

Emily, RD

MEAL PLAN #34
DECEMBER 9, 2019

This Week's Meal Plan

Breakfast Options

Frozen Yogurt Breakfast Bars
Roasted Red Pepper, Mushroom & Pine Nut
Frittata

Snacks

Popcorn & Raisins
Frozen Yogurt Breakfast Bars
Veggies & Dip

Lunch Prep

Deconstructed Shepherd's Pie

Dessert

Goodie Girl GF Mint Cookies (Frozen)

Dinners

Monday - Cozy Autumn Wild Rice Soup
(vegan-version)

Tuesday - Sheet Pan Parmesan Crusted
Chicken Broccoli

Wednesday - Fish Florentine

Thursday - Coconut Sweet Potato Lentil
Soup

Weekend - Rotisserie Chicken & Kale Salad

Little Lunch Boxes

Main - Yogurt Parfait

Fruit - Banana

Veggie - Cucumber Slices

Extras - Popcorn & Hard-Boiled Egg

*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-

Frozen Yogurt Breakfast Bars

Dates, pitted
Oats
Almond Butter
Flaxseed, ground
Cinnamon
Yogurt
Berries
Optional: granola, sliced almonds, toasted
coconut

Roasted Red Pepper, Mushroom & Pine

Nut Frittata

Sweet Onions, 3 small
Butter
Mushrooms
Spinach
Cherry Tomatoes
Eggs
Half & Half (sub non-dairy option like Nut
Pods or unsweetened almond milk)
Salt
Pepper
Mozzarella Cheese (optional)
Parmesan
Pine Nuts
Basil

Deconstructed Shepherd's Pie

Ghee (sub butter, olive oil, etc.)
Carrots
Onion
Celery
Garlic
Ground Turkey
All-Purpose Seasoning (I like Trader Joe's 21
Seasoning Salute)
Tomato Paste
Coconut Aminos

Bone Broth

Spinach
Potatoes, 5 medium
Cauliflower, 1 head
Salt

Lunch Box

Yogurt Parfait —> full-fat yogurt, chopped
or stewed berries, honey, sliced almonds
(sub cheerios or nut-free granola for nut-free)
Banana
Cucumber Slices
Popcorn
Hard-Boiled Egg

Snacks

Popcorn
Raisins
Carrots
Cucumbers
Celery
Ranch Dip

Cozy Autumn Wild Rice Soup

Vegetable Stock
Wild Rice
Mushrooms, Baby Bella
Garlic
Carrots
Celery
Sweet Potato, 1 large
White Onion, 1
Bay Leaf
Old Bay Seasoning
Coconut Milk, full-fat
Kale
Salt
Pepper

Sheet Pan Parmesan Crusted Chicken

Broccoli

Broccoli

Olive Oil

Chicken Tenders, boneless, skinless, 1 lb

Egg

Panko (GF is desired)

Parmesan Cheese

Basil

Oregano

Parsley

Garlic Powder

Onion Powder

Salt

Pepper

Fish Florentine

Olive Oil

Shallot

Garlic

Crushed Red Pepper

Roma Tomatoes

Salt

Pepper

Arrowroot Flour

Spinach

Nutritional Yeast

Coconut Milk, full-fat

Chicken Broth

Lemon

Halibut, 4 filets

Ghee (sub butter)

Salt

Coconut Milk, full-fat

Baby Spinach

Basmati Rice

Cilantro

Naan Bread

Rotisserie Chicken & Kale Salad

Rotisserie Chicken

Kale, 2 bunches lacinato or curly

Red Onion, 1

Lemon

Dijon Mustard

Honey

Salt

Pepper

Olive Oil

Feta

Golden Raisins

Optional Additional Sides: Berries or

Roasted Veggies

Coconut Sweet Potato Lentil Soup

Olive Oil

Yellow Onion, 1

Ginger

Garlic

Sweet Potatoes, 2

Yellow Curry Powder

Cayenne Pepper

Vegetable Broth

Red Lentils

Emily's Grocery List

-By Store Section-

Produce

Apples, 6-8 Honeycrisp
Baby Bella Mushrooms, 2 containers
Baby Carrots
Banana, 4-5
Basil
Banana, 2-3
Blueberries
Broccoli, 2 large heads
Carrots, 5-6 medium
Cauliflower, 1 large head
Celery
Cherry Tomatoes, 1 pint
Cilantro
Cucumber
Garlic
Ginger
Kale, Lacinato or Curly variety, 3 bunches
Lemons, 3-4
Potato, 5 medium
Raspberries
Red Onion, 1
Roma Tomatoes, 2
Shallot, 1
Spinach (Baby), 2-16oz containers
Strawberries
Sweet Potato, 3
White Onion, 1
Yellow Onion, 5

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Butter (or sub Ghee)
Coconut Milk, full-fat, 3-4 cans
Feta
Half & Half (optional - sub nondairy milk)
Mozzarella Cheese (optional)
Parmesan

Yogurt, full-fat (I like Siggi's - could sub non-dairy options as well → look for low sugar)

Proteins

Almond Butter
Chicken Tenders, 1 lb
Eggs, 2 dozen
Ground Turkey
Halibut, 4 filets
Rotisserie Chicken

Pantry Essentials - Baking

Almonds, sliced
Arrowroot Flour
Cinnamon
Coconut, toasted
Collagen Peptides
Dates, pitted
Flax Seed, ground
Golden Raisins
Granola, low-sugar or grain-free (optional)
Honey
Maple Syrup
Oats

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

Bone Broth (sub chicken broth)
Chicken Broth
Coconut Aminos
Dijon Mustard
Ghee (optional)
Nutritional Yeast
Olive Oil
Panko Breadcrumbs (GF)
Pine Nuts
Ranch Dip
Tomato Paste
Vegetable Stock

Pantry Essentials - Spices

All-Purpose Seasoning (I like TJ's 21
Seasoning Salute)
Basil
Bay Leaf
Black Pepper
Cayenne Pepper
Cloves
Crushed Red Pepper
Garlic Powder
Nutmeg
Old Bay Seasoning
Onion Powder
Oregano
Parsley
Salt
Yellow Curry Powder

Grains or Grain Alternatives

Basmati Rice
Naan Bread
Popcorn
Red Lentils
Wild Rice

Other

Goodie Girls GF Mint Cookies