

WEEK 3

DINNER MENU



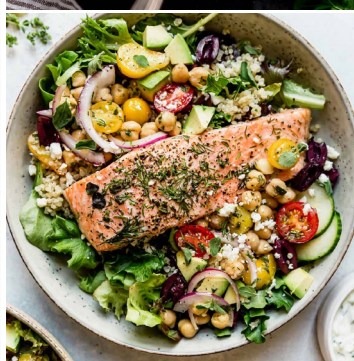
MON
(Day 15)
**Slow Cooker
Chunky Beef
Chili with Sweet
Potato**



TUE
(Day 16)
**Sheet Pan
Balsamic Chicken
Veggie Bake**



WED
(Day 17)
**Creamy Ham &
Potato Soup**



THU
(Day 18)
Leftovers

FRI
(Day 19)
**Mediterranean
Bowl with
Salmon**

SAT
(Day 20)
**Leftovers or
Takeout**

SUN
(Day 21)
BYOM

BYOM = Build Your Own Meal

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Click on the **bold text** to get to each day's recipe.
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GROCERY LIST

PROTEIN

- 2 lbs. boneless beef chuck or round roast
- 1¼ lbs. boneless, skinless chicken breast, tenders or thighs
- 8 oz. cooked ham
- 4 salmon fillets (1-1 ¼ lbs.)

DAIRY

- Tzatziki Sauce (*store-bought or [homemade](#)*)
- Feta cheese

PRODUCE

- 3 small heads of broccoli
- 2 small red onions
- 2 medium yellow onions
- 1 green bell pepper
- 2 medium sweet potatoes
- 2 lb. red potatoes
- 6 medium carrots
- 2 ribs celery
- 1 large leek
- 2 cups button mushrooms
- 2 cups cherry or grape tomatoes
- 1 small bunch kale
- 1 head romaine lettuce
(*or 4 cups mixed greens*)
- 1 English seedless cucumber
- 1 medium avocado
- 2 lemons
- 18 garlic cloves, about 2 bulbs
- ¼ cup fresh basil leaves
- 2 Tbsp. fresh oregano leaves
(*may substitute 2 tsp. dried oregano*)
- 2 Tbsp. fresh dill, roughly chopped
(*may substitute 2 tsp. dried dill*)

DRY GOODS/PANTRY STAPLES

- ½ cup cooking fat of choice
- ½ cup extra virgin olive oil
- 1 (4-ounce) can diced green chilies
- 2 (28-ounce) cans fire-roasted diced tomatoes
- 3 ounces no-salt-added tomato paste
- 1 (14-ounce) can garbanzo beans
- ⅓ cup pitted kalamata olives
- ½ cup quinoa (*or 1 ½ cups cooked quinoa*)
- 1 cup beef broth
- 4 cups chicken broth (*store-bought or [homemade](#)*)
- ¼ cup balsamic vinegar
- 1 tsp. brown or dijon mustard
- 1 tsp. honey or maple syrup
- 2 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1 tsp. dried thyme
- Salt and pepper
- Optional: Red pepper flakes*

OTHER MEAL IDEAS

BREAKFAST:

Zucchini Banana Oatmeal Cups
Sausage Hash Brown Egg Muffins

LUNCH:

Curry Chicken Salad
Thai Peanut Quinoa Salad

SNACK:

Peanut Butter Bars

(not included on the grocery list above)

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