

Emily, RD

MEAL PLAN #37
JANUARY 13, 2020

This Week's Meal Plan

Breakfast Options

Cherry Almond Smoothie (W30)
Sweet Potato Egg Muffins (W30)

Snacks

Plantain Chips & Guac (W30)
Chocolate Chip Energy Bites

Lunch Prep

Whole 30 Chopped Cobb Salad (w/ any extra pulled rotisserie chicken)

Dessert

Apple & Date Parfait (W30)

Dinners

Monday - Sheet Pan Roasted Garlic Salmon & Broccoli + Baked Sweet Potato (W30)

Tuesday - Rotisserie Chicken + Roasted Veggies (using extra broccoli, asparagus, & sweet potato)

Wednesday - Chicken Fajita Avocado Boats (W30)

Thursday - Seared Steak + Roasted Asparagus + Sautéed Carrots & Mushrooms (sub ghee for W30)

Weekend - Crockpot Creamy Tomato Soup (W30) + Grilled Cheese (optional - not W30)

Little Lunch Boxes

Main - Cheese Quesadilla

Fruit - Strawberries & Clementines

Veggie - Baby Carrots

Extras - Plantain Chips & "Guac" + Chocolate Chip Energy Bites

*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-

Cherry Almond Smoothie

Spinach
Banana
Frozen Cherries
Chia Seeds
Almond Milk, unsweetened
Collagen Peptides
Almond Extract
Honey or 1 date (optional)

Sweet Potato Egg Muffins

Eggs
Coconut Milk
Bacon
Sweet Potato, 1
Onion Powder
Paprika
Salt
Pepper

Whole30 Chopped Cobb Salad

Eggs
Bacon
Romaine Lettuce
Cherry Tomatoes, 1 pint
Avocado, 1
Green Onions, 3 stalks
Diced Chicken (optional - leftover rotisserie
chicken)
Olive Oil
Apple Cider Vinegar
Dijon Mustard
Salt
Pepper
Garlic

Lunch Box

Tortillas, choice of type (I like Siete Foods)
Shredded Cheese

Strawberries
Clementines
Baby Carrots
Plantain Chips
Guacamole Cups

Chocolate Chip Energy Bites

Oats
Coconut Flakes, toasted
Peanut Butter
Flax Seeds
Chocolate Chips (I like EnjoyLife Foods)
Honey
Chia Seeds
Vanilla

Sheet Pan Roasted Garlic Salmon & Broccoli

Salmon, 4 filets
Broccoli, 1 head
Coconut Oil
Garlic
Sea Salt
Pepper
Lemon, 1
Sweet Potato, 2

Rotisserie Chicken & Roasted Veggies

Rotisserie Chicken
Broccoli, 1 head
Asparagus, 1/2 bunch
Sweet Potato, 1

Chicken Fajita Avocado Boats

Avocado, 2
Chicken Breasts, boneless, skinless, 1 lb
Red Pepper, 1
Yellow Pepper, 1
Yellow Onion, 1

Olive oil
Parsley
Paprika
Chili Powder
Onion Powder
Black Pepper
Sea Salt
Cumin
Garlic Powder

Cinnamon
Nutmeg
Walnuts
Pecans
Almonds
Dates, pitted, 4
Almond Butter

**Seared Steak with Roasted Asparagus &
Sautéed Mushrooms and Carrots**

Steak, cut of choice (I like a boneless Ribeye
or Strip)
Asparagus, 1/2 bunch
Carrots, 4-5 medium
Mushrooms. Baby Bella, 8 oz
Butter (sub ghee for Whole30)
Coconut Aminos
Garlic
Salt
Pepper

**Crockpot Creamy Tomato Soup & Grilled
Cheese**

Cashews, raw, unsalted
Yellow Onion, 1
Garlic
Vegetable Stock
Crushed Tomatoes, 28 oz
Sun-Dried Tomatoes
Tomato Paste
Italian Seasoning
Salt
Honey (optional)
Basil (optional)
Whole Grain Bread (I like Dave's Killer)
Butter
Sliced Cheddar Cheese

Apple & Date Parfait

Coconut Oil
Apples, Honeycrisp, 4-5

Emily's Grocery List

-By Store Section-

Steak, cut of choice

Produce

Apples, 4-5 Honeycrisp
Asparagus, 1 bunch
Avocado, 3
Baby Carrots
Baby Spinach
Banana, 2-3
Basil (optional)
Broccoli, 2 heads
Carrots, 4-5 medium
Cherry Tomatos, 1 pint
Clementines
Garlic
Green Onion, 3 stalks
Lemons, 3-4
Mushrooms, Baby Bella
Red Bell Pepper, 1
Romaine Lettuce, 1-2 heads
Strawberries
Sweet Potato, 3
Yellow Bell Pepper, 1
Yellow Onion, 2

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Butter (or sub Ghee)
Coconut Milk (canned), 1
Shredded Cheddar
Sliced Cheddar

Proteins

Almond Butter
Bacon, 2 packages (optional - I like Applegate Farms)
Chicken Breasts, boneless, skinless 1 lb
Eggs
Peanut Butter
Rotisserie Chicken
Salmon, 4 filets

Pantry Essentials - Baking

Almond Extract
Chia Seeds
Chocolate Chips, I like EnjoyLife Foods
Cinnamon
Coconut Flakes, toasted
Coconut Oil
Collagen Peptides
Flax Seeds
Honey
Vanilla

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

Almonds, sliced
Apple Cider Vinegar
Cashews, raw, unsalted
Coconut Aminos (sub Soy Sauce)
Crushed Tomatoes, 28 oz
Dates
Dijon Mustard
Olive Oil
Pecans
Sun-Dried Tomatoes
Tomato Paste
Vegetable Stock
Walnuts

Pantry Essentials - Spices

Black Pepper
Chili Powder
Chipotle Powder
Cumin
Garlic Powder
Ground Nutmeg
Italian Seasoning
Onion Powder

Oregano
Paprika
Parsley
Salt

Grains or Grain Alternatives

Oats
Tortillas (I like Siete Foods Almond Flour)
Whole Grain Bread (I like Dave's Killer Thin-Sliced)

Other

Frozen Cherries
Guacamole Cups
Plantain Chips (I like Trader Joe's)