

## HEALTHY MEAL PLAN

# WEEK #3

Click on each recipe title in bold text  
for full recipes, tips & tricks  
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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 <sup>(1)</sup>
- 1 – 1 ¼ lbs. beef flank steak <sup>(2)</sup>
- 1 ½ lbs. chicken breasts <sup>(4)</sup>
- 4 (5-6 ounce) salmon filets <sup>(3)</sup>

- \_\_\_\_\_
- \_\_\_\_\_

### DAIRY:

- 4 ounces goat cheese <sup>(2)</sup>
- ½ cup plain yogurt, Greek yogurt, or skyr <sup>(4)</sup>

- \_\_\_\_\_
- \_\_\_\_\_

### PRODUCE:

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

### OTHER PRODUCE:

- \_\_\_\_\_
- \_\_\_\_\_

### CANNED, DRY, PANTRY & FROZEN:

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

### SEASONINGS & SPICES:

- ½ teaspoon garlic powder <sup>(2)</sup>
- 1 ½ teaspoons Italian seasoning <sup>(2)</sup>
- ¼ teaspoon onion powder <sup>(2)</sup>
- 1 teaspoon red pepper flakes <sup>(1, 2, 4)</sup>
- Sesame seeds, optional garnish <sup>(3)</sup>
- 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**

