

Emily, RD

MEAL PLAN #42
FEBRUARY 10, 2020

This Week's Meal Plan

Breakfast Options

Paleo Breakfast Casserole (W30)
Yogurt Bowls w/ Stewed Fruit & Granola

Snacks

Banana Chocolate Chip Muffins 1.0
Celery Sticks w/ Almond Butter & Raisins

Lunch Prep

Crockpot Tuscan White Bean & Lemon Soup

Dessert

Banana Chocolate Chip Muffins 1.0

Dinners

Monday - Sweet Potato & Black Bean
Enchiladas

Tuesday - Stir Fry Chicken & Vegetables

Wednesday - Veggie Packed Turkey
Meatloaf w/ Brown Rice & Simple Salad

Thursday - Chipotle Lime Shrimp Cups
(W30)

Weekend - Crockpot Picadillo (W30)

Little Lunch Boxes

Main - Banana Sushi

Fruit - Berries

Veggie - Carrots & Hummus

Extras - Crackers + Ham & Cheese Skewers

*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-

Paleo Breakfast Casserole (W30)

Bacon
Sweet Potato (2)
Butter
Brussel Sprouts
Onion (1)
Eggs
Coconut Milk
Nutritional Yeast
Garlic Powder
Salt
Pepper

Yogurt Bowls w/ Granola

Yogurt (I like Siggis)
Frozen Berries

Small Batch Granola

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

Crockpot Tuscan White Bean & Lemon

Soup

Chicken Stock
Quinoa
Onion, 1
Carrots, 2
Basil Pesto
Crushed Red Pepper

Sage Leaves

Salt

Pepper

Parmesan Wedge

Lemon, 2

Tuscan Kale, 1 bunch

Cannelloni Beans, 2 cans

Lunch Box

Banana

Tortillas (I like Siete Foods)

Granola Butter

Berries

Carrot Sticks

Hummus Cups

Ham (Applegate Farms)

Cheddar Cubes

Crackers

Snacks

Celery Sticks

Almond Butter

Raisins

Cinnamon

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)

Sweet Potato & Black Bean Enchiladas

Sweet Potatoes, 2

Black Beans, 1 can
Monterey Jack cheese, 4 oz
Feta, crumbled, 2 oz
Diced Green Chilis, 2-4oz cans
Garlic
Lime, 1
Cumin
Chili Powder
Cayenne
Salt
Pepper

Stir Fry Vegetables

Sesame Oil
Water Chestnuts
Snap Peas
Mushrooms
Red Bell Pepper, 1
Green Onions, 1 bunch
Broccoli, 1 head
Garlic
Ginger, fresh
Coconut Aminos
Cornstarch
White Rice

Veggie Packed Turkey Meatloaf w/ Brown Rice & Simple Salad

Olive Oil
Carrots, 2
Zucchini, 1
Onion, 1
Garlic
Salt
Pepper
Parsley, dried
Ground Turkey, 1 lb
Egg
Panko Breadcrumbs (sub GF)
Ketchup (I like Primal Kitchen)
Worcestershire Sauce
Almond Milk, unsweetened
Balsamic Vinegar

Brown Sugar (sub coconut sugar)
Brown Rice
Spinach
Arugula
Parmesan
Lemon
Olive Oil
Dijon Mustard

Chipotle Lime Shrimp Cups (W30)

Shrimp, deveined, tail-off, 1 lb
Pepper
Salt
Avocado Oil
Garlic
Lime, 1
Bibb Lettuce, 1 head
Cilantro
Hot Sauce

Crockpot Picadillo (W30)

Ground Beef, 2 1/2 lbs
Onion, 1
Red Bell Pepper, 1
Garlic
Cilantro
Tomato, 1 small
Tomato Sauce, 1-8oz can
Green Olives
Cumin
Garlic Powder
Bay Leaves
Salt
Pepper

Emily's Grocery List

-By Store Section-

Produce

Arugula, 1 container
Baby Spinach, 1 container
Banana, 8-10
Basil
Berries, 2 containers of choice
Bibb Lettuce, 1 head
Broccoli, 1 head
Brussel Sprouts
Carrots, 6-8
Celery
Cilantro
Garlic
Ginger
Green Onions, 1 bunch
Kale, 1 bunch Tuscan
Lemons, 3-4
Lime, 2-3
Mushrooms, Baby Bella
Red Bell Pepper, 2
Snap Peas
Sweet Potato, 4
Tomato, 1
Yellow Onion, 4
Zucchini, 1

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Butter (or sub Ghee)
Cheddar Cheese Cubes
Feta, crumbled, 2 oz
Monterey Jack Cheese, 4 oz
Parmesan Wedge
Yogurt (I like Siggis)

Proteins

Almond Butter
Bacon, no sugar (I like Applegate Farms)
Collagen Peptides, Vital Protein

Eggs (2 dozen)
Ground Beef, 2.5 lb
Ground Turkey, 1 lb
Ham, deli-sliced (I like Applegate Farms)
Shrimp, peeled and deveined, 1 lb

Pantry Essentials - Baking

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

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

Almonds, sliced
Avocado Oil
Balsamic Vinegar
Basil Pesto
Black Beans, 2 cans
Cannelloni Beans, 2 cans
Coconut Aminos
Coconut Flakes
Coconut Milk
Corn Starch
Chicken Stock
Diced Green Chilis, 2-4oz cans
Dijon Mustard
Green Olives
Golden Raisins
Hot Sauce
Ketchup (I like Primal Kitchen)
Nutritional Yeast
Olive Oil
Panko Breadcrumbs (GF)
Pumpkin Seeds

Raisins
Sesame Oil
Tomato Sauce, 1-8oz can
Water Chestnuts, 1 can
Worcestershire Sauce

Pantry Essentials - Spices

Bay Leaves
Black Pepper
Cayenne Pepper
Chili Powder
Crushed Red Pepper
Cumin
Garlic Powder
Nutmeg
Parsley
Rosemary
Sage Leaves
Salt

Grains or Grain Alternatives

Brown Rice
Crackers
Quinoa
Tortillas (I like Siete Foods)
White Rice

Other

Granola Butter
Hummus Cups
Frozen Berries