

4-WEEK HEALTHY MEAL PLAN

with grocery list #3

Click on each recipe title in bold text for full recipes, tips & tricks www.therealfooddietitians.com



WEEK #1	DAY 01 MONDAY	DAY 02 TUESDAY	DAY 03 WEDNESDAY	DAY 04 THURSDAY	DAY 05 FRIDAY	DAY 06 SATURDAY	DAY 07 SUNDAY
	Grilled Pork Tenderloin with Pineapple Salsa	Grilled Steak Kebabs	Summer Pasta with Chicken and Berries	Leftovers	Greek Quinoa Salad with Avocado <small>(optional: Add shrimp or chicken)</small>	Leftovers or Takeout	Build Your Own Meal
WEEK #2	DAY 08 MONDAY	DAY 09 TUESDAY	DAY 10 WEDNESDAY	DAY 11 THURSDAY	DAY 12 FRIDAY	DAY 13 SATURDAY	DAY 14 SUNDAY
	Grilled Honey Garlic Pork Chops and Quinoa Kale Salad with Blueberries	Easy Thai-Inspired Steak Salad	Grilled Salmon Kebabs with Creamy Curry Yogurt Sauce	Leftovers	Strawberry Spinach Salad with Chicken	Leftovers or Takeout	Build Your Own Meal
WEEK #3	DAY 15 MONDAY	DAY 16 TUESDAY	DAY 17 WEDNESDAY	DAY 18 THURSDAY	DAY 19 FRIDAY	DAY 20 SATURDAY	DAY 21 SUNDAY
	Grilled Pork Burgers with Creamy Thai-Inspired Slaw	Grilled Flank Steak with Chimichurri and Quinoa Arugula Salad with Peaches	Teriyaki Salmon Bowls	Leftovers	Greek Chicken Kebabs	Leftovers or Takeout	Build Your Own Meal
WEEK #4	DAY 22 MONDAY	DAY 23 TUESDAY	DAY 24 WEDNESDAY	DAY 25 THURSDAY	DAY 26 FRIDAY	DAY 27 SATURDAY	DAY 28 SUNDAY
	Grilled Pork Kebabs with Peanut Sauce	Mediterranean Steak Bowls	Grilled Shrimp Tacos with Mango-Avocado Salsa	Leftovers	Creamy BBQ Chicken Salad	Leftovers or Takeout	Build Your Own Meal

HEALTHY MEAL PLAN

WEEK #1

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GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Pork Tenderloin with Pineapple Salsa, (2) Grilled Steak Kebabs, (3) Summer Pasta Salad with Chicken and Berries, (4) Greek Quinoa Salad with Avocado

PROTEIN:

- 1 - 1 ¼ lb. pork tenderloin ⁽¹⁾
- 1 ¼ lbs. sirloin steak ⁽²⁾
- 8 ounces chicken breast or thighs ⁽³⁾
- _____
- _____

DAIRY:

- 2 ounces feta cheese ⁽⁴⁾
- _____
- _____

PRODUCE:

- 2 medium lemons ^(3, 4)
- 1 medium lime ⁽¹⁾
- 1 fresh pineapple (or 1 cup diced pineapple) ⁽¹⁾
- 6 ounces fresh berries of choice ⁽³⁾
- 1 small avocado ⁽⁴⁾
- 16 ounces baby spinach ^(3, 4)
- 1 small cucumber ⁽⁴⁾
- 4 ounces grape or cherry tomatoes ⁽⁴⁾
- 1 medium red bell pepper ⁽¹⁾
- 2 small bell peppers, any color ⁽²⁾
- 3 small red onions ^(1, 2, 3, 4)
- 1 small bunch green onions ⁽³⁾
- 1 clove garlic ⁽¹⁾
- 1 small jalapeño ⁽¹⁾
- 1 bunch fresh cilantro ⁽¹⁾
- 1 bunch fresh basil ⁽³⁾
- 2 tablespoons fresh oregano (may sub 1 teaspoon dried) ⁽⁴⁾
- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- ½ cup olive oil or avocado oil ^(3, 4)
- 2 tablespoons red wine vinegar ⁽²⁾
- ¼ cup apple cider vinegar ⁽³⁾
- 2 tablespoons tamari, soy sauce, or coconut aminos ⁽²⁾
- 1 tablespoon Worcestershire sauce ⁽²⁾
- ⅔ cup mayonnaise ⁽³⁾
- 2 tablespoons honey ⁽³⁾
- 6 ounces pasta, any shape, gluten-free if needed ⁽³⁾
- ½ cup uncooked quinoa ⁽⁴⁾
- ⅓ cup sliced almonds ⁽³⁾
- ¼ cup dried cranberries ⁽³⁾
- ½ cup canned, jarred or frozen artichoke hearts ⁽⁴⁾
- ¼ cup pitted kalamata olives ⁽⁴⁾
- 4-6 large/long wooden or metal skewers ⁽²⁾
- _____
- _____

