

Emily, RD

MEAL PLAN #46
MARCH 9, 2020

This Week's Meal Plan

Breakfast Options

Kodiak Cakes Toaster Waffles
Scrambled Eggs & Fruit
Yogurt w/ Berries & Granola

Snacks

Laughing Cow Cheese w/ Pretzels
Raisins & Celery Sticks
Monster Energy Bites

Lunch

Tarragon Chicken Salad Bistro Box

Dessert

Frozen Dark Chocolate Banana Bites

Dinners

Monday - Crockpot Chicken Gyros

Tuesday - Healthy Mac & Cheese (!!!!) w/
Broccoli

Wednesday - Apple, Cheddar & Grilled
Chicken Dinner Salad w/ Honey Mustard
Vinaigrette

Thursday - Salmon w/ Sun-Dried Tomato
Sauce & Green Beans

Weekend - Crockpot Carnitas

Kids' Lunch Boxes

Turkey Pita Pocket

Turkey Pita Pocket, cucumber slices, apple slices w/ cinnamon, GF yogurt covered pretzels

-or-

Chicken Quesadillas

Chicken quesadilla, black beans & corn, guacamole, tortilla chips, GF yogurt covered pretzels

*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-

Protein Pancake Muffins

Kodiak Cakes Toaster Waffles
Maple Syrup (or Peanut Butter for extra protein & less sugar)

Tarragon Chicken Salad

Rotisserie Chicken
Avocado
Garlic
Dijon Mustard
Honey
Mayo
Tarragon
Lemon
Salt
Pepper
Slivered Almonds
Celery

Bistro Box Lunch Prep

Baby Spinach
Cucumber
Celery
Apple
Hard-Boiled Egg

Turkey Pita Lunch Box

Deli Sliced Turkey
White Cheddar
Whole Wheat Pita
Cucumber
Apple
GR Yogurt Covered Pretzels

Quesadilla Lunch Box

Corn Tortillas
Shredded Cheddar
Leftover Chicken

Black Beans

Corn

Guacamole

Tortilla Chips

GF Yogurt Covered Pretzels

Crockpot Chicken Gyros

Chicken Thighs, boneless, skinless
Red Onion
Carrots
Lemon
Oregano
Basil
Thyme
Garlic
Olive oil
Pita Bread
Mixed Greens
Feta
Olives
Cucumber
Tomato

Tzatziki Sauce

English Cucumber
Greek Yogurt
Garlic
Dill
Lemon
Salt
Pepper

Healthy Mac & Cheese

Chickpea Pasta
Broccoli
Butter
Almond Milk
Laughing Cow Cheese
Shredded Cheddar
Baby Spinach

Salt
Pepper

Apple Cheddar Chicken Dinner Salad

Chicken Breasts, boneless, skinless
Mixed Greens
Kale
Honeycrisp Apple
Grape Tomatoes
White Cheddar
Golden Raisins
Pecans
Bacon
Avocado

Honey Mustard Vinaigrette

Honey
Dijon Mustard
Apple Cider Vinegar
Olive Oil
Salt
pepper

Salmon w/ Sun-Dried Tomato Sauce

2-4 Salmon Filets
Garlic
Yellow Onion
Sun-Dried Tomatoes
Paprika
Half & Half
Basil
Red Pepper Flakes
Vegetable Stock
Salt
Pepper
Green Beans
Olive Oil

Carnitas

Pork Loin Roast
Orange
Yellow Onion
Garlic

Bay Leaf
Cumin
Chili Powder
Oregano
Salt
Pepper
Cinnamon
Cloves
Olive Oil

Carnitas Extras

Corn Tortillas
Avocado
Onion
Radish
Lime
Rice
Mixed Greens
Corn
Black Beans
Shredded Cheddar
Red Onion

Monster Energy Bites

Oats
Peanut Butter
Honey
Mini Chocolate Chips (I like Enjoy Life Foods)
Mini M&M's (optional)
Collagen (optional)

Frozen Dark Chocolate Banana Bites

Banana
Dark Chocolate

Other

Raisins

Emily's Grocery List

-By Store Section-

Produce

Apples
Avocado, 4-6
Baby spinach, 1 container
Banana
Basil
Berries - choice of kind
Broccoli
Carrots
Celery
Cucumber
Dill
Garlic
Green Beans
Golden Raisins
Kale
Lemons
Lime
Mini Cucumbers
Mixed Greens
Orange
Plum Tomato
Radishes
Raisins
Red Onion
Tarragon
Yellow Onion, 3

Dairy/Dairy Alternatives

Butter
Feta
Half & Half
Laughing Cow Cheese
Plain Greek Yogurt, 1 large container
Shredded cheddar cheese
Unsweetened Almond Milk
White Cheddar

Proteins

Bacon - I like Applegate Farms
Eggs (I like Vital Proteins)
Chicken Breasts, 1 lb
Chicken Thighs, 2 lbs
Deli sliced Turkey - I like Applegate Farms
Peanut Butter
Pork Loin Roast
Rotisserie Chicken
Salmon, 2-4 filets

Pantry Essentials - Baking

Chocolate chips (I like Enjoy Life Foods)
Dark Chocolate
Honey
Kodiak Cakes Pancake Mix
Maple Syrup

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

Apple Cider Vinegar
Balsamic Vinegar
Black Beans, 2 cans
Corn
Dijon Mustard
Mayo
Olives
Olive Oil
Pecans
Slivered Almonds
Sun-Dried Tomatoes
Vegetable Stock

Pantry Essentials - Spices

Bay Leaf
Chili Powder
Cinnamon
Cloves
Cumin

Dried Basil
Dried Oregano
Paprika
Pepper
Red Pepper Flakes
Salt
Thyme

Grains

Brown rice
Chickpea Pasta
Corn Tortilla
Oats
Tortilla Chips
Whole Wheat Pita

Other

Collagen
GF Yogurt Covered Pretzels
Pretzels
Guacamole Cups (or make your own)