

# Emily, RD

MEAL PLAN #12  
JULY 1, 2019

## This Week's Meal Plan

### Breakfast Options

Breakfast Popsicles  
Cinnamon Applesauce Muffins  
Scrambled Eggs w/ Goat Cheese

### Snacks

GF Pretzel Sticks w/ Peanut Butter  
Chocolate Apricot Nut Bars  
Veggie Chips

### Lunch Prep

Cilantro Lime Chicken w/ Mango Avocado  
Salsa & Rice over Mixed Greens

### Dessert

Chocolate Apricot Nut Bars

### Dinners

**Monday** - Slow Cooker Chicken Thighs w/  
Simple Green Salad  
**Tuesday** - Black Bean Taco Stuffed Sweet  
Potatoes  
**Wednesday** - Creamy Shrimp & Salmon Foil  
Packs  
**Thursday (4th of July)** - Hot Dog Skewers  
w/ Avocado Corn Salad & Patriotic Fruit Bowl  
**Weekend** - Slow Cooker BBQ Chicken

### Little Lunches

**Main** - Homemade "Lunchables" (Turkey + Cheese)  
**Fruit** - Grapes  
**Veggie** - Carrot Sticks and Bell Pepper Slices with Ranch  
**Extra (optional choose 1)** - Crackers, Dark Chocolate Candies (I like Unreal Dark Chocolate  
Gems)

\*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-

## Breakfast Popsicles

Banana  
Coconut Oil  
Hemp Seeds  
Chia Seeds  
Almond Milk  
Maple Syrup  
Fruit of Choice (I used strawberries,  
raspberries, & peach)

## Cinnamon Applesauce Muffins

Almond Flour  
Coconut Sugar  
Cinnamon  
Baking Powder  
Salt  
Egg  
Butter  
Applesauce  
Vanilla

## Slow Scrambled Eggs w/ Goat Cheese

Eggs  
Goat Cheese  
Salt  
Pepper  
Chopped Spinach or Arugula (optional)

## Cilantro Lime Chicken Bowls w/ Mango

### Avocado Salsa

Chicken Breasts, 1.5 lbs  
Orange, 1  
Olive Oil  
Lime, 3  
Honey  
Cumin  
Soy Sauce (sub Coconut Aminos)  
Garlic  
Cilantro  
Mango, 1

Avocado, 1  
Red Onion, 1/2  
Red Pepper, 1  
Jalepeno, 1 (optional)  
Salt  
Pepper  
Rice  
Mixed Greens

## Lunchable

Deli Turkey (I like Applegate Farms)  
Sliced Cheddar Cheese  
Crackers (I like Simple Mills)

## Other Lunch Items

Grapes  
Carrot Sticks  
Bell Peppers  
Ranch Dip  
Dark Chocolate Candies (I like Unreal)

## Snacks

GF Pretzel Sticks  
Peanut Butter  
Veggie Chips

## Chocolate Apricot Nut Bars

Dried Apricots  
Unsweetened Shredded Coconut  
Dark Chocolate  
Raw Almonds  
Salt

## Slow Cooker Chicken Thighs

Chicken Thighs, boneless, skinless, 1.5 lbs  
Salt  
Pepper  
Olive Oil  
Red Onion, 1 cup diced

Carrots, 1 1/2 cups  
Baby Red Potatoes, 1 lb  
Corn, 1-2 ears  
Garlic  
Chicken Stock, 1 1/4 cup  
Flour (can sub almond, GF or Arrowroot)  
Lemon  
Thyme  
Rosemary

### **Simple Tossed Green Salad**

Mixed Greens, 2-3 cups  
Sunflower Seeds, 1 Tbsp (could sub pepitas)  
Bacon, 1-2 slices  
Red Onion, 1/4  
Cucumber, 1  
Dijon Mustard  
Honey  
Apple Cider Vinegar  
Salt  
Pepper  
Olive Oil

### **Black Bean Taco Stuffed Sweet Potatoes**

Sweet Potato, 4  
Black Beans  
Frozen (or fresh) Sweet Corn  
Green Onion  
Lime, 3  
Roma Tomato, 1  
Red Onion, 1/2  
Cilantro  
Salt  
Pepper  
Avocado, 2  
Onion Powder  
Garlic Powder

