

WEEK 1

DINNER MENU

MON
(Day 01)

Sheet Pan Mini Meatloaf with Vegetables



TUE
(Day 02)

Slow Cooker Chicken Chile Verde Stew



WED
(Day 03)

Sheet Pan Pork Loin with Brussels and Apples



THU
(Day 04)

Leftovers

FRI
(Day 05)

Tex-Mex Sweet Potato Hash



SAT
(Day 06)

Leftovers or Takeout

SUN
(Day 07)

BYOM

BYOM = Build Your Own Meal

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

GROCERY LIST

PROTEIN

- 2 lb. lean ground beef
- 2 lb. boneless, skinless chicken breasts or thighs (or 1 lb. of each)
- 1 - 1 ¼ lb. pork loin roast

PRODUCE

- 2 lb. Brussels sprouts
- 1 sweet bell pepper
- 8 ounces mushrooms
- 2 medium-large sweet potatoes
- 1½ lb. red potatoes
- 2-3 cups fresh spinach
- 2 medium apples
- 1 medium yellow onion
- 2 small red onions
- 9 cloves garlic, about 1-2 bulb
- Optional: fresh parsley for garnish*

DRY GOODS/PANTRY STAPLES

- ⅓ cup BBQ sauce of choice
- 1 (16-ounce) jar salsa verde (*such as Trader Joe's or Herdez*)
- 2 (4-ounce) can diced green chiles
- 3 Tbsp. taco seasoning (*homemade or organic store-purchased*)
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 tsp. dried thyme (*may substitute 1 Tbsp. fresh thyme*)
- 1 tsp. dried rosemary (*may substitute 1 Tbsp. fresh rosemary*)
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 5 Tbsp. cooking fat of choice
- 1½ cups organic chicken broth
- 1 Tbsp. maple syrup
- Salt and pepper

Optional Toppings for Stew and Hash: Fresh cilantro, sliced green onions, avocado, [guacamole](#), jalapeños, sour cream, Mexican blend cheese or cotija cheese

OTHER MEAL IDEAS

BREAKFAST:

Blueberry Baked Oatmeal
PB Banana Overnight Oats

LUNCH:

Harvest Chicken Salad
Salmon or Tuna Salad

SNACK:

Peanut Butter Energy Bites

(not included on the grocery list above)

Notes:

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