SEASONINGS & SPICES:

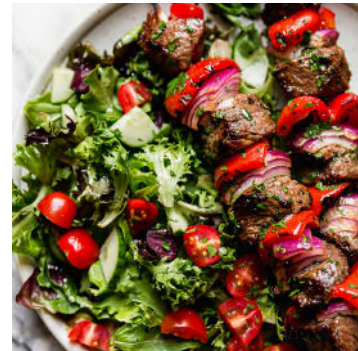
- 1 pinch ground cinnamon ⁽¹⁾
- ½ teaspoon chili powder ⁽¹⁾
- 1 teaspoon garlic powder ^(1, 2)
- ½ teaspoon Italian seasoning ⁽²⁾
- ½ teaspoon onion powder ⁽¹⁾
- ½ teaspoon dried oregano ⁽¹⁾
- 2 teaspoons poppy seeds ⁽³⁾
- Fine salt
- Black pepper
- _____
- _____

OPTIONAL FOR SERVING:

○ **Greek Quinoa Salad with Avocado:**
If desired, add 6-8 ounces cooked shredded chicken or cooked shrimp to this salad (*not included in grocery list above*)

Recipe 01

Grilled Pork Tenderloin with Pineapple Salsa



Recipe 02

Grilled Steak Kebabs

Recipe 03

Summer Pasta Salad with Chicken and Berries



Recipe 04

Greek Quinoa Salad with Avocado



HEALTHY MEAL PLAN

WEEK #2

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GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Honey Garlic Pork Chops and Quinoa Kale Salad with Blueberries, (2) Easy Thai-Inspired Steak Salad, (3) Grilled Salmon Kebabs with Creamy Curry Yogurt Sauce, (4) Strawberry Spinach Salad with Chicken

PROTEIN:

- 4 boneless pork loin chops (6–8 ounces each) ⁽¹⁾
- 1 lb. beef sirloin steak ⁽²⁾
- 12 ounces cooked or grilled chicken ⁽⁴⁾
- 20 to 24 ounces of skin-on salmon filets ⁽³⁾
- _____
- _____

DAIRY:

- 4 ounces feta cheese ⁽¹⁾
- ½ cup plain yogurt, Greek yogurt or skyr ⁽³⁾
- 4 ounces goat cheese ⁽⁴⁾
- _____
- _____

PRODUCE:

- 6 medium lemons ^(1, 3, 4)
- 1 medium lime ⁽²⁾
- 4 ounces fresh blueberries ⁽¹⁾
- 1 carton fresh strawberries ⁽⁴⁾
- 1 medium avocado ⁽⁴⁾
- 16 ounces spinach or salad greens of choice ⁽²⁾
- 6 ounces chopped curly kale ⁽¹⁾
- 1 English cucumber ⁽²⁾
- 1 pint cherry tomatoes ⁽²⁾
- 1 small red onion ^(1, 4)
- 6 green onions ^(2, 4)
- 2 shallots ^(1, 2)
- 3 garlic cloves ⁽¹⁾
- 1 bunch fresh cilantro ⁽²⁾
- 1 (0.67 ounce) package fresh mint ⁽²⁾
- 2 tablespoons fresh basil ⁽¹⁾
- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- 1 cup plus 1 tablespoon olive oil or avocado oil ^(1, 2, 3, 4)
- 3 tablespoons apple cider vinegar ⁽¹⁾
- 2 tablespoons champagne vinegar or red wine vinegar ⁽⁴⁾
- 4 tablespoons coconut aminos ^(1, 2)
- ½ teaspoon fish sauce ⁽²⁾
- 3 tablespoons mayonnaise ⁽¹⁾
- ¼ cup Dijon mustard ⁽¹⁾
- 6 tablespoons pure honey ^(1, 2, 3, 4)
- ⅓ cup roasted shelled pistachios ⁽¹⁾
- ¼ cup dry roasted salted peanuts ⁽²⁾
- ⅓ cup sliced almonds ⁽⁴⁾
- ½ cup uncooked quinoa ⁽¹⁾
- 4-6 large/long wooden or metal skewers ⁽³⁾
- _____
- _____

SEASONINGS & SPICES:

