

# 2-WEEK FAST & EASY MEAL PLAN + GROCERY LIST

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**BUTCHERBOX**



MON (Day 01)	TUE (Day 02)	WED (Day 03)	THU (Day 04)	FRI (Day 05)	SAT (Day 06)	SUN (Day 07)
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**Slow Cooker  
Hamburger Soup**

**Instant Pot Salsa  
Chicken with  
Cilantro-Lime  
Crema**

Leftovers

**Easy Egg Roll  
in a Bowl**

**Balsamic Roasted  
Vegetable and  
Quinoa Salad**  
- serve with your  
favorite protein!

Leftovers or  
Takeout

**BYOM**  
(build your own meal)

MON (Day 08)	TUE (Day 09)	WED (Day 10)	THU (Day 11)	FRI (Day 12)	SAT (Day 13)	SUN (Day 14)
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**Easy Beef  
Taco Bowl**

**Slow Cooker  
Buffalo Chicken**  
Serve with  
veggie side

Leftovers

**Chipotle Turkey  
Sweet Potato  
Chili**

**Sheet Pan  
Salmon  
& Veggies**

Leftovers or  
Takeout

**BYOM**  
(build your own meal)



Click on the **bold text** to get to each day's recipe • Be sure to tag @therealfooddietitians on social!





# WEEK 1

## DINNER MENU

<b>MON</b> (Day 01)	<b>Slow Cooker Hamburger Soup</b>
<b>TUE</b> (Day 02)	<b>Instant Pot Salsa Chicken with Cilantro-Lime Crema</b>
<b>WED</b> (Day 03)	Leftovers
<b>THU</b> (Day 04)	<b>Easy Egg Roll in a Bowl</b>
<b>FRI</b> (Day 05)	<b>Balsamic Roasted Vegetable and Quinoa Salad</b> - serve with your favorite protein!
<b>SAT</b> (Day 06)	Leftovers or Takeout
<b>SUN</b> (Day 07)	BYOM

BYOM = Build Your Own Meal



## GROCERY LIST

### Protein & Dairy

- ❑ 1 lb. ground beef or ground sirloin
- ❑ 2 lbs. boneless, skinless chicken breasts
- ❑ 1 lb. ground turkey or ground pork
- ❑ 1 cup (8 oz.) sour cream
- ❑ 2-3 oz. soft goat cheese, crumbled (*optional*)

### Produce

- ❑ 2 medium yellow onions
- ❑ 1 small red onion
- ❑ 1 bunch green onions
- ❑ 2 garlic bulbs
- ❑ 1 green bell pepper
- ❑ 1 medium sweet potato (10 oz.)
- ❑ 2/3 lb. Yukon gold potatoes (10 oz.)
- ❑ 4 medium carrots
- ❑ 2 ribs celery
- ❑ 8 oz. fresh green beans
- ❑ 2 cups kale (*½ small bunch*)
- ❑ ¼ cup fresh cilantro leaves
- ❑ 1 medium lime
- ❑ 1 Tbsp. fresh ginger, about a 1-inch piece (*or 1 tsp. dried ground ginger*)
- ❑ 2 (12-oz.) bags broccoli slaw mix
- ❑ 1 medium zucchini
- ❑ 8 oz. button or cremini mushrooms
- ❑ Salad greens of choice  
(*for serving with quinoa salad*)

### Dry Goods/Pantry Staples

- ❑ Avocado oil or extra-virgin olive oil
- ❑ ½ cup dry quinoa
- ❑ ¼ cup sliced almonds
- ❑ 2 (14-oz.) cans fire-roasted diced tomatoes
- ❑ 1 (6-oz.) can tomato paste
- ❑ 1 quart (32 oz.) low-sodium beef broth
- ❑ ½ cup low-sodium chicken broth (or water)
- ❑ 1 (14-16 oz.) jar of your favorite salsa
- ❑ 1 (15-oz.) can no-salt-added black beans
- ❑ 1 (15-oz.) can no-salt-added corn  
(*or 1 ½ cups frozen corn*)
- ❑ ½ tsp. honey
- ❑ ½ cup coconut aminos
- ❑ 2 Tbsp. toasted sesame oil
- ❑ 2 Tbsp. rice vinegar
- ❑ 2 Tbsp. balsamic vinegar

