

# 2-WEEK HEALTHY

meal plan + grocery list #8



Click on each recipe title in bold text  
For full recipes, tips and tricks  
[www.therealfooddietitians.com](http://www.therealfooddietitians.com)

MONDAY Day 01	TUESDAY Day 02	WEDNESDAY Day 03	THURSDAY Day 04	FRIDAY Day 05	SATURDAY Day 06	SUNDAY Day 07
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<u>Ground Beef Stir Fry</u>	<u>Crock Pot Carnitas</u>	<u>King Ranch Chicken Casserole</u>	Leftovers	<u>Sheet Pan Honey Garlic Shrimp</u>	Leftovers or Takeout	Build Your Own Meal
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MONDAY Day 08	TUESDAY Day 09	WEDNESDAY Day 10	THURSDAY Day 11	FRIDAY Day 12	SATURDAY Day 13	SUNDAY Day 14
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<u>Crock Pot Pork Roast</u>	<u>Beef Skillet Enchiladas</u>	<u>Sheet Pan Chicken Bacon Ranch</u>	Leftovers	<u>Italian Sausage Zucchini Boats</u>	Leftovers or Takeout	Build Your Own Meal
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