- 1 teaspoon chili-garlic sauce or Sriracha ⁽²⁾
- ½ teaspoon curry powder ⁽³⁾
- 1 teaspoon garlic powder ^(1, 3)
- 1 pinch smoked paprika ⁽³⁾
- ¼ teaspoon dried thyme ⁽¹⁾
- Fine salt
- Black pepper
- _____
- _____

Recipe 01

Grilled Honey Garlic Pork Chops and Quinoa Kale Salad with Blueberries



Recipe 02

Easy Thai-Inspired Steak Salad



Recipe 03

Grilled Salmon Kebabs with Creamy Curry Yogurt Sauce



Recipe 04

Strawberry Spinach Salad with Chicken



HEALTHY MEAL PLAN

WEEK #3

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GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Pork Burgers with Creamy Thai-Inspired Slaw, (2) Grilled Flank Steak with Chimichurri and Quinoa Arugula Salad with Peaches, (3) Teriyaki Salmon Bowls, (4) Greek Chicken Kebabs

PROTEIN:

- 1 lb unseasoned ground pork ⁽¹⁾
- 1 – 1 ¼ lbs. beef flank steak ⁽²⁾
- 1 ½ lbs. chicken breasts ⁽⁴⁾
- 4 (5-6 ounce) salmon filets ⁽³⁾
- _____
- _____

DAIRY:

- 4 ounces goat cheese ⁽²⁾
- ½ cup plain yogurt, Greek yogurt, or skyr ⁽⁴⁾
- _____
- _____

PRODUCE:

- 4 medium lemons ^(2, 4)
- 1 medium lime ⁽¹⁾
- 1 medium peach ⁽²⁾
- 1 medium avocado ⁽³⁾
- 3 cups packed arugula ⁽²⁾
- 1 cup shredded cabbage ⁽¹⁾
- 1 medium zucchini ⁽⁴⁾
- 1 Persian (or mini) cucumber ⁽²⁾
- 1 English cucumber ^(3, 4)
- 3 large carrots ^(1, 3)
- ½ medium red bell pepper ⁽¹⁾
- 1 large sweet bell pepper, any color ⁽⁴⁾
- 2 medium red onions ^(2, 4)
- 6 green onions ^(1, 3)
- 1 small jalapeño ⁽¹⁾
- 12 garlic cloves or 2 heads garlic ^(1, 2, 3, 4)
- 3-inch knob fresh ginger (or 1 teaspoon ground ginger) ^(1, 3)
- 1 small bunch fresh basil or cilantro (or mix) ⁽¹⁾
- 1 bunch fresh flat-leaf Italian parsley ⁽²⁾
- Few sprigs fresh mint ⁽²⁾
- 2 tablespoons fresh oregano (or 2 teaspoons dried oregano) ⁽⁴⁾
- 1 tablespoon fresh dill (or 1 teaspoon dried dill) ⁽⁴⁾
- 1 cup shelled fresh or frozen edamame ⁽³⁾

OTHER PRODUCE:

- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- 1 cup olive oil or avocado oil ^(2, 4)
- 2 tablespoons toasted sesame oil ^(1, 3)
- ¼ cup balsamic vinegar ⁽²⁾
- 1 tablespoon rice vinegar ⁽³⁾
- 1 tablespoon apple cider vinegar ⁽⁴⁾
- 10 tablespoons coconut aminos ^(1, 3)
- 1 ½ teaspoons fish sauce or coconut aminos ⁽¹⁾
- ¼ cup honey ⁽³⁾
- ⅓ cup sliced almonds ⁽²⁾
- 2 tablespoons chopped nuts (peanuts, almonds, or cashews) ⁽¹⁾
- ½ cup uncooked quinoa ⁽²⁾
- 1 ½ cups uncooked rice (may sub cooked or cauliflower rice) ⁽³⁾
- 1 ½ tablespoons cornstarch ⁽³⁾
- 6-8 large/long wooden or metal skewers ⁽⁴⁾
- _____
- _____

SEASONINGS & SPICES:

- ½ teaspoon garlic powder ⁽²⁾
- 1 ½ teaspoons Italian seasoning ⁽²⁾
- ¼ teaspoon onion powder ⁽²⁾
- 1 teaspoon red pepper flakes ^(1, 2, 4)
- Sesame seeds, optional garnish ⁽³⁾
- Fine salt
- Black pepper
- _____
- _____

