

DFY MEAL PLAN

INCLUDES:

Meal plan (with swappable side options)

Meal prep suggestions

Grocery list (by recipe each week and complete)

NOTES:

RECIPES

WEEK ONE

1. [Crockpot cauli mash](#)
2. [Baked Crispy Tofu with Peanut Sauce](#)
3. [Roasted Chickpea Buddha Bowls and Greek Chicken Wraps](#)
4. [Greek Chicken Sheet Pan Meal](#) with cauli mash
5. [Slow Cooker Beef Stew](#) with cauli mash

WEEK TWO

1. [Slow Cooker Quinoa Pilaf](#)
2. [Sheet Pan Zucchini Parmesan](#) with quinoa pilaf
3. [Shredded Mexican Beef Bowls](#) with quinoa pilaf
4. [Smokey Chicken and Sweet Potato](#) with quinoa pilaf
5. [Chicken and Olive Burgers](#) with oven fries
6. [Crockpot Kid-Friendly Turkey Chili](#) with salad (your choice)

WEEK THREE

1. [Crockpot Polenta](#)
2. [Skillet Taco with Cauliflower Rice](#)
3. [Mediterranean Chicken Bake](#) with roasted broccoli and polenta on the side
4. [Crockpot Butternut Squash Mac and Cheese](#) with roasted broccoli on the side
5. [Cauliflower Rice Chicken Enchilada Casserole](#) with polenta

6. [Spaghetti Squash Bolognese](#) with crockpot polenta

WEEK FOUR

1. [Slow Cooker Quinoa Pilaf](#)
2. [Sheet Pan Meal Prep Tofu Quinoa Burrito Bowls](#) quinoa for your husband, rice for you and the kids
3. [Chimichurri Steak Meal Prep](#) quinoa for your husband, rice for you and the kids
4. [Caramelized Onion and Prosciutto Cauliflower Mac and Cheese](#) with salad (your choice)
5. [Chicken Lettuce Wraps](#) quinoa pilaf for your husband, rice for you and the kids
6. [Cleaned Up Creamy Butter Chicken and Cauliflower Rice](#) with salad (your choice)

Meal Prep By Week

Week One:

Make double batch mashed cauliflower and store

Follow meal prep plan for chickpea bowls and chicken wraps

Cut vegetables for Greek Chicken Sheet Pan

Cut vegetables and sear beef for crockpot beef stew

Week Two:

Notes: There is a handy double-batch side in this week- it's a crockpot quinoa pilaf. It's really a handy side to keep for gluten-free meals.

Slice zucchini for Zucchini Parm

Cut sweet potatoes for

Prep Turkey Chili

Week Three:

Notice the recipe for crockpot polenta; add cheese if desired!

Rice cauliflower

Make crockpot polenta times 3

If you have time, make the chicken bake and wrap til you want to cook (but it's quick enough to make the night of)

Week Four:

Note: The tofu sears best if it's reallllly dried out, so press the daylights out of it on meal prep day so it sears better the day you make it. I put it on a sheet pan and press it down with my heaviest cookbooks, or a cast iron pan.

Truly caramelized onions always take forever, so I recommend making them the day before in the crockpot and storing them til you make the mac and cheese.

Make quinoa pilaf

Press tofu

Caramelize onions in crockpot

GROCERIES (Week One, Complete)

Breads and Cereals

- 4 large tortillas or wraps

Canned and Jar Goods

- 2 cans chickpeas
- 2 cups beef stock
- 1 cup pitted olives (optional)
- ¼ cup coconut milk
- ¼ cup creamy peanut butter
- 2 tablespoons tomato paste
- 1 14oz can diced tomatoes

Dairy:

- 12 ounces crumbled feta cheese
- 1 14oz package extra firm tofu

Frozen Food:

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Meat (optional)

- 3 pound chicken breast
- 2 pounds stew beef
- 12 ounces bacon

Miscellaneous

- Burger toppings: buns, cheese, lettuce, etc

Oils and Dressings

- Cooking oil (example: vegetable, avocado, canola oil)
- Cooking spray (any type)
- Olive oil

Pasta, Rice and Beans

- 2x 15 ounce cans black beans
- ½ pound (8 ounces) penne pasta

Produce

- 2 heads broccoli
- 24 ounces brussels sprouts
- 1 red onion
- 2 yellow onions
- 2 red bell pepper
- 1 ounce fresh basil
- 2 large carrots
- 2 large cauliflower heads
- 2 heads garlic
- 1 lemon

- 2 ribs celery
- 1 small zucchini

Spices and Seasonings

- 2 tablespoons hoisin sauce
- 2 tablespoons soy sauce
- 2 tablespoons Worcestershire sauce
- 1 teaspoon ground paprika
- 1 ½ teaspoons onion powder
- 2 tablespoons dried oregano
- 2 tablespoons powdered ginger
- 1 tablespoon tahini paste

GROCERIES (Week Two, Complete)

Breads and Cereals,

Dry Goods

- ½ cup white flour
- 1 teaspoon brown sugar
- 1 cup white rice
- ¾ cup wild rice
- 1 ¼ cup quinoa

Dairy/Beverages

- 3 tablespoons orange juice
- 1 tablespoon butter
- 2 eggs
- 5 ounces crumbled feta
- ⅓ cup grated parmesan cheese
- 4-6 slices swiss cheese
- ½ cