

Emily, RD

MEAL PLAN #39
JANUARY 20, 2020

This Week's Meal Plan

Breakfast Options

Sweet Potato Toast (W30)
Hard-Boiled Egg & Avocado Bowls (W30)

Snacks

Rainbow Veggie Plate w/ Ranch
Cherry Pie Lara Bars

Lunch Prep

Butternut Squash Bowls

Dessert

Baked Almond Butter Banana (W30)

Dinners

Monday - Turmeric Roasted Chicken & Sweet Potatoes w/ Green Salad (W30)

Tuesday - Sheet Pan Roasted Pork Tenderloin & Veggies (W30)

Wednesday - Simple Tortilla Pizzas & Salad

Thursday - Whole 30 Salmon w/ Avocado Salsa

Weekend - Slow Cooker Pumpkin Paleo Chili (W30)

Little Lunch Boxes

Main - Yogurt & Granola

Fruit - Berries

Veggie - Carrot Sticks

Extras - Chocolate-Dipped Banana 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-

Sweet Potato Toast

Sweet Potato, 1
Avocado, 1
Egg, hard-boiled 2
Salt
Pepper
Crushed Red Pepper Flakes
Almond Butter
Banana
Chia Seeds
Honey (optional)

Hard-Boiled Egg & Avocado Bowls

Egg, hard-boiled, 4
Avocado, 1
Red Onion, 1
Red Bell Pepper, 1
Salt
Pepper

Butternut Squash Bowls

Butternut Squash
Olive Oil
Parsley
Oregano
Salt
Pepper
Couscous (sub cauliflower rice for W30)
Vegetable Stock
Butter (sub ghee for W30)
Avocado
Pecans
Arugula
Garlic
Shallot
Dijon Mustard
Red Wine Vinegar

Lunch Box

Yogurt (I like Siggi's)
Granola
Strawberries
Raspberries
Blueberries
Carrot Sticks
Banana
Almond Butter
Dark Chocolate Chips
Sea Salt

Snacks

Colorful veggies of choice
Ranch Dressing
Cherry Pie Lara Bars

Turmeric Roasted Chicken & Sweet Potatoes w/ Green Salad

Shallot, 2
Sweet Potato, 2
Garlic
Turmeric
Garlic Powder
Ginger, ground
Salt
Olive Oil
Chicken Drumsticks
Chicken Thighs
Lemon
Herbs de Provence or Poultry Seasoning
White Wine (sub chicken broth)
Leafy Greens
Crumbled Goat Cheese (optional)
Chopped Pecans (optional)
Olive Oil
Balsamic Vinegar
Maple Syrup
Garlic

Salt
Pepper
Thyme
Rosemary

Sheet Pan Roasted Pork Tenderloin & Veggies

Avocado Oil
Pork Tenderloin Roast, 2 lbs
Olive Oil
Italian Seasoning
Salt
Pepper
Brussel Sprouts
Fingerling Potatoes (sub Sweet Potato)

Tortilla Pizzas & Salad

Tortillas (I like Siete Foods Almond Flour)
Pizza Sauce (I like Rao's)
Mozzarella Cheese
Parmesan
Basil
Arugula
Lemon
Olive Oil
Salt
Pepper

Whole 30 Salmon w/ Avocado Salsa

Salmon Filets, 4
Olive Oil
Garlic
Lime, 2
Salt
Pepper
Cauliflower Rice
Avocado, 2
Hot Sauce
Cilantro
Cherry Tomatoes, 1 cup

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

Baked Almond Butter Banana

Banana
Almond Butter
Cinnamon

Emily's Grocery List

-By Store Section-

Produce

Arugula
Avocado, 5-6
Baby Carrots
Baby Spinach
Banana, 6-8
Basil
Blueberries
Broccoli, 1 head
Brussel Sprouts
Butternut Squash
Carrot Sticks
Cauliflower Rice
Cherry Tomatoes
Cilantro
Cucumber, 1 english
Garlic
Leafy Salad Greens
Lemons, 3-4
Lime, 3
Raspberries
Red Bell Pepper, 3
Red Onion, 1
Rosemary
Shallot, 3
Strawberries
Sweet Potato, 3
Thyme
Yellow Bell Pepper, 1
Yellow Onion, 1

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Butter (or sub Ghee)
Mozzarella Cheese, shredded
Parmesan, wedge
Yogurt (I like Siggi's)

Proteins

Almond Butter
Chicken Drumsticks, 4, skinless
Chicken Thighs, 4, skinless
Eggs
Ground Turkey, 2 lbs
Peanut Butter
Pork Tenderloin Roast, 2 lbs
Salmon Filets, 4

Pantry Essentials - Baking

Chocolate Chips (I like EnjoyLife Dairy-Free)
Cinnamon (Ceylon)
Collagen Peptides
Honey
Maple Syrup

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

Balsamic Vinegar
Chia Seeds
Chicken Broth
Dijon Mustard
Hot Sauce
Olive Oil
Pecans
Pizza Sauce (I like Rao's)
Pumpkin Puree, 2 cans
Ranch Dressing
Red Wine Vinegar
Tomato Paste
Vegetable Stock

Pantry Essentials - Spices

Black Pepper
Cayenne
Chili Powder
Crushed Red Pepper Flakes
Cumin

Garlic Powder
Ginger
Herbs de Provence (sub Poultry Seasoning)
Italian Seasoning
Paprika
Parsley
Rosemary
Salt
Thyme
Turmeric

Grains or Grain Alternatives

Couscous (sub cauliflower rice)
Granola
Tortillas (I like Siete Foods)

Other

Cherry Pie Lara Bars