### Seasonings

- ❑ Fine salt and black pepper
- ❑ 1 ½ Tbsp. Italian Seasoning
- ❑ 2 Tbsp. taco seasoning  
([Homemade](#) or store-bought)
- ❑ ½ tsp. Chinese 5-spice powder
- ❑ ½ tsp. dried rosemary

*\*This grocery list does not include a complete list of sides, garnishes and toppings.*

### OTHER MEAL IDEAS



#### BREAKFAST:

- Buffalo Chicken Egg Muffins
- Pumpkin Baked Oatmeal with Toasted Pecans

#### LUNCH:

- Cranberry Chicken Salad with Apples

#### SNACK:

- Peanut Butter Oatmeal Balls with Chocolate Chips

(*not included on the grocery list above*)

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Click each bold title above to be directed to full recipes

# WEEK 2

## DINNER MENU

**MON**  
(Day 08)

**Easy Beef  
Taco Bowl**



**TUE**  
(Day 09)

**Slow Cooker  
Buffalo Chicken**  
Serve with  
veggie side



**WED**  
(Day 10)

**Leftovers**

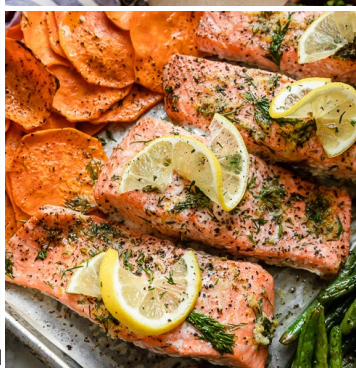
**THU**  
(Day 11)

**Chipotle Turkey  
Sweet Potato  
Chili**



**FRI**  
(Day 12)

**Sheet Pan  
Salmon  
& Veggies**



**SAT**  
(Day 13)

**Leftovers or  
Takeout**

**SUN**  
(Day 14)

**BYOM**

BYOM = Build Your Own Meal

## GROCERY LIST

### Protein & Dairy

- ☐ 2 lbs. ground beef or ground sirloin
- ☐ 2 lbs. Boneless, skinless chicken breast and/or thighs
- ☐ 1 lb. ground turkey
- ☐ 1 ¼ lb. salmon fillets
- ☐ ¼ cup (2 oz.) sour cream
- ☐ 1/3 cup unsalted butter or ghee (may use coconut oil)

### Produce

- ☐ 10 small sweet potatoes (or 6 large)
- ☐ 1 large yellow onion
- ☐ ½ small red onion
- ☐ 5 garlic cloves
- ☐ 2 medium lemons
- ☐ 1 Tbsp. fresh dill (or ½ tsp. dried dill)
- ☐ ¾ lb. fresh green beans (12 oz.)
- ☐ Easy beef taco bowl toppings
  - \_\_\_ Lettuce
  - \_\_\_ Tomato
  - \_\_\_ Onion
- ☐ Veggie side for Buffalo Chicken

### Dry Goods/Pantry Staples

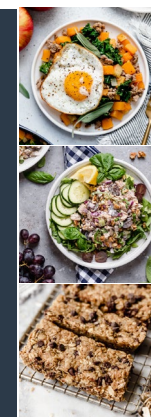
- ☐ Avocado oil or extra-virgin olive oil
- ☐ 3 Tbsp. tomato paste
- ☐ ½ cup salsa of choice
- ☐ Ranch dressing ([Homemade](#) or store-bought)
- ☐ 1 cup Franks Red Hot Sauce
- ☐ 3 Tbsp. coconut aminos
- ☐ 2 (14-oz.) can fire-roasted canned diced tomatoes
- ☐ 2 cups (16 oz.) low-sodium chicken broth

### Seasonings

- ☐ Fine salt and black pepper
- ☐ ¼ cup taco seasoning ([homemade](#) or store bought)
- ☐ 1 ½ tsp. garlic powder
- ☐ ½ tsp. cayenne (optional)
- ☐ 2 tsp. chili powder
- ☐ 1 tsp. dried oregano
- ☐ 1 tsp. ground cumin
- ☐ ½ tsp. chipotle powder (may use smoked paprika)

\*This grocery list does not include a complete list of sides, garnishes and toppings.

## OTHER MEAL IDEAS



### **BREAKFAST:**

- Butternut Squash & Apple Hash with Turkey Sausage
- Apple Cinnamon Baked Oatmeal

### **LUNCH:**

- Chicken Waldorf Salad

### **SNACK:**

- 5-Ingredient Peanut Butter Granola Bars

Click each bold title above to be directed to full recipes

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