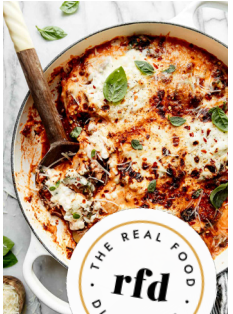


4-WEEK HEALTHY

meal plan + grocery list



MON Day 01	TUE Day 02	WED Day 03	THU Day 04	FRI Day 05	SAT Day 06	SUN Day 07
Oven-Baked Pork Chops with Squash <i>(serve with veggie of choice)</i>	Sheet Pan Chipotle Chicken Thighs with Broccoli <i>(serve with mashed sweet potatoes)</i>	Crockpot Beef Tips and Gravy <i>(serve with mashed potatoes and veggie of choice)</i>	Leftovers	Crockpot Green Chile Stew with Beans <i>(serve with garnishes)</i>	Leftovers or Takeout	BYOM
MON Day 08	TUE Day 09	WED Day 10	THU Day 11	FRI Day 12	SAT Day 13	SUN Day 14
Sheet Pan Pork Loin with Brussels and Apples	Crockpot Thai-Inspired Peanut Chicken <i>(serve with garnishes)</i>	One-Skillet Zucchini Lasagna	Leftovers	Sheet Pan Shrimp Fajita Bowls <i>(serve with garnishes)</i>	Leftovers or Takeout	BYOM
MON Day 15	TUE Day 16	WED Day 17	THU Day 18	FRI Day 19	SAT Day 20	SUN Day 21
Crockpot Pulled Pork with Honey Mustard Sauce <i>(stuffed in sweet potato with slaw or side salad of choice)</i>	Sheet Pan Greek Chicken with Veggies <i>(serve with Tzatziki sauce)</i>	Easy Beef Taco Bowls <i>(serve with garnishes)</i>	Leftovers	Sheet Pan Baked Salmon with Vegetables	Leftovers or Takeout	BYOM
MON Day 22	TUE Day 23	WED Day 24	THU Day 25	FRI Day 26	SAT Day 27	SUN Day 28
Sheet Pan Gnocchi with Kielbasa and Vegetables	Noodle-Free Chicken Pad Thai-Inspired	Crockpot Bean & Beef Chili <i>(serve with toppings of choice)</i>	Leftovers	Sheet Pan Veggie Shawarma with Lemon Tahini Dressing	Leftovers or Takeout	BYOM



BYOM = Build Your Own Meal



WEEK 1

DINNER MENU

MON
Day 01

**Oven-Baked
Pork Chops
with Squash**
*(serve with veggie
of choice)*



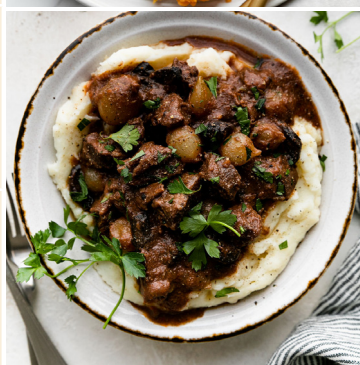
TUE
Day 02

**Sheet Pan Chipotle
Chicken Thighs
with Broccoli**
*(serve with mashed
sweet potatoes)*



WED
Day 03

**Crockpot Beef
Tips and Gravy**
*(serve with mashed
potatoes and
veggie of choice)*



THU
Day 04

Leftovers

FRI
Day 05

**Crockpot
Green Chile
Stew with Beans**
(serve with garnishes)



SAT
Day 06

Leftovers
or Takeout

SUN
Day 07

BYOM

BYOM = Build Your Own Meal

GROCERY LIST

PROTEINS:

- 4 boneless pork chops (1 ¼ - 1 ½ lbs.)
- 4-6 boneless, skinless chicken thighs (1 ¼ lbs)
- 2 lbs. beef tips or cubed beef stew meat

PRODUCE:

- 1 delicata squash or acorn squash (13-14 ounces)
- 1 poblano pepper
- 1 (12-ounce) bag raw broccoli florets
- ½ medium red onion
- 1 medium yellow onion
- 4 garlic cloves
- 1 (12-ounce) bag frozen pearl onions
- 8 ounces fresh mushrooms
- 1 lb. baby red potatoes
- ½ large lime

DRY GOODS/PANTRY STAPLES:

- 2 (14-ounce) cans Great Northern beans
- 2 (4-ounce) cans diced mild green chiles
- ¼ cup tomato paste
- 1 cup salsa verde
- 1 ½ cups vegetable broth
- 1 ½ cups low-sodium beef broth
- 3 tablespoons mayonnaise
- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 2 teaspoons coconut aminos (or soy sauce)
- 2 to 4 tablespoons cornstarch
- 2 teaspoons brown sugar
- Olive oil or avocado oil

SEASONINGS:

