

Emily, RD

MEAL PLAN #37
JANUARY, 6 2020

This Week's Meal Plan

Breakfast Options

Twice Baked Breakfast Sweet Potatoes
Green Smoothie

Lunch Prep

Sheet Pan Chicken Fajitas

Dinners

Monday - Slow Cooker Pumpkin Paleo Chili

Tuesday - Sheet Pan Chicken Piccata

Wednesday - Leftover Chili

Thursday - Grilled Salmon w/ Avocado Salsa
& Roasted Sweet Potatos

Weekend - Sausage and "Rice" Stuffed
Acorn Squash

Snacks

Veggie Sticks & Mixed Nuts
Chomps Beef Jerky Sticks
Honeycrisp Apples w/ Almond Butter &
Cinnamon

Dessert

Mixed Berries

Little Lunch Boxes

Main - Mini Pizzas

Fruit - Mixed Berries

Veggie - Baby Carrots & Celery w/ Ranch

Extras - Raisins, Chocolate Chips & Gluten Free Pretzel Mix

*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-

Twice Baked Breakfast Sweet Potatoes

Sweet Potatoes, 3-4
Ghee
Coconut Milk
Garlic Powder
Bacon
Onion, 1
Eggs, 4
Chives
Salt
Pepper

Green Smoothie

Coconut Milk
Banana, 1/2
Spinach
Avocado, 1/2
Coconut Water

Optional addition: Collagen Peptides for
extra protein

Sheet Pan Chicken Fajitas

Chicken Breast, boneless, skinless, 1 lb
Red Bell Pepper, 1
Orange Bell Pepper, 1
Yellow Bell Pepper, 1
Red Onion, 1
Olive Oil
Chili Powder
Cumin
Garlic Powder
Onion Powder
Cayenne
Smoked Paprika
Dried Thyme
Salt
Pepper
Cauliflower Rice
Avocado, 2

Cilantro

Lime, 2

Salsa or Pico de Gallo

Lunch Box

Whole Grain Bread (I like Dave's Killer)
Shredded Mozzarella
Red Bell Pepper
Pepperoni (optional - I like Applegate Farms)
Marinara Sauce
Mixed Berries
Baby Carrots
Celery Sticks
Ranch
Raisins
Mini Chocolate Chips (I like EnjoyLife)
GF Pretzel Sticks

Snacks

Carrots
Cucumber
Celery
Chomps Beef Jerky Sticks
Honeycrisp Apples
Almond Butter

Slow Cooker Pumpkin Paleo Chili

Yellow Onion, 1
Red Bell Pepper, 1
Garlic
Ground Turkey, 2 lbs
Tomato Paste
Cumin
Chili Powder
Smoked Paprika
Salt
Pumpkin Puree
Lime

Sheet Pan Chicken Piccata

Chicken, bone-in, skin-on, 3.5 lbs
Olive Oil
Salt
Black Pepper
Smoked Paprika
Lemon, 2
White Wine Vinegar
Chicken Broth
Garlic
Capers
Parsley

Riced Cauliflower

Almond Milk (sub coconut milk)
Nutritional Yeast

Mixed Berries

Strawberries
Raspberries
Blueberries
Blackberries
Coconut Cream

Grilled Salmon w/ Avocado Salsa & Roasted Sweet Potato

Salmon Filets, 2 lbs
Olive Oil
Salt
Cumin
Paprika Powder
Onion Powder
Ancho Chili Powder
Black Pepper
Avocado, 1
Red Onion, 1
Lime, 2
Cilantro
Sweet Potato, 1

Sausage and "Rice" Stuffed Acorn Squash

Acorn Squash, 2
Olive Oil
Salt
Italian Sausage, 1 lb (pay attention to brand
& ingredients)
Yellow Onion, 1
White Mushrooms, 1 cup
Garlic
Pepper
Rosemary (fresh)
Sage (fresh)
Thyme (fresh)
Parsley (fresh)

Emily's Grocery List

-By Store Section-

Produce

Acorn Squash, 2
Apples, 6-8 Honeycrisp
Avocado, 5-6
Baby Carrots
Baby Spinach
Banana, 2-3
Blackberries
Blueberries
Carrot Sticks
Celery
Chives
Cilantro
Cucumber, 1
Fresh Herbs (Rosemary, Sage, Thyme, Parsley)
Garlic
Lemons, 3-4
Lime, 5
Orange Bell Pepper, 1
Raspberries
Red Bell Pepper, 3
Red Onion, 2
Roma Tomato, 1
Strawberries
Sweet Potato, 4-5
White Mushrooms, 1 container
Yellow Bell Pepper, 1
Yellow Onion, 3
Zucchini, 1

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Ghee (sub butter if not doing Whole30)
Coconut Cream
Coconut Milk
Ranch
Shredded Mozzarella

Proteins

Almond Butter
Bacon (Applegate Farms no-sugar)
Chicken Breasts, boneless, skinless, 1 lb
Chicken Thighs, bone-in, skin-on, 3.5 lbs
Chomps Beef Jerky Sticks
Eggs
Ground Turkey, 2 lb
Italian Sausage, 1 lb (check ingredients for Whole30)
Pepperoni (I like Applegate Farms)
Salmon Filets, 2 lb

Pantry Essentials - Baking

Cinnamon (Ceylon)
Collagen Peptides
Mini Chocolate Chips (I like EnjoyLife)
Raisins

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

Capers
Chicken Broth
Olive Oil
Marinara (or Pizza) Sauce (I like Rao's)
Nutritional Yeast
Pumpkin Puree
Salsa (or Pico de Gallo), no sugar
Tomato Paste
White Wine Vinegar

Pantry Essentials - Spices

Ancho Chili Powder
Black Pepper
Cayenne Pepper
Chili Powder
Cumin
Garlic Powder

Nutmeg
Onion Powder
Oregano
Paprika
Salt
Thyme

Grains or Grain Alternatives

Cauliflower Rice
GF Pretzel Sticks
Whole Grain Bread

Other

Coconut Water
Collagen Peptides (Vital Proteins)