

Emily, RD

MEAL PLAN #35
DECEMBER 16, 2019

This Week's Meal Plan

Breakfast Options

Sausage, Apple & Goat Cheese Frittata (omit
cheese for W30)
Whole Grain Blender Muffins

Snacks

Red & Green Bell Peppers w/ Hummus
Grinch Fruit Kabobs
GF Pretzel Sticks

Lunch Prep

Creamy Tuscan Chicken Soup w/ Bacon

Dessert

Grinch Fruit Kabobs

Dinners

Monday - Sheet Pan Garlic Herb Butter
Chicken

Tuesday - Coconut Curry Salmon

Wednesday - 20 Minute Southwest Beef &
Sweet Potato Skillet

Thursday - Creamy Farro with White Beans
& Kale (optional: serve w/ rotisserie chicken)

Weekend - Paleo Pot Pies

Little Lunch Boxes

Main - Turkey & Cheese Snowman Sandwich

Fruit - Red & Green Grapes

Veggie - Red & Green Bell Peppers

Extras - GF Pretzel Sticks & TJ's Mini Mint Star Cookies

*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-

Sausage, Apple, & Goat Cheese Frittata (omit cheese for W30)

Ghee (sub butter or olive oil)
White Onion, 1
Garlic
Sausage Links (I like Applegate Farms SF)
Apple, Honeycrisp, 1
Baby Spinach
Eggs
Dairy-Free Creamer (like Nut-Pods or full-fat
coconut milk; also sub whole milk or heavy
cream)
Salt
Pepper
Goat Cheese (omit for W30)

Whole Grain Blender Muffins

Oats
Milk (I use unsweetened almond milk)
Whole Wheat Flour (sub GF flour or almond
flour)
Applesauce, unsweetened
Egg
Sugar (sub coconut sugar)
Baking Powder
Baking Soda
Vanilla
Cinnamon
Salt

Creamy Tuscan Chicken Soup w/ Bacon

Bacon
Chicken Breast, boneless, skinless, 1.5lb
Yellow Onion, 1
Garlic
Mushrooms, Baby Bella
Diced Tomatoes
Chicken Stock
Coconut Cream (sub full-fat coconut milk)

Italian Seasoning
Salt
Basil

Lunch Box

Turkey (I like Applegate Farms)
Sliced Cheddar
White Bread (I like Dave's Killer)
Carrot, 1
Mini Chocolate Chips (I like EnjoyLife Foods)
Red Bell Pepper
Green Bell Pepper
Red Grapes
Green Grapes
GF Pretzel Sticks
TJ's Mini Mint Star Cookies

Snacks

Red Bell Pepper, 2
Green Bell Pepper, 2
Green Grapes
Strawberries
Bananas
Mini Marshmallows
GF Pretzel Sticks
Hummus

Sheet Pan Garlic Herb Butter Chicken

Chicken Stock
Butter, unsalted
Garlic
Parsley
Thyme
Rosemary
Salt
Pepper
Chicken, boneless, skinless
Baby Potatoes, 1 b
Green Beans, 1 lb

Coconut Curry Salmon

Salmon, 1 lb
Brown Sugar (sub coconut sugar)
Curry Powder
Onion Powder
Garlic Powder
Salt
Olive Oil
Garlic
Ginger
Lemongrass Paste (optional)
Red Curry Paste
Coconut Milk, full-fat, 1 can
Soy Sauce (sub coconut aminos)
Lime
Spinach
Fresh Herbs (optional)

20-Minute Southwest Beef & Sweet Potato Skillet

Olive Oil
Ground Beef, 1 lb
Salt
Sweet Potato, 2 medium
Diced Tomatoes, 1 can
Chili Powder
Garlic Powder
Cumin
Baby Spinach
Lime
Avocado

Creamy Farro w/ White Beans & Kale

Farro
Vegetable Stock
Bay Leaf
White Beans, 1 can
Gruyere Cheese
Parmesan
Olive Oil
Mushrooms, Baby Bella

Shallot, 1

Garlic

Kale, 1 bunch

Salt

Pepper

Parsley

Optional: Rotisserie Chicken

Paleo Pot Pies

Almond Flour
Arrowroot Flour
Salt
Baking Powder
Ghee (sub unsalted butter)
Egg
Yellow Onion, 1
Celery
Carrot, 2 medium
Salt
Pepper
Garlic
Thyme
Chicken Stock
Coconut Milk, full fat
Chicken Thighs, boneless, skinless, 1 lb
(cooked and diced)
Peas (frozen)

Grinch Fruit Kabobs

Green Grapes
Banana
Strawberries
Mini Marshmallows

Emily's Grocery List

-By Store Section-

Produce

Apples, 1-2 Honeycrisp
Avocado, 2
Baby Bella Mushrooms, 2 containers
Baby Potatoes, 1 lb
Baby Spinach, 2 containers
Banana, 2-3
Basil
Carrots, 3-4 medium
Celery
Cilantro (optional)
Garlic
Ginger
Green Beans, 1lb
Green Bell Pepper, 2-3
Green Grapes
Kale, Lacinato or Curly variety, 1 bunches
Lime, 2-3
Parsley
Peas (frozen)
Red Bell Pepper, 2-3
Red Grapes
Rosemary
Shallot, 1
Strawberries
Sweet Potato, 2
Thyme
White Onion, 1
Yellow Onion, 2

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Butter (or sub Ghee)
Coconut Cream, 1 can
Coconut Milk, full-fat, 3-4 cans
Goat Cheese
Gruyere Cheese
Parmesan
Sliced Cheddar

Proteins

Bacon
Chicken Breasts, boneless, skinless, 3 lb
Chicken Thighs, boneless, skinless, 1 lb
Eggs, 2 dozen
Ground Beef, 1 lb
Rotisserie Chicken (optional)
Salmon, 1 lb
Sausage Links (I like Applegate Farms SF)
Turkey, Deli-Sliced (I like Applegate Farms)

Pantry Essentials - Baking

Almond Flour
Applesauce, unsweetened
Arrowroot Flour
Baking Powder
Baking Soda
Cinnamon
Coconut Sugar
Collagen Peptides
Mini Chocolate Chips (I like Enjoy Life Foods)
Mini Marshmallows
Oats
Vanilla
Whole Wheat Flour (optional - sub GF
baking flour or almond flour)

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

Chicken Stock, 3 containers
Coconut Aminos
Diced Tomatoes, 2 - 15 oz cans
Ghee (optional)
Lemongrass Paste (optional)
Hummus
Olive Oil
Red Curry Paste
Vegetable Stock
White Beans, 1 - 15 oz can

Pantry Essentials - Spices

Bay Leaf
Black Pepper
Cayenne Pepper
Chili Powder
Cumin
Curry Powder
Garlic Powder
Italian Seasoning
Onion Powder
Oregano
Parsley
Salt
Thyme
Yellow Curry Powder

Grains or Grain Alternatives

Basmati Rice
Farro
GF Pretzel Sticks
White Bread (I like Dave's Killer)

Other

TJ's Mini Mint Star Cookies