

2-WEEK

SPONSORED BY: **TRAEGER**
WOOD FIRED GRILLS

PRIMAL
KITCHEN

HEALTHY MEAL PLAN

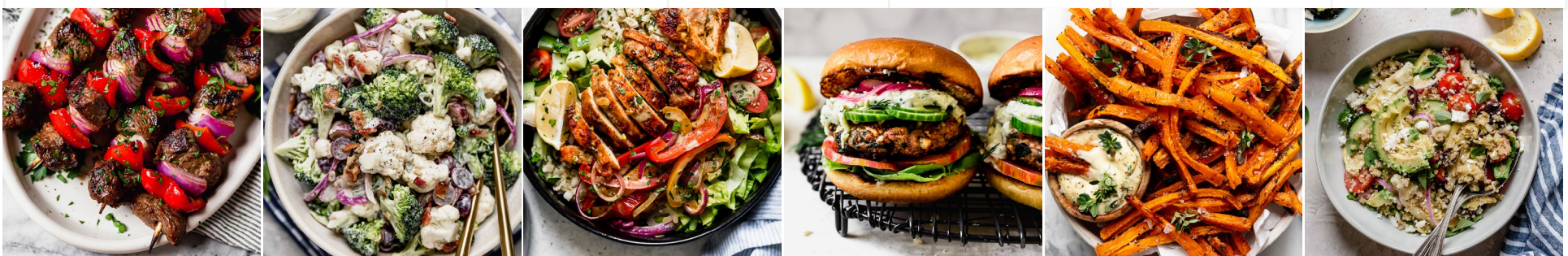


MON (Day 01)	TUE (Day 02)	WED (Day 03)	THU (Day 04)	FRI (Day 05)	SAT (Day 06)	SUN (Day 07)
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Instant Pot Beef Barbacoa	Greek Chicken Kebabs with Tzatziki Sauce	Leftovers	Grilled Pork Tenderloin + Grilled Asparagus	Salmon Caesar Salad Grain Bowls	Leftovers or Takeout	BYOM <i>(build your own meal)</i>
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MON (Day 08)	TUE (Day 09)	WED (Day 10)	THU (Day 11)	FRI (Day 12)	SAT (Day 13)	SUN (Day 14)
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Grilled Steak Kebabs + Broccoli Cauliflower Salad	Sheet Pan Chicken Shawarma Bowls	Leftovers	Feta Spinach Turkey Burgers + Carrot Fries	Greek Quinoa Salad Bowls	Leftovers or Takeout	BYOM <i>(build your own meal)</i>
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Click on the **bold text** to get to each day's recipe • Be sure to tag @therealfoodrds on social!



WEEK 1

DINNER MENU

MON
(Day 01)

**Instant Pot
Beef Barbacoa**



TUE
(Day 02)

**Greek Chicken
Kebabs with
Tzatziki Sauce**



WED
(Day 03)

Leftovers



THU
(Day 04)

**Grilled Pork
Tenderloin +
Grilled
Asparagus**

FRI
(Day 05)

**Salmon
Caesar Salad
Grain Bowls**



SAT
(Day 06)

Leftovers or
Takeout



SUN
(Day 07)

BYOM

GROCERY LIST

PROTEIN

- 2 ½ lbs beef chuck roast
- 1 ½ lbs boneless, skinless chicken breasts
- 2 pork tenderloins (*about 2 - 2 ½ lbs total*)
- 1 ½ lbs salmon fillets (4-6 fillets)
- may substitute chicken

PRODUCE

- ½ medium yellow onion
- 2 garlic bulbs (*or heads*)
- 4 limes
- 3 lemons
- 1 medium zucchini
- 1 red onion
- 1 large bell pepper (*any color*)
- 1 small English cucumber
- 2 medium avocados
- 1 lb asparagus
- 2 large heads of romaine (*8 cups*)
- 1 cup radishes
- 2 Tbsp. fresh oregano leaves (*or 2 tsp. dried*)
- 1 Tbsp. fresh dill (*or 1 tsp. dried*)
- 1 cup fresh herbs of choice
(*mix of parsley and cilantro*)

DAIRY

- ½ cup Greek yogurt
(*use non-dairy yogurt for dairy-free*)
- ¾ cup shredded parmesan cheese
(*omit for dairy-free*)

DRY GOODS/PANTRY STAPLES

- 3 Tbsp. tomato paste
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. coconut sugar or brown sugar, opt.
- 1 ⅓ cup cooked brown rice or quinoa
(90 second packets work great!)
- ½ cup crunchy or crispy chickpeas
(*such as Biena*)
- 6-8 skewers (*wooden or metal*)

SEASONINGS

- Fine salt & black pepper
- 1 Tbsp. + 1 tsp. ground cumin
- 3 bay leaves
- 1 Tbsp. dried oregano
- 1 pinch ground cloves
- ½ tsp. red pepper flakes
- 2 tsp. paprika
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. chili powder
- ½ tsp. chipotle powder or smoked paprika

PRIMAL KITCHEN ITEMS

- ¾ cup Avocado Oil or Olive Oil
- ½ cup Caesar Dressing & Marinade
- ⅔ cup Greek Vinaigrette & Marinade, opt.
- Cilantro Lime Dressing & Marinade, opt.
- Classic Barbecue Sauce, optional

Optional serving suggestion for barbacoa bowls: Rice, greens, cilantro, lime, cheese, corn, pico, black beans, jalapeño, sliced avocado, red onions.

