

Emily, RD

MEAL PLAN #7
MAY 24, 2019

This Week's Meal Plan

Breakfast Options

Strawberry Protein Muffins
Peanut Butter & Apple Smoothie
Avocado Toast with Hard-Boiled Eggs

Snacks

Rainbow Fruit Cups
2-Ingredient Honey Nut Lara Bars
Veggies & Hummus

Lunch Prep

Avocado Chicken Salad on Crispy Tortilla

Dessert

3-Ingredient Ice Box Cake

Dinners

Monday - Almond Crusted Salmon with
Grilled (or roasted) Veggies & Salad
Tuesday - Grilled Pineapple Chicken
Wednesday - Skillet Steak with Asparagus
and Potatoes
Thursday - Pesto Chicken Stuffed Peppers
Weekend - Black Bean Enchiladas

Kids' Lunch Choices

Main - Pizza Bagels
Fruit (choose 1 or 2) - Strawberries, Blueberries, or Watermelon
Veggie (choose 1 or 2) - Carrot Sticks and Bell Pepper Slices with Ranch
Extra (optional choose 1) - GF Fig Bar or Chocolate Chip Cookie

*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-

Strawberry Protein Muffins

Oat Flour
Protein Powder (Collagen Peptides)
Lemon
Swerve Sweetener or Coconut Sugar
Baking Soda
Sea Salt
Cinnamon
Coconut Oil
Egg Whites
Almond Milk
Greek Yogurt
Vanilla
Strawberries
Mini Chocolate Chips

Peanut Butter & Apple Smoothie

Spinach
Honeycrisp Apple
Peanut Butter
Honey
Almond Milk
Collagen Peptides
Avocado
Ice Cubes

Avocado Toast & Hard-Boiled Egg

Avocado
Egg
Toast (I like Dave's Killer Bread or English Muffins)

Avocado Chicken Salad w/ a Crispy Tortilla

Chicken Breasts
Bacon
Mayo
Avocado
Red Onion
Celery
Lime

Chili Powder

Salt

Pepper

Leafy Greens

Tortilla (Low Carb if preference)

Pizza Bagel

GF Bagel

Pizza Sauce

Shredded Mozzarella

Suggested Toppings (optional): Turkey

Pepperoni, Bell Pepper, Mushrooms,

Shredded Spinach

Other Lunch Items

Strawberries

Blueberries

Watermelon

Carrot Sticks

Bell Pepper

Ranch Dressing

GF Fig Bars

Chocolate Chip Cookies

Rainbow Fruit Cups

Blueberries

Green Grapes

Pineapple

Mandarin Oranges

Strawberries

Coconut Whipped Topping

Honey Nut Lara Bars

Dates

Honey-Roasted Nuts

Veggies & Hummus

Veggie Sticks (Carrots, Celery, Bell Pepper)

Hummus Cups

Almond Crusted Salmon

Salmon Filet
Dijon Mustard
Almond Meal
Olive Oil
Salt
Pepper
Paprika
Zucchini
Squash
Bell Pepper
Mushroom
Sweet Kale Salad (bagged)

Grilled Pineapple Chicken

Pineapple
Chicken Thighs, boneless
Coconut Aminos (sub soy sauce)
Water
Tomato Paste
Dates
Garlic Powder
Chili Powder
Smoked Paprika
Rice
Mixed Greens

Skillet Steak with Asparagus & Potatoes

Baby Red Potatoes
Olive Oil
Salt
Pepper
Asparagus
Smoked Paprika
Garlic Powder
Sirloin or Strip Steak
Lemon
Parsley
Mint
Garlic
Red Pepper Flakes

Pesto Chicken Stuffed Peppers

Bell Peppers
Chicken Breasts
Mozzarella Cheese
Quinoa
Pesto

Mexican Tortilla Casserole

Olive Oil
Red Onion
Garlic
Red Bell Pepper
Green Bell Pepper
Cumin
Chili Powder
Black Beans
Sweet Corn
Enchilada Sauce
Salt
Corn Tortillas
Vegan Mayo (can sub sour cream)
Shredded Cheese (can sub non-dairy cheese)
Avocado

Ice Box Cake

Coconut Whipped Topping
Simple Mills Crunchy Chocolate Chip
Cookies
Mini Chocolate Chips (I like Enjoy Life Foods
non-dairy)

Emily's Grocery List

-By Store Section-

Produce

Apples (I like Honeycrisp)
Asparagus
Avocado, 4-6
Baby spinach, 1 container
Blueberries, 1 pint
Carrots (Sticks)
Celery
Dates
Garlic
Ginger
Grapes (green, seedless)
Green Bell Pepper, 2
Lemons
Lime
Mandarine Oranges (or Clementines)
Mint
Mixed Leafy Greens
Mushrooms, Baby Bella, 1 container
Orange Bell Pepper, 2
Parsley
Pineapple
Potatoes, Baby Red, 1 lb
Red Bell Pepper, 4
Red Onion, 2
Squash, 1-2 medium
Strawberries, 2 quarts
Sweet Kale Salad, bagged
Watermelon
Yellow Bell Pepper, 2
Zucchini, 1-2 medium

Dairy/Dairy Alternatives

Almond Milk, unsweetened
Non-Dairy Shredded Cheese (optional)
Plain Greek Yogurt, 1 large container
Shredded Mozzarella

Proteins

Bacon (I like Applegate Farms), 1 package
Chicken Breasts, boneless, skinless, 2 lb
Chicken Thighs, boneless, 1.5 lbs
Collagen Peptides (optional or sub protein powder)
Eggs (I like Vital Proteins)
Hummus
Peanut Butter
Salmon, about 1 lb (about 4 filets)
Sirloin or Strip Steak, 2 lbs
Turkey Pepperoni (optional)

Pantry Essentials - Baking

Almond Meal
Baking Soda
Cinnamon
Coconut Oil
Coconut Sugar (or sub Swerve Sweetener)
Coconut Whipped Topping (So Delicious), 2 containers
Honey
Mini Chocolate Chips (I like EnjoyLife Foods)
Oat Flour
Vanilla

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

Black Beans
Coconut Aminos (can sub soy sauce)
Dijon Mustard
Enchilada Sauce
Honey-Roasted Nuts (peanuts, almonds, etc.)
Mayo (I like Primal Kitchen Avocado Mayo)
Olive Oil
Pesto
Pizza Sauce
Ranch Dressing (I like Primal Kitchen)
Sweet Corn, canned

Tomato Paste

Pantry Essentials - Spices

Black Pepper

Chili Powder

Cumin

Garlic Powder

Red Pepper Flakes

Sea Salt

Smoked Paprika

Grains or Grain Alternatives

Bread (I like Dave's Killer Bread) or sub

English Muffins

GF Bagels

Quinoa

Rice

Tortillas, corn or almond flour

Other

Crispy Chocolate Chip Cookies (I like Simple Mills), 2-3 packages

GF Fig Bars