- Fine salt and black pepper
- 2 teaspoons smoked paprika
- 2 ½ teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon ground sage
- 1 ½ teaspoon onion powder
- 1 ½ teaspoons ground cumin
- 1 ¼ teaspoons dried thyme
- ½ teaspoon chili powder
- ½ teaspoon paprika
- ⅓ teaspoon chipotle powder

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- Fresh herbs (parsley and cilantro)
- Green onions
- Jalapeño
- Avocado
- Sour cream
- Shredded cheese
- Lime
- Sweet potatoes
- Potatoes
- Veggies of choice

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WEEK 2

DINNER MENU

MON Day 08	Sheet Pan Pork Loin with Brussels and Apples
TUE Day 09	Crockpot Thai-Inspired Peanut Chicken <i>(serve with garnishes)</i>
WED Day 10	One-Skillet Zucchini Lasagna
THU Day 11	Leftovers
FRI Day 12	Sheet Pan Shrimp Fajita Bowls <i>(serve with garnishes)</i>
SAT Day 13	Leftovers or Takeout
SUN Day 14	BYOM



GROCERY LIST

PROTEINS:

- o 1-1 ¼ lb. pork loin roast (or tenderloin)
- o 1½-2 lbs boneless, skinless chicken breast or thighs
- o 1 lb. lean ground beef
- o 1 ¼ lb. raw shrimp, deveined and tails removed

DAIRY:

- o 1 cup shredded mozzarella cheese
- o 1 cup cottage cheese (full fat or 2%)
- o ½ cup shredded Parmesan cheese

PRODUCE:

- o 12 garlic cloves
- o 1 tablespoon fresh rosemary (or 1 tsp. dried rosemary)
- o 2 teaspoons fresh thyme leaves (or ¾ tsp. dried thyme)
- o 1 lb. Brussels sprouts
- o 2 medium apples
- o 1 small red onion
- o 2 ½ medium yellow onions
- o 1 medium red bell pepper
- o 3 medium bell peppers, any color
- o 1 container (5 ounces) + 2 cups baby spinach
- o 1 medium lime
- o 2 teaspoons fresh ginger (or 1 teaspoon dried ground ginger)
- o 2 medium zucchini
- o 2 cups diced mushrooms
- o ¼ cup fresh basil leaves
- o 16 ounces riced cauliflower (not frozen)

DRY GOODS/PANTRY STAPLES:

- o 2 tablespoons Dijon or spicy brown mustard
- o 1 tablespoon pure maple syrup, optional
- o 1 cup light or full-fat canned coconut milk
- o ½ cup natural creamy peanut butter
- o ¼ cup coconut aminos
- o 2 tablespoons rice vinegar
- o 1 tablespoon honey
- o 2 teaspoons toasted sesame oil
- o 1 teaspoon fish sauce, optional
- o 1 (24-ounce) jar marinara sauce
- o 1 tablespoon balsamic vinegar
- o Olive oil or avocado oil

SEASONINGS:

- o Fine salt and black pepper
- o 1 ½ teaspoons dried Italian seasoning
- o ½ teaspoon chili powder
- o ½ teaspoon crushed red pepper flakes
- o ¼ teaspoon smoked paprika
- o ¼ teaspoon garlic powder
- o ¼ teaspoon ground cumin

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- o Peanuts
- o Fresh cilantro
- o Green onions
- o Avocado or [Guacamole](#)
- o Lime
- o Tortilla chips
- o Ranch dressing of choice

BYOM = Build Your Own Meal

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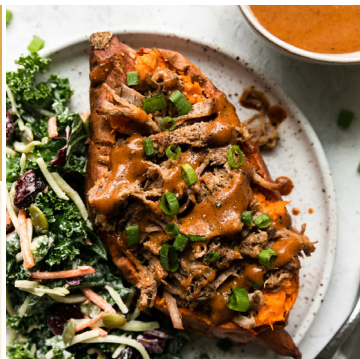


WEEK 3

DINNER MENU

MON

Day 15

Crockpot Pulled Pork with Honey Mustard Sauce
*(stuffed in sweet potato with **slaw or side salad** of choice)*

TUE

Day 16

Sheet Pan Greek Chicken with Veggies
(serve with Tzatziki sauce)

WED

Day 17

Easy Beef Taco Bowls
(serve with garnishes)

THU

Day 18

Leftovers

FRI

Day 19

Sheet Pan Baked Salmon with Vegetables

SAT

Day 20

Leftovers or Takeout

SUN

Day 21

BYOM



GROCERY LIST

PROTEINS:

- 3 lbs. boneless pork butt or shoulder
- 1 ¼ lbs. boneless, skinless chicken thighs
- 2 lbs. lean ground beef
- 1 ¼ lb. salmon fillets

DAIRY:

- ¼ cup crumbled feta cheese
- ¼ cup sour cream

PRODUCE:

