

# Emily, RD

MEAL PLAN #45  
MARCH 2, 2020

## This Week's Meal Plan

### Breakfast Options

Sweet Potato Breakfast Casserole  
Kodiak Cakes Frozen Waffles w/ Almond  
Butter & Blueberries

### Lunch Prep

Kale Farro Salad

### Dinners

**Monday** - Broccoli Chicken Casserole

**Tuesday** - Seared Salmon w/ Baby Greens  
Salad

**Wednesday** - Israeli Couscous with Spinach  
& Mushrooms

**Thursday** - Leftovers + Salad

**Weekend** - Pizza Night - Balsamic  
Mushrooms & Goat Cheese Pizza

### Snacks

Cake Batter Balls  
Edamame Snack Box

### Dessert

Cake Batter Balls

### Little Lunch Boxes

**Main** - Turkey Taco Meatballs

**Fruit** - Grapes

**Veggie** - Bell Pepper Slices

**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-

## **Sweet Potato Breakfast Casserole**

Sweet Potato, 2 medium  
Red Bell Pepper, 1  
Yellow Onion, 1  
Ground Sausage, 1 lb  
Eggs  
Almond Milk, unsweetened  
Thyme  
Salt  
Pepper

Egg  
Almond Flour  
Olive Oil

## **Lunch Box**

Turkey Taco Meatballs  
Banana  
Edamame  
Bell Pepper Slices  
Cheddar Cubes  
Dark Chocolate

## **Kodiak Cakes Frozen Waffles w/ Almond**

### **Butter & Blueberries**

Kodiak Cakes Frozen Waffles  
Almond Butter  
Cinnamon  
Blueberries

### **Cake Batter Balls**

Cashew Butter  
Maple Syrup  
Almond Extract  
Oat Flour  
Salt  
Sprinkles

### **Kale Farro Salad**

Olive Oil  
Yellow Onion, 1  
Kale, 1 bunch  
Chicken Broth  
Dried Apricots  
Farro  
Feta  
Lemon, 1  
White Wine Vinegar  
Salt  
Pepper

### **Edamame Snack Box**

Edamame  
Cashews  
Berries  
Cheddar Cubes

### **Turkey Taco Meatballs**

Ground Turkey, 2 lbs  
Salt  
Pepper  
Chili Powder  
Cumin  
Paprika  
Garlic

### **Broccoli Chicken Casserole**

Pasta (I used Jovial Foods Brown Rice Rotini)  
Broccoli, 1 large head  
Butter or Olive Oil  
White Onion, 1  
Mushrooms, Baby Bella, 8 oz  
Garlic  
Flour (I used GF All-Purpose)  
Chicken Broth  
Milk (I used unsweetened almond milk)  
Dijon Mustard  
Salt  
Black Pepper

Sharp Cheddar Cheese  
Chicken, diced or shredded, 2 cups

**Seared Salmon**

Salmon Filets, 4  
Olive Oil  
Salt  
Pepper

**Baby Greens Salad**

Mixed Baby Greens  
Baby Arugula  
Pomegranate Seeds  
Pecans  
Gorgonzola Cheese  
Pomegranate Juice  
Champagne Vinegar  
Shallot. 1  
Honey  
Olive Oil  
Salt  
Black Pepper

**Israeli Couscous with Spinach & Mushrooms**

Olive Oil  
Yellow Onion, 1  
Garlic  
Portobello Mushrooms  
Spinach  
Salt  
Black Pepper  
Vegetable Broth  
Israeli Couscous

**Balsamic Mushrooms & Goat Cheese Pizza**

Whole Grain Pizza Dough  
Olive Oil  
Mushrooms, 8 oz  
Salt  
Pepper  
Butter  
Garlic

Balsamic Vinegar  
Delicata Squash  
Goat Cheese  
Fontina Cheese  
Thyme

**Cheese & Spinach Pizza**

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

# Emily's Grocery List

-By Store Section-

## **Produce**

Apples, Honeycrisp, 3-5  
Arugula, 1 container  
Baby Bella Mushrooms, 2-8oz containers  
Baby Portobello Mushrooms, 1 container  
Baby Spinach, 1-2 container  
Banana, 2-4  
Blueberries  
Broccoli, 1 large head  
Delicata Squash, 1  
Edamame  
Garlic  
Green Bell Pepper, 1  
Kale, 1 bunch  
Lemon, 2  
Mixed Baby Greens, 1 container  
Pomegranate Seeds  
Portobella Mushroomss  
Red Bell Pepper, 2  
Shallot, 1  
Strawberries, 1 container  
Sweet Potato, 2  
Thyme  
White Onion  
Yellow Bell Pepper, 1  
Yellow Onion, 3

## **Dairy/Dairy Alternatives**

Almond Milk, unsweetened  
Butter, unsalted  
Cheddar, cubed  
Feta  
Fontina Cheese  
Goat Cheese  
Gorgonzola Cheese  
Mozzarella  
Parmesan

**\*many of these cheese options can be interchanged or omitted**

## **Proteins**

Almond Butter  
Cashew Butter  
Chicken Breast, boneless, skinless, 1 lb  
Collagen Peptides, Vital Proteins  
Eggs  
Ground Turkey, 2 lbs  
Salmon, 4 filets

## **Pantry Essentials - Baking**

Almond Extract  
Almond Flour  
Cinnamon  
Dark Chocolate  
Flour (I used GF All-Purpose)  
Honey  
Maple Syrup  
Oat Flour  
Sprinkles

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

Balsamic Vinegar  
Cashews  
Champagne Vinegar  
Chicken Broth  
Dijon Mustard  
Dried Apricots  
Olive Oil  
Pizza Sauce (I like Rao's)  
Vegetable Broth  
White Wine Vinegar

## **Pantry Essentials - Spices**

Black Pepper  
Chili Powder  
Cumin  
Paprika  
Salt

**Grains or Grain Alternatives**

Farro

Israeli Couscous

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

Whole Wheat Pizza Dough

**Other**

Kodiak Cakes Frozen Waffle

Pomegranate Juice