OTHER MEAL IDEAS



BREAKFAST:
Mixed Berry
Chia Pudding



LUNCH:
Strawberry Chicken
Poppy Seed Salad



SNACK:
Almond Joy
Energy Bites

(*not included on the grocery list above*)

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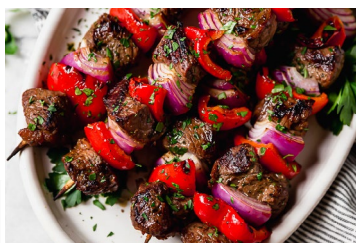
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WEEK 2

DINNER MENU

MON
(Day 01)

**Grilled Steak
Kebabs +
Broccoli
Cauliflower Salad**



TUE
(Day 02)

**Sheet Pan
Chicken
Shawarma Bowls**



WED
(Day 03)

Leftovers



THU
(Day 04)

**Feta Spinach
Turkey Burgers
+ Carrot Fries**



FRI
(Day 05)

**Greek Quinoa
Salad Bowls**



SAT
(Day 06)

Leftovers or
Takeout



SUN
(Day 07)

BYOM

GROCERY LIST

PROTEIN

- ❑ 1 ¼ lbs beef sirloin steak
- ❑ 1 ½ lbs boneless, skinless chicken thighs
- ❑ 1 lb ground turkey
- ❑ 3-4 strips bacon

PRODUCE

- ❑ 4 bell peppers, any color
- ❑ 2 red onions
- ❑ 2 cups broccoli florets
- ❑ 2 cups cauliflower florets
- ❑ 1 cup red grapes
- ❑ 2 green onions
- ❑ 3 lemons
- ❑ 1 garlic bulb
- ❑ 4 cups riced cauliflower
- ❑ 1 large head romaine (4 cups)
- ❑ 1 ¾ cup grape tomatoes
- ❑ 1 medium English cucumber
- ❑ Fresh cilantro, optional
- ❑ 7-8 oz. fresh baby spinach
- ❑ 1 ½ lbs. whole carrots
- ❑ 1 tbsp. fresh dill (or 1 tsp. dried)
- ❑ 1 tbsp. fresh thyme (or ½ tsp. dried)
- ❑ 2 Tbsp. fresh oregano, roughly chopped (or 1 tsp. dried)
- ❑ 1 avocado

DRY GOODS/PANTRY STAPLES

- ❑ 2 Tbsp. tamari, soy sauce or coconut aminos
- ❑ 2 Tbsp. red wine vinegar
- ❑ 1 Tbsp. worcestershire sauce
- ❑ 3 Tbsp. dry roasted sunflower seeds
- ❑ 1 tsp. apple cider vinegar
- ❑ 2 tsp. honey or maple syrup, optional
- ❑ 1 Tbsp. cornstarch, optional
- ❑ ½ cup canned or jarred artichoke hearts
- ❑ ¼ cup kalamata olives
- ❑ 1 cup cooked quinoa (90 sec. packets work great!)
- ❑ 6-8 skewers (wooden or metal)

DAIRY

- ❑ ½ cup Greek yogurt
(use non-dairy yogurt for dairy-free)
- ❑ 1 cup feta cheese (omit for dairy-free)

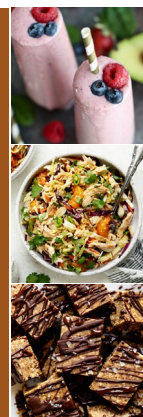
SEASONINGS

- ❑ Fine salt & black pepper
- ❑ 1 ½ tsp. garlic powder
- ❑ 2 tsp. dried Italian seasoning
- ❑ 2 tsp. ground cumin
- ❑ 1 tsp. ground coriander
- ❑ 1 ½ tsp. paprika
- ❑ ½ tsp. ground turmeric
- ❑ ¼ tsp. red pepper flakes
- ❑ ¾ tsp. onion powder
- ❑ ¼ tsp. dried thyme

PRIMAL KITCHEN ITEMS

- ❑ ¾ cup Avocado Oil Or Olive Oil
- ❑ 1 cup Avocado Oil Mayo
- ❑ ⅓ cup Cilantro Lime Dressing & Marinade
- ❑ 1 Tbsp. Dijon Mustard
- ❑ ½ cup Greek Vinaigrette & Marinade, opt.
- ❑ Balsamic Vinaigrette & Marinade, opt.

OTHER MEAL IDEAS



BREAKFAST:
Berry Banana Smoothie

LUNCH:
Chinese-Inspired
Chicken Salad

SNACK:
Mini Peanut Butter
Protein Bars

(not included on the grocery list above)

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