Recipe 01

Grilled Pork Burgers with Creamy Thai-Inspired Slaw

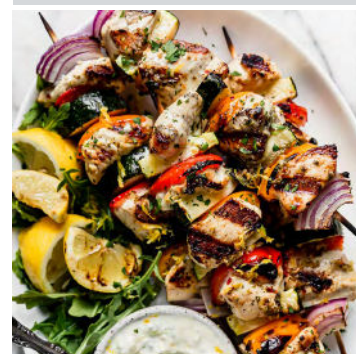
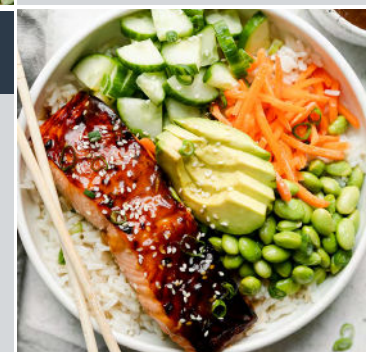


Recipe 02

Grilled Flank Steak with Chimichurri and Quinoa Arugula Salad with Peaches

Recipe 03

Teriyaki Salmon Bowls



Recipe 04

Greek Chicken Kebabs

HEALTHY MEAL PLAN

WEEK #4

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GROCERY LIST

Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Grilled Pork Kebabs with Peanut Sauce, (2) Mediterranean Steak Bowls, (3) Grilled Shrimp Tacos with Mango-Avocado Salsa, (4) Creamy BBQ Chicken Salad

PROTEIN:

- 1 lb. boneless, thick-cut pork chops ⁽¹⁾
- 1 lb. beef flank steak, NY strip, or sirloin steak ⁽²⁾
- 8-10 ounces chicken breasts or thighs ⁽⁴⁾
- 1 lb. medium raw shrimp ⁽³⁾
- 1 16-ounce carton original or garlic hummus ⁽²⁾
- _____
- _____

DAIRY:

- ½ cup crumbled feta cheese ⁽²⁾
- ¼ cup crumbled cotija cheese or feta cheese ⁽³⁾
- 1 cup plain yogurt, Greek yogurt, or skyr ⁽²⁾
- _____
- _____

PRODUCE:

- 1 large orange ⁽¹⁾
- 1 medium lemon ⁽²⁾
- 2 medium limes ^(1, 3)
- 1 large fresh mango ⁽³⁾
- 1 medium avocado ⁽³⁾
- 1 head romaine lettuce ⁽²⁾
- 1 cup shredded red cabbage or coleslaw mix ⁽³⁾
- 1 cup curly kale ⁽⁴⁾
- 1 medium bell pepper, any color ⁽¹⁾
- 1 medium zucchini or yellow squash ⁽¹⁾
- 1 English cucumber ⁽²⁾
- 2 pints grape or cherry tomatoes ^(2, 4)
- 2 medium red onions ^(1, 2, 3)
- 2 green onions ⁽²⁾
- 1 small jalapeño ⁽³⁾
- 3 cloves garlic ^(1, 2, 3)
- 1-inch knob fresh ginger or ¼ teaspoon dried ginger ⁽¹⁾
- 1 bunch fresh cilantro ⁽³⁾
- 2 teaspoons fresh mint (or ½ teaspoon dried mint) ⁽²⁾
- ¾ cup fresh, frozen, or canned corn ⁽⁴⁾

OTHER PRODUCE:

- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- ¼ cup olive oil or avocado oil ^(1, 2, 3)
- ¼ cup rice vinegar ⁽¹⁾
- ¼ cup coconut aminos ⁽¹⁾
- ½ cup mayonnaise ⁽⁴⁾
- 2 tablespoons BBQ sauce ⁽⁴⁾
- ¼ cup creamy peanut butter ⁽¹⁾
- 1 ounce smoked or dry-roasted almonds ⁽⁴⁾
- ½ cup pitted kalamata olives ⁽²⁾
- 8 corn tortillas ⁽³⁾
- 12 large/long wooden or metal skewers ^(1, 2, 3)
- _____
- _____

SEASONINGS & SPICES:

- 2 teaspoons chili powder ⁽³⁾
- 1 teaspoon ground cumin ⁽³⁾
- ¼ teaspoon ancho chili powder or chili powder ⁽³⁾
- ½ teaspoon dried dill ⁽²⁾
- ½ teaspoon garlic powder ⁽³⁾
- ¼ teaspoon onion powder ⁽³⁾
- ½ teaspoon dried oregano ⁽²⁾
- ½ teaspoon crushed red pepper flakes ⁽¹⁾
- Fine salt
- Black pepper
- _____
- _____

Recipe 01

Grilled Pork Kebabs with Peanut Sauce



Recipe 02

Mediterranean Steak Bowls



Recipe 03

Grilled Shrimp Tacos with Mango-Avocado Salsa



Recipe 04

Creamy BBQ Chicken Salad



X **the real food** DIETITIANS

