lunch Box

Leftover Turkey
Leftover Cranberry Sauce

Whole Wheat Dinner Rolls
White Cheddar Cheese (optional)
Apple
Pear
Baby Carrots
Red Bell Pepper
Gf Pretzels
Dark Chocolate (I like Hu Kitchen)

Snacks

GF Pretzels
Hummus

Apple Pie Snack Cups

Graham Crackers (I like Annie's)
Honeycrisp Apple (technically, any variety will
do)
Unsweetened Cinnamon Apple Sauce
Whipped Cream (try So Delicious Coco Whip
for dairy-free)

Turkey Pot Pie

Almond Flour
Arrowroot Flour
Salt
Pepper
Baking Powder
Butter, unsalted (I like Vital Farms) or ghee
Egg. 2
Yellow Onion, 1
Celery, 1-2 stalks
Carrot, 1-2
Garlic
Thyme
Chicken Broth
Coconut Milk, full-fat (sub heavy cream,
nutpods, etc.)
Diced Turkey
Peas, frozen

Cayenne Pepper

Pepper

Lemon Garlic Orzo w/ Roasted Vegetables

Toasted Pine Nuts
Crimini Mushrooms
Bell Pepper, 1 cup chopped
Asparagus, 1 lb
Cherry Tomatoes, 1 pint
Garlic
Shallot, 1
Olive Oil
Salt
Pepper
Orzo, 1 cup
Vegetable Broth
Feta, crumbled
Lemon, 2
Basil
Parsley

Rosemary Garlic Sheet Pan

Salmon Filets, 4
Carrots, 6-7
Olive Oil
Salt
Pepper
Rosemary
Garlic
Green Beans, 8 oz

Rotisserie Chicken w/ Paleo Creamed

Spinach

Rotisserie Chicken
Bacon
Cauliflower Florets, 2 cups
Coconut Milk, full-fat
Bone Broth (sub chicken broth)
Apple Cider Vinegar
Dijon Mustard
Spinach, 1 -16oz container
Shallot, 1
Garlic
Salt

Chicken & Vegetable Soup

Olive Oil
Onion, 1
Celery, 2 stalks
Carrots, 2
Yellow Bell Pepper, 1
Garlic
Chicken Broth
Zucchini, 1
Cauliflower, 2 cups florets (1/2 large head)
Diced Tomatoes, 28 oz
Chicken Breasts, boneless, skinless, 2 large
Salt
Pepper
Spinach

Berries & Cream

Strawberries, 1 large container
Blackberries, 1 container
Raspberries, 1 container
Blueberries, 1 container
Mint Leaves
Coconut Cream, 14 oz can
Honey
Maple Syrup
Vanilla

Emily's Grocery List

-By Store Section-

Produce

Apples, 6-8 Honeycrisp
Asparagus, 1 lb
Baby Carrots
Banana, 4-5
Basil
Banana, 2-3
Blackberries
Blueberries
Brussels Sprouts, 1 lb
Carrot, 10-12 medium
Cauliflower, 1 large head
Celery
Cherry Tomatoes, 1 pint
Crimini Mushrooms
Garlic
Grated Carrots, 1 bag
Green Beans, 8 oz
Kale, Tuscan variety, 3 bunches
Lemons, 4
Mint Leaves
Parsley
Pear, 2
Raspberries
Red Bell Pepper, 3
Rosemary
Shallot, 3
Spinach, 2-16oz containers
Strawberries
Sweet Potato, 2-3
Thyme
Yellow Bell Pepper, 2
Yellow Onion, 2
Zucchini, 1

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Butter (or sub Ghee)
Coconut Cream, 14 oz can

Coconut Milk, full-fat
Eggs
Feta
Pecorino Cheese
Whipped Cream (try So Delicious Coco Whip for dairy-free)
White Cheddar (optional)

Proteins

Almond Butter
Bacon
Chicken Breasts, boneless, skinless, 2 large
Eggs
Hummus
Roasted Turkey, leftover or sub rotisserie
Chicken
Rotisserie Chicken
Salmon Filets, 1lb, 4 filets

Pantry Essentials - Baking

Almond Flour
Applesauce, unsweetened cinnamon
Arrowroot Flour
Baking Powder
Cinnamon (Ceylon)
Coconut Sugar (sub Brown Sugar)
Coconut Water
Collagen Peptides
Dark Chocolate, I like Hu's Kitchen
Flax Oil (sub flax seed)
Honey
Maple Syrup
Oats
Vanilla

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

Almonds
Apple Cider Vinegar

Bone Broth (sub chicken broth)
Chicken Broth
Diced Tomatoes, 28-oz can
Dijon Mustard
Olive Oil
Pine Nuts
Vegetable Broth

Pantry Essentials - Spices

Black Pepper
Cayenne Pepper
Cloves
Nutmeg
Salt

Grains or Grain Alternatives

GF Pretzels
Graham Crackers, I like Annie's
Orzo
Whole Wheat Dinner Rolls

Other

Frozen Peas
Leftover Cranberry Sauce (or sub cranberry
jam or spread)