

Emily, RD

MEAL PLAN #41
FEBRUARY 3, 2020

This Week's Meal Plan

Breakfast Options

Breakfast Sandwiches
Apple Cookies
Almond Butter Yogurt Bowl

Snacks

5 Part Trail Mix
Tortilla Chips (Siete Foods), Veggies & Guac
Cups
Apple Sauce & Cheddar Cubes

Lunch

Simple Cobb Salad

Dessert

5-Ingredient Frozen Yogurt Bites

Dinners

Monday - 5 Ingredient Pasta (optional: add Sliced Grilled Chicken or Rotisserie Chicken)

Tuesday - Italian Beef (could sub turkey)
Zucchini Boats

Wednesday - Sheet Pan Shrimp w/
Tomatoes & Asparagus

Thursday - Marinated Kale Salad (+ Simple Pan-Seared Salmon)

Weekend - Bacon, Potato & Kale Frittata w/
Green Salad

Kids' Lunch Boxes

Main - Toasted GF Bagel & Hard-Boiled Egg

Fruit - Berries

Vegetable - Baby Carrots

Extra - Avocado & Applesauce

*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-

Breakfast Sandwiches

English Muffins
Eggs
Spinach
Mushrooms
Bacon or Ham
Sliced Cheese (optional)

Apple Cookies

Apples
Peanut Butter (or Almond Butter)
Mini Chocolate Chips, Raisins, Sprinkles, etc.

Almond Butter Yogurt Bowl

Greek Yogurt
Almond Butter
Berries
Honey
Granola (optional)

Simple Cobb Salad

Mixed Greens & Chopped Romaine
Hard-boiled Egg
Cherry Tomatoes
Avocado
Bacon
Optional Additions: Chicken & Cheese

Toasted Bagel & Hard-Boiled Egg

GF Bagel
Butter

Hard-boiled Egg
Baby Carrots
Avocado
Lime
Berries

5 Part Trail Mix

Cashews

Mini Chocolate Chips
Cinnamon Chex
Dried Cranberries
GF Pretzel Twists

Other Snacks

Tortilla Chips
Raw Veggies
Guacamole Cups
Apple Sauce Cups or Pouches
(unsweetened)
Cheddar Cheese Cubes

5 Ingredient Pasta Salad

Pasta of choice (whole wheat, GF, lentil or chickpea, etc.)
Roasted Red Peppers
Pesto
Fresh Mozzarella
Arugula
Pantry: Salt & Pepper
Optional: Rotisserie Chicken or Sliced Grilled Chicken

Italian Beef Zucchini Boats

Zucchini
Ground Beef (or sub Turkey)
Diced Tomatoes
Pasta Sauce
Italian Seasoning
Pantry: Olive Oil, Salt & Pepper

Sheet Pan Shrimp w/ Tomatoes & Asparagus

Shrimp
Asparagus
Cherry Tomatoes
Rice
Pantry: Olive Oil, Salt & Pepper

Marinated Kale Salad

Curly Kale
Almond Butter
Apple Cider Vinegar
Soy Sauce (or Coconut Aminos)
Maple Syrup
Optional: pepitas, cherry tomatoes, avocado

Seared Salmon

Salmon
Pantry: Olive Oil, Salt & Pepper

Mushroom, Bacon & Kale Frittata

Bacon
Mushrooms
Kale
Shallot
Eggs
Pantry: Olive Oil, Salt & Pepper

Frozen Yogurt Bites

Berries
Honey
Greek Yogurt
Granola (may I suggest my small batch granola)

Small Batch Granola (Optional)

Oats
Coconut Sugar
Cinnamon
Salt
Nutmeg
Maple Syrup
Coconut Oil
Vanilla
Sliced Almonds
Coconut Flakes
Pumpkin Seeds
Golden Raisins

Emily's Grocery List

-By Store Section-

Produce

Apples
Arugula
Asparagus
Avocado, 2-4
Baby Carrots
Baby Spinach, 1 container
Berries - choice of kind
Celery
Cherry Tomatoes
Curly Kale (2 bunches)
Grapes
Golden Raisins
Lemons, 2-3
Lime, 2
Mini Cucumbers
Mixed Greens
Mushrooms, 1 package baby bella
Plum Tomato, 1
Romaine
Shallot
Zucchini, 3

Dairy/Dairy Alternatives

Butter
Cubed White Cheddar
Fresh Mozzarella
Plain Greek Yogurt, 1 large container
Unsweetened Almond Milk
White Cheddar

Proteins

Almond Butter
Bacon, 2 packages - I like Applegate Farms
Eggs (I like Vital Proteins)
Ground Beef, 1 lb (could sub Ground Turkey)
Peanut Butter

Salmon, 2-4 filets

Shrimp, 1 lb

Rotisserie Chicken or chicken breasts for grilling (optional)

Pantry Essentials - Baking

Chocolate chips (I like Enjoy Life Foods)
Coconut Flakes, unsweetened (optional)
Coconut Oil (optional)
Coconut Sugar (optional)
Honey
Maple Syrup
Vanilla (optional)

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

Almonds, sliced (optional)
Apple Cider Vinegar
Apple Sauce (unsweetened)
Cashews
Craisins
Diced Tomatoes
Olive Oil
Pasta Sauce
Pesto
Pumpkin Seeds (or Pepitas)
Ranch Dressing
Roasted Red Peppers
Soy Sauce (or Coconut Aminos)

Pantry Essentials - Spices

Cinnamon (optional)
Italian Seasoning
Nutmeg (optional)
Pepper
Salt

Grains

Brown rice
Cinnamon Chex

English Muffins (I like Dave's Killer Bread)
GF Bagels
GF Oats (optional)
GF Pretzel Twists
Pasta, 1 lb (variety of choice - suggestions:
DeLallo Whole Wheat or Banza Chickpea
Pasta)
Tortilla Chips (I like Siete Foods Grain Free)

Other

Guacamole Cups