

# Emily, RD

MEAL PLAN #40  
JANUARY 27, 2020

## This Week's Meal Plan

### Breakfast Options

Super Green Smoothie (W30)  
Raspberry Chia Seed Pudding (omit  
sweetener for W30)

### Lunch Prep

Roasted Veggie Winter Buddha Bowl

### Dinners

**Monday** - Slow Cooker Lasagna Soup  
**Tuesday** - Leftover Soup & Baked Sweet  
Potatoes  
**Wednesday** - Seared Salmon, Roasted  
Japanese Sweet Potatoes & Broccoli (W30)  
**Thursday** - Caramelized Onion Spaghetti  
Squash (W30)  
**Weekend** - Creamy Sausage & Potato  
Casserole (W30)

### Snacks

Apple Slices & Cashew Butter (W30)  
Banana Chocolate Chip Muffins 1.0

### Dessert

Sautéed Cinnamon Apples (W30)

### Little Lunch Boxes

**Main** - Ham & Cheese Skewers  
**Fruit** - Baby Honeycrisp Apples  
**Veggie** - Cucumber Slices & Broccoli w/ Ranch  
**Extras** - Plantain Chips & Fig Bar

\*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-

## **Super Green Smoothie (W30)**

Kale (Lacinto/Dinosaur)  
Mango, frozen, cubed  
Celery, 2 ribs  
Tangerine (or Orange), 2-3  
Parsley  
Mint

## **Raspberry Chia Seed Pudding**

Raspberries  
Chia Seeds  
Collagen Proteins (Vital Proteins)  
Honey (sub Swerve sweetener for low carb or omit for W30)  
Almond Milk, unsweetened  
Vanilla

## **Roasted Veggie Winter Buddha Bowl w/**

### **Chicken**

Olive Oil  
Chicken Breast, boneless, skinless, 1 lb  
Cauliflower, 2 heads  
Broccoli, 2 heads  
Salt  
Pepper  
Chickpeas, 2 cans  
Spinach  
Sunflower Seeds  
Hemp Seeds  
Salad Dressing of choice

## **Turmeric Lemon Dressing**

Cashews  
Garlic  
Ginger  
Apple Cider Vinegar  
Maple Syrup  
Lemon  
Turmeric

Salt

Pepper

Cayenne Pepper

## **Lunch Box**

Deli-Sliced Ham (I like Applegate Farms)  
Cheddar Cheese  
Honeycrisp Apples (I like the baby-sized)  
Cucumber  
Broccoli, 1 head  
Ranch Dressing  
Plantain Chips

Fig Bar

## **Snacks**

Apple, honeycrisp  
Cashew Butter

## **Banana Chocolate Chip Mini Muffins 1.0**

Flour, gluten-free (I like Bob's Red Meal 1:1)  
Coconut Sugar  
Baking Soda  
Sea Salt  
Egg  
Avocado Oil  
Vanilla  
Banana, 3  
Collagen Peptides (Vital Proteins)  
Mini Chocolate Chips (I like EnjoyLife Foods)

## **Slow Cooker Lasagna Soup**

Ground Beef, 1 lb  
Garlic Powder  
Salt  
Pepper  
Yellow Onion, 1  
Zucchini, 1  
Carrot, 1

Marinara Sauce, about 42 oz (I like Rao's)  
Chicken Broth, 2 - 32 oz cartons  
Lasagna Noodles, gluten-free  
Mozzarella Cheese  
Parmesan  
Basil

Ghee  
Garlic  
Rosemary  
Basil  
Thyme  
Salt  
Pepper

### **Seared Salmon, Roasted Japanese Sweet**

#### **Potato & Broccoli**

Salmon, 4 - 6 oz filets  
Japanese Sweet Potatoes  
Broccoli  
Avocado Oil  
Salt  
Pepper  
Nutritional Yeast (optional - for broccoli seasoning)

### **Sautéed Cinnamon Apples (W30)**

Apple Slices, honeycrisp  
Coconut Oil  
Cinnamon  
Nutmeg

### **Caramelized Onion Spaghetti Squash (W30)**

Spaghetti Squash, 2  
Olive Oil  
Butter (sub ghee)  
Yellow Onion, 4  
Mushrooms  
Kale  
Rosemary  
Salt  
Pepper

### **Creamy Sausage & Potato Whole30 Casserole (W30)**

Ground Sausage, 1 lb (no sugar)  
Shredded Potatoes, 3 cups  
Baby Spinach  
Coconut Cream, 1 can  
Mushrooms  
Yellow Onion, 1  
Egg  
Chicken Broth  
Almond Milk, unsweetened  
Arrowroot Flour  
Olive Oil

# Emily's Grocery List

-By Store Section-

## **Produce**

Apples, honeycrisp, 8-10  
Baby Spinach, 2 containers  
Banana, 3  
Basil  
Broccoli, 5 heads  
Carrots  
Cauliflower, 2 heads  
Celery  
Cucumber, 1 english  
Garlic  
Ginger  
Japanese Sweet Potato, 2  
Kale, 1 bunch Lacinto  
Lemons, 3-4  
Mint  
Mushrooms, Baby Bella, 2 containers  
Parsley  
Potatoes, shredded, 3 cups (about 2-3)  
Raspberries, 2 containers  
Rosemary  
Spaghetti Squash, 2  
Sweet Potato, 2  
Tangerine (or orange) 2-3  
Yellow Onion, 6  
Zucchini, 1

## **Dairy/Dairy Alternatives**

Almond Milk, unsweetened  
Butter (or sub Ghee)  
Cheddar Cheese  
Mozzarella Cheese, shredded  
Parmesan, wedge

## **Proteins**

Cashew Butter  
Chicken Breasts, boneless, skinless, 1 lb  
Collagen Peptides, Vital Protein  
Eggs

Ground Beef, 1 lb  
Ground Sausage, 1 lb  
Ham, deli-sliced (I like Applegate Farms)  
Salmon Filets, 4

## **Pantry Essentials - Baking**

Arrowroot Flour  
Baking Soda  
Chocolate Chips (I like EnjoyLife Dairy-Free)  
Cinnamon (Ceylon)  
Coconut Sugar  
Flour, Gluten-Free (I like Bob's Red Mill 1:1)  
Honey (optional)  
Vanilla

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

Apple Cider Vinegar  
Avocado Oil  
Cashews  
Chia Seeds  
Chicken Broth, 3 cartons  
Chickpeas, 2 cans  
Coconut Cream  
Coconut Oil  
Hemp Seeds  
Maple Syrup  
Marinara Sauce, 42 oz (I like Rao's)  
Nutritional Yeast (optional)  
Olive Oil  
Ranch Dressing (I like Primal Kitchen)  
Sunflower Seeds

## **Pantry Essentials - Spices**

Basil  
Black Pepper  
Cayenne Pepper  
Garlic Powder  
Nutmeg

Rosemary  
Salt  
Thyme  
Turmeric

**Grains or Grain Alternatives**

Gluten-Free Lasagna Noodles  
Plantain Chips

**Other**

Fig Bars, gluten-free  
Frozen Mango