

Emily, RD

MEAL PLAN #43
FEBRUARY 17, 2020

This Week's Meal Plan

Breakfast Options

Avocado Toast w/ Scrambled Eggs
Strawberry Yogurt Parfait

Snacks

Mini Bagels w/ Cream Cheese
Apples w/ Peanut Butter

Lunch Prep

Mediterranean Power Bowls

Dessert

Almond Butter Sugar Cookies

Dinners

Monday - Chicken Alfredo Spaghetti Squash

Tuesday - Turkey, Green Bean + Basil Stir Fry

Wednesday - 5-Ingredient Salmon Dinner

Thursday - Creamy Tomato Spinach Pasta

Weekend - Pizza Night - Roasted Cauliflower
& Cheese & Spinach

Little Lunch Boxes

Main - Hummus & Pita

Fruit - Grapes

Veggie - Carrots

Extras - Ham & Cheese Rolls, Smart Sweets Gummies

*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-

Avocado Toast w/ Scrambled Eggs

Avocado
Whole Grain Bread (I like Dave's Killer)
Salt
Pepper
Eggs

Strawberry Yogurt Parfait

Yogurt, plain, full-fat (I like Siggi's)
Strawberries
Granola
Honey (optional)

Mediterranean Power Bowls

Chickpeas, 1-16oz can
Olive Oil
Garlic Powder
Cumin
Salt
Pepper
Roasted Red Pepper, 1-12oz
Smoked Paprika
Farro
Arugula
Cucumber, 1
Red Bell Pepper, 1
Red Onion, 1
Cherry Tomatoes, 1 cup
Feta
Kalamata Olives
Parsley
Lemon, 1

Lunch Box

Hummus
Pita (look for whole grain)
Grapes
Carrots
Deli-Sliced Ham (I like Applegate Farms)

Deli-sliced Cheddar
Smart Sweets Fruity Gummy Bears

Snacks

Whole Wheat Mini Bagels
Cream Cheese (Dairy-Free option: Kite Hill)
Honeycrisp Apples
Peanut Butter

Chicken Alfredo Spaghetti Squash

Cashews
Almond Milk, unsweetened
Garlic
Lemon, 1
Nutritional Yeast
Salt
Basil
Chicken Breasts, boneless, skinless, 1 lb
Pepper
Avocado Oil (sub olive oil)
Spaghetti Squash, 1
Parsley

Turkey, Green Bean + Basil Stir Fry

Avocado Oil
Toasted Sesame Oil
Ground Turkey
Salt
Pepper
Green Beans, 12 oz
Sriracha (Yellowbird brand has no sugar)
Coconut Aminos (sub soy sauce)
Basil, fresh

5-Ingredient Salmon Dinner

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

Everything Bagel Seasoning

Creamy Tomato Spinach Pasta

Olive Oil
Onion, 1
Garlic
Crushed Tomatoes, 30 oz
Cream Cheese, plain (DF option: Kite Hill)
Basil
Oregano
Salt
Pepper
Baby Spinach
Pasta, of choice (I like Jovial Foods Penne or
mix of brown rice and chickpea based
pastas)
Basil
Parmesan (sub cashew parm for vegan
option)

Roasted Cauliflower Pizza

Cauliflower, 1 large head
Garlic
Salt
Pepper
Lemon, 1
Whole-Wheat Panko (sub GF)
Italian Seasoning
Whole Grain Pizza Dough
Cream Cheese, plain (DF option: Kite Hill)
Parmesan
Parsley

Cheese & Spinach Pizza

Whole Grain Pizza Dough
Pizza Sauce (I like Rao's)
Mozzarella
Parmesan
Baby Spinach

Almond Butter Sugar Cookies

Unsalted Butter, 1 stick
Coconut Sugar
Almond Butter
Egg
Oat Flour
Baking Soda
Salt
Cinnamon
Flaky Sea Salt

Emily's Grocery List

-By Store Section-

Produce

Apples, Honeycrisp, 3-5
Arugula
Avocado, 2-4
Baby Spinach, 1-2 container
Basil
Broccoli, 1 head
Carrots, petite-sized for lunch boxes
Cauliflower, 1 head
Cherry Tomatoes, 1 container
Cucumber, 1
Garlic
Grapes
Green Beans, 12 oz
Lemon, 3-5
Parsley
Red Bell Pepper, 1
Red Onion
Spaghetti Squash, 1
Strawberries, 1 container
Yellow Onion, 1

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Butter, unsalted
Cheddar, deli-sliced
Cream Cheese, plain, 2 containers (DF option: Kite Hill)
Feta
Mozzarella
Parmesan
Yogurt, full-fat (I like Siggi's)

Proteins

Almond Butter
Chicken Breast, boneless, skinless, 1 lb
Collagen Peptides, Vital Proteins
Eggs
Ground Turkey, 1 lb

Ham, deli-sliced (I like Applegate Farms)
Hummus
Peanut Butter
Salmon, 4 filets

Pantry Essentials - Baking

Baking Soda
Cinnamon (Ceylon)
Coconut Sugar (sub brown sugar)
Granola
Honey
Oat Flour

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

Avocado Oil
Cashews
Chickpeas, 1-16oz can
Coconut Aminos (sub soy sauce)
Crushed Tomatoes, 1-30oz can
Flaky Salt
Kalamata Olives
Nutritional Yeast
Olive Oil
Pizza Sauce (I like Rao's)
Roasted Red Pepper, 1-12oz jar
Sriracha
Toasted Sesame Oil
Whole Wheat Panko

Pantry Essentials - Spices

Basil
Black Pepper
Chili Powder
Cumin
Everything Bagel Seasoning
Garlic Powder
Italian Seasoning
Oregano

Paprika
Salt

Grains or Grain Alternatives

Farro

Pasta, of choice (I like Jovial Foods Penne or
mix of brown rice and chickpea based
pastas)

Pita (look for Whole Grain/Wheat, if possible)

Whole Grain Bagels, mini-size or cut

Whole Grain Bread (I like Dave's Killer)

Whole Wheat Pizza Dough

Other

Smart Sweets Fruity Gummy Bears