### **Creamy Shrimp & Salmon Foil Packs**

Salmon Filets, 4  
Raw Shrimp, peeled & deveined, 1 lb  
Zucchini, 4  
Carrot, 2

Red Onion, 1  
Olive Oil  
Salt  
Pepper  
Dill  
Heavy Cream (can sub for non-dairy)  
Vegetable Broth  
Garlic  
Cayenne  
Oregano  
Marjoram  
Quinoa or Rice (optional)

### **Hot Dog Skewers**

Hot Dogs (I like Applegate Farms)  
Dill Pickles  
Red Onion  
Ketchup (optional - I like Primal Kitchen)  
Mustard (optional - I like Primal Kitchen)  
Bacon  
Grape Tomatoes  
Romaine Lettuce  
Pineapple Chunks

### **Avocado, Black Bean, & Corn Salad**

Black Beans, 2 cans  
Avocado, 2  
Corn  
Cherry Tomatoes  
Red Onion  
Cilantro  
Lime  
Olive Oil  
Honey  
Garlic Powder  
Chili Powder  
Salt  
Pepper

### **Slow Cooker BBQ Chicken**

Boneless, skinless chicken thighs, 3 lbs  
Salt  
Pepper

BBQ Sauce (I like Annie's or Primal Kitchen)

**Optional BBQ Chicken Serving  
Suggestions**

Classic Sandwich Buns

Tortillas

Simple Slaw (use bagged slaw + ACV  
dressing)

# Emily's Grocery List

-By Store Section-

## **Produce**

Avocado, 4-6  
Baby spinach, 1 container (optional)  
Bananas (2-4)  
Carrots (6 large) + sticks for lunches  
Cherry (or Grape) Tomatoes, 2 containers  
Cilantro  
Corn (4-6 ears)  
Cucumber, 1  
Dill  
Dill Pickles  
Garlic  
Grapes (green, seedless)  
Green Onion  
Jalepeno (optional)  
Lemons  
Limes, 6-7  
Mango, 1  
Mixed Leafy Greens  
Orange, 1  
Peaches, 1-2  
Pineapple Chunks  
Potatoes, Baby Red, 1 lb  
Raspberries, 1 container  
Red Bell Pepper, 2-3  
Red Onion, 4  
Roma Tomato, 1  
Romaine Lettuce  
Rosemary  
Slaw Mix (bagged)  
Strawberries, 1 quart  
Sweet Potato, 4  
Thyme  
Zucchini, 4 medium

## **Dairy/Dairy Alternatives**

Almond Milk, unsweetened  
Butter  
Goat Cheese

Heavy Cream  
Sliced Cheddar

## **Proteins**

Bacon (I like Applegate Farms), 1 package  
Chicken Breasts, boneless, skinless, 1.5 lb  
Chicken Thighs, boneless, 3.5 lbs  
Deli Turkey (I like Applegate Farms)  
Eggs (I like Vital Proteins)  
Hot Dogs (I like Applegate Farms)  
Peanut Butter  
Shrimp, peeled & deveined, 1 lb  
Salmon, about 1 lb (about 4 filets)  
Turkey Pepperoni (optional)

## **Pantry Essentials - Baking**

Almond Meal  
Applesauce, unsweetened  
Baking Powder  
Chia Seeds  
Cinnamon  
Coconut Oil  
Coconut Sugar  
Dark Chocolate  
Dried Apricots  
Hemp Seeds  
Honey  
Maple Syrup  
Shredded Coconut, unsweetened  
Vanilla

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

Almonds, raw  
Apple Cider Vinegar  
BBQ Sauce (I like Annie's)  
Black Beans, 3 cans  
Chicken Stock  
Coconut Aminos (can sub soy sauce)

Dijon Mustard  
Ketchup & Mustard (optional)  
Olive Oil  
Ranch Dressing (I like Primal Kitchen)

### **Pantry Essentials - Spices**

Black Pepper  
Cayenne  
Chili Powder  
Cumin  
Garlic Powder  
Marjoram  
Onion Powder  
Oregano  
Red Pepper Flakes  
Salt  
Smoked Paprika

### **Grains or Grain Alternatives**

Crackers (I like Simple Mills)  
GF Pretzel Sticks  
Rice  
Sandwich Buns (optional)  
Tortillas (optional)  
Veggie Chips

### **Other**

Dark Chocolate Candies (like Unreal)