- 1 medium yellow onion
- 1 lb. Brussels sprouts
- 1 medium yellow bell pepper
- 1 medium red onion
- ¼ cup fresh herbs of choice (basil, oregano, and/or thyme or 1 tablespoon dried herbs)
- 3 medium lemons
- 5 garlic cloves
- 1 cup cherry tomatoes
- 1 tablespoon fresh dill (or ½ teaspoon dried dill)
- 1 lb. sweet potatoes
- 12 ounces fresh green beans

DRY GOODS/PANTRY STAPLES:

- ½ cup Dijon mustard
- ¼ cup honey
- 2 tablespoons apple cider vinegar
- ½ teaspoon Worcestershire sauce (or soy sauce or coconut aminos)
- Liquid smoke, optional
- 1 (14-ounce) can artichoke hearts
- ½ cup pitted kalamata olives
- 3 tablespoons tomato paste
- ½ cup salsa of choice
- ¼ cup ranch dressing of choice
- Olive oil or avocado oil

SEASONINGS:

- Fine salt and black pepper
- ¼ cup taco seasoning ([homemade](#) or store bought)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- ½ teaspoon dried thyme
- ¼ teaspoon ground cumin

OPTIONAL GARNISHES AND SUGGESTED SIDES:

FOR THE PULLED PORK

- Baked sweet potatoes or potatoes or buns
- Green onions
- Slaw or side salad of choice
- Veggie of choice

FOR THE GREEK CHICKEN:

- Purchased or [Homemade Tzatziki Sauce](#)

FOR THE TACO BOWLS:

- Cooked rice or cauliflower rice
- Lettuce, tomatoes, red onion, fresh cilantro, lime, etc.
- Tortilla chips
- Olives
- Cheese of choice
- Avocado or [Guacamole](#)

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WEEK 4

DINNER MENU

MON
Day 22

**Sheet Pan Gnocchi
with Kielbasa and
Vegetables**



TUE
Day 23

**Noodle-Free
Chicken Pad
Thai-Inspired**



WED
Day 24

**Crockpot Bean
& Beef Chili**
*(serve with toppings
of choice)*



THU
Day 25

Leftovers

FRI
Day 26

**Sheet Pan Veggie
Shawarma with
Lemon Tahini
Dressing**



SAT
Day 27

Leftovers
or Takeout

SUN
Day 28

BYOM

GROCERY LIST

PROTEINS:

- 1 (14-ounce) smoked kielbasa
- 3 large eggs
- 1-1 ¼ lb. boneless, skinless chicken breast
- 1 ½ lbs. lean ground beef

DAIRY:

- ½ cups shredded Parmesan

PRODUCE:

- 3 medium bell peppers, any color
- 2 medium red bell peppers
- 1 ½ medium red onion
- 2 medium yellow onions
- 1 pint grape tomatoes
- 15 garlic cloves
- 3 cups fresh baby spinach
- 3 sprigs fresh rosemary (or 1 teaspoon dried rosemary)
- ¼ cup fresh basil leaves (or 1 teaspoon dried basil)
- 1 (12 oz) bag broccoli slaw
- 1 ½ cup shredded red or green cabbage
- 1 ½ cup shredded carrots
- 6-8 green onions
- 2 teaspoon fresh ginger (or 1/2 teaspoon ground ginger)
- 1 medium lime
- 1 small jalapeño pepper
- 1 medium head cauliflower
- 2 medium lemons

SEASONINGS:

- Fine salt and black pepper
- 3 tablespoons chili powder
- 1 tablespoon + 1 teaspoon ground cumin
- 1½ teaspoons paprika or smoked paprika
- 1 teaspoon smoked paprika
- 1 teaspoon ground coriander
- ¾ teaspoon ground turmeric
- ½ teaspoon crushed red pepper flakes
- ¼ teaspoon ground cinnamon

DRY GOODS/PANTRY STAPLES:

- 2 (12-ounce) bags frozen cauliflower gnocchi or shelf-stable gnocchi
- ¼ cup almond butter (or peanut butter)
- ¼ cup coconut aminos
- 2 tablespoons rice vinegar
- 1 tablespoons toasted sesame oil
- 2 (15-ounce) cans no-salt-added tomato sauce
- 1 (14-ounce) can fire-roasted diced tomatoes
- 1 (4-ounce) can diced green chiles
- 1 (15-ounce) can no-salt-added kidney beans
- 1 (15-ounce) can no-salt-added pinto beans
- 1 (15-ounce) can no-salt-added black beans
- ¾ cup low-sodium beef broth (or or chicken broth)
- 1 tablespoon cocoa powder
- 1 (15-ounce) can garbanzo beans (chickpeas)
- ¼ cup tahini (or peanut butter)
- 1 tablespoon pure maple syrup
- Olive oil or avocado oil

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- Fresh herbs (cilantro and mint or basil)
- Cashews
- Green onion
- Lime
- Sesame seeds
- Shredded cheese
- Sour cream
- Lettuce
- Cucumber

