



# Healthy Meal Plans for Fall & Winter

## Week 1 at a Glance + Grocery List

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Healthy Shepherd's Pie</a> or <a href="#">Stove Top Shepherd's Pie</a>	<a href="#">Salsa Lime Chicken Taquitos</a> (make a double batch of chicken to use in your bowls or salads on Thursday)	<a href="#">Healthy Alfredo Sauce</a> over pasta topped with grilled chicken + broccoli	<a href="#">Salsa Lime Chicken</a> bowls or salads	<a href="#">Buffalo Chicken Chili</a>

### Produce

- 2 c. carrots
- 2 c. celery
- 1 onion
- 2 cups cauliflower florets
- 2 cups red potatoes
- Fresh [pico de Gallo](#)\*
- Avocado or [guacamole](#)\*
- 1 bulb of garlic
- 1 lime
- Cilantro\*
- Chives\*
- Mixed greens or baby spinach
- Favorite salad veggies
- 4 c. broccoli florets
- Fresh parsley\*

### Meat

- 1 lb lean ground turkey
- 2 lb chicken tenderloins
- 1 lb boneless skinless chicken breasts
- 1-1½ lb ground chicken

### Spices

- Himalayan or sea salt
- [Homemade Taco Seasoning](#)\*
- Red pepper flakes
- Chili powder
- Ground black pepper
- Nutmeg\*

### Refrigerated

- 1 c. sharp cheddar cheese
- Small container Greek yogurt
- ⅓ c. Blue cheese crumbles
- 1¾ cup original unsweetened almond or cashew milk
- ¼ cup freshly shredded white cheddar cheese
- ⅓ cup freshly shredded Parmesan Reggiano cheese
- 2 T Pecorino Romano cheese (or just sub extra Parmesan cheese)

### Pantry/Canned

- Olive oil
- Butter, ghee, or vegan butter
- Cooking spray (olive or avocado oil)
- 12 corn tortillas
- 1 box Pasta (GF or whole grain)
- Hot sauce
- 3T tomato paste
- 1 (28 oz) can diced tomatoes
- 1 large jar no sugar added salsa
- 1 ⅓ c. chicken broth (only ⅓ for stovetop Shepherd's Pie)
- Gluten free or whole wheat flour

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