



Healthy Meal Plans for Fall & Winter

Week 3 at a Glance + Grocery List

Monday	Tuesday	Wednesday	Thursday	Friday
Low Carb Stuffed Pepper Soup	Healthy Buffalo Chicken Taquitos with raw carrots and celery	Asian Pork Tenderloin with Freezer Friendly Brown Rice and Green Beans	Lazy Zucchini Enchilada Skillet	Sloppy Joe Stuffed Sweet Potatoes

Produce

- 2 onions
- Small red onion
- Green onion*
- 2 medium sweet potatoes
- 3 bell peppers (1 green, 2 your choice)
- 1-2 bulbs of garlic
- 2 c. cauliflower rice (~ 1 small head)
- carrots and celery sticks
- Green Beans (as many servings as needed)
- 3 medium zucchini
- fresh ginger root
- Cilantro*
- 1 lemon

Meat

- 1 lb spicy Italian turkey sausage (or sub sweet)
- 1 lb chicken tenderloins
- 1 ½ lb pork tenderloin
- 2 lb ground turkey, chicken, or beef

Refrigerated

- 2 c. 2% Greek yogurt
- 1½ c small curd cottage cheese
- 2 c. shredded cheddar cheese
- ⅔ c. of blue cheese crumbles
- Mayonnaise

Pantry/Canned

- Olive oil
- Coconut oil
- Cooking oil spray
- 1 (14 oz) can fire roasted tomatoes
- 1 (14 oz) can of diced tomatoes
- 1 (14 oz) can tomato sauce
- 1 (8 oz) can of tomato sauce
- 1 (6 oz) can tomato paste - use 1 T for pork and use the rest for sloppy joes
- White wine vinegar
- Hot sauce
- Honey
- Coconut aminos (can sub low sodium soy sauce)
- 1 carton low sodium chicken broth or stock
- Rice flour (sub any flour you have)
- Brown rice (as many servings as needed)
- 12 corn tortillas (or sub flour)

Spices

- Himalayan or sea salt
- Black pepper
- Dried basil
- Dried oregano
- Garlic powder
- Crushed red pepper
- Ground cumin
- Onion powder
- Chili powder

* Denotes optional ingredient- see specific recipe posts for more information