

Emily, RD

MEAL PLAN #43
FEBRUARY 17, 2020

This Week's Meal Plan

Breakfast Options

Chocolate Chip Cookie Oats
Multigrain Cheerios w/ Milk & Blueberries

Snacks

No Bake Almond Butter Oatmeal Bites
Spinach & Hummus Wraps

Lunch Prep

Chicken & Avocado Burritos

Dessert

Peanut Butter Banana Smoothie Cup

Dinners

Monday - 5 Ingredient Salmon Dinner

Tuesday - Rotisserie Chicken w/ Caramelized Cabbage & Roasted Sweet Potatoes

Wednesday - Chipotle Cheddar Cauliflower Black Bean Burritos

Thursday - Sheet Pan Honey Balsamic Chicken & Veggies

Weekend - Healthy Turkey Chili

Little Lunch Boxes

Main - Caulipower Chicken Tenders

Fruit - Strawberries

Veggie - Broccoli & Cauliflower Florets

Extras - Plantain Chips & Dark Chocolate

*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-

Chocolate Chip Cookie Oats

Oats
Almond Milk, unsweetened
Maple Syrup
Sea Salt
Almond Butter
Mini Chocolate Chips (I like EnjoyLife Foods)
Chopped Pecans

Multigrain Cheerios

Multigrain Cheerios (or other equivalent)
Almond Milk, unsweetened
Blueberries

Chicken & Avocado Burritos

Tortillas (I like Siete Foods)
Shredded Chicken
Avocado
Monterey Jack Cheese
Baby Spinach
Salsa Verde
Lime

Lunch Box

Caulipower Chicken Tenders
Ketchup (I like Primal Kitchen)
Strawberries
Broccoli
Cauliflower
Plantain Chips
Dark Chocolate

No Bake Almond Butter Oatmeal Bites

Oats
Flaxseed
Almond Butter
Maple Syrup
Medjool Dates, 3
Coconut Oil

Vanilla Extract

Cinnamon

Sea Salt

Walnuts

Coconut, unsweetened, shredded
Mini Chocolate Chips (I like EnjoyLife Foods)

Spinach & Hummus Wraps

Tortillas (I like Siete Foods)
Baby Spinach
Cucumber
Red Bell Pepper, 1
Hemp Seeds
Hummus

5-Ingredient Salmon Dinner

Salmon, 4 filets
Brown Sugar (sub coconut sugar)
Chili Powder
Broccoli, 1 head
Everything Bagel Seasoning

Rotisserie Chicken w/ Caramelized Cabbage & Roasted Sweet Potatoes (W30)

Rotisserie Chicken
Tomato Paste
Garlic
Coriander
Cumin
Red Pepper Flakes
Cabbage, Green or Savoy, 1 medium head
Olive Oil
Salt
Dill
Sweet Potato, 2 medium

Chipotle Cheddar Cauliflower Black Bean

Burritos

Cauliflower
Olive Oil
Chipotle Chili Powder
Smoked Paprika
Cumin
Salt
Pepper
Poblano Pepper
Enchilada Sauce
Black Beans, 1 can
Tortillas (I like Siete Foods)
Sharp Cheddar, shredded
Pepper Jack, shredded
Green Onions
Salsa (Look for no sugar brand)

Oregano

Cayenne Pepper

Salt

Crushed Tomatoes, 1-28oz can

Chicken Broth

Kidney Beans, 1 can

Sweet Corn, 1 can

Optional: shredded cheddar, avocado,
cilantro, sour cream

Peanut Butter Banana Smoothie Cup

Banana, frozen

Peanut Butter

Almond Milk

Chocolate Chips or Cocoa Nibs

Sheet Pan Honey Balsamic Chicken &

Veggies

Baby Red Potatoes, 1 lb
Cherry Tomatoes, 1 container
Olive Oil
Salt
Pepper
Asparagus, 1 lb
Parsley
Balsamic Vinegar
Honey
Dijon Mustard
Garlic
Oregano
Basil
Chicken Breasts, boneless, skinless, 4 small

Healthy Turkey Chili

Olive Oil
Yellow onion, 1
Garlic
Red Bell Pepper, 1
Ground Turkey, 1 lb
Chili Powder
Cumin

Emily's Grocery List

-By Store Section-

Produce

Asparagus, 1 lb
Avocado, 2
Baby Red Potatoes, 1 lb
Baby Spinach, 1 container
Banana, 2-3
Blueberries, 1 container
Broccoli, 2 head
Cabbage, Green or Savoy, 1 medium head
Cauliflower, 2 heads
Cherry Tomatoes, 1 container
Cucumber
Cilantro (optional)
Dill
Garlic
Ginger
Green Onions, 1 bunch
Lime, 2-3
Parsley
Poblano Pepper, 1
Red Bell Pepper, 2
Strawberries, 2 containers
Sweet Potato, 2
Yellow Onion, 1

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Monterey Jack Cheese, 4 oz
Pepper Jack Cheese, 4 oz
Sharp Cheddar, 4 oz
Sour Cream (optional)

Proteins

Almond Butter
Caulipower Chicken Tenders
Chicken Breast, boneless, skinless, 4 small
Collagen Peptides, Vital Proteins
Ground Turkey, 1 lb
Hummus

Peanut Butter
Rotisserie Chicken
Salmon, 4 filets

Pantry Essentials - Baking

Baking Soda
Chocolate Chips (I like EnjoyLife Dairy-Free)
Cinnamon (Ceylon)
Cocoa Nibs (optional)
Coconut, unsweetened, shredded
Coconut Oil
Coconut Sugar (sub brown sugar)
Dark Chocolate
Honey
Maple Syrup
Medjool Dates, pitted
Oats (GF)
Vanilla

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

Balsamic Vinegar
Black Beans, 1 can
Chicken Broth
Crushed Tomatoes, 1-28oz can
Dijon Mustard
Enchilada Sauce
Flaxseed
Hemp Seeds
Ketchup (I like Primal Kitchen)
Kidney Beans, 1 can
Olive Oil
Pecans
Salsa (look for low sugar)
Salsa Verde
Sweet Corn
Tomato Paste
Walnuts

Pantry Essentials - Spices

Basil
Black Pepper
Cayenne Pepper
Chili Powder
Chipotle Chili Powder (could sub chili powder)
Coriander
Crushed Red Pepper
Cumin
Everything Bagel Seasoning
Garlic Powder
Oregano
Paprika
Salt

Grains or Grain Alternatives

Multigrain Cheerios (or alternate brand equivalent)
Tortillas (I like Siete Foods)

Other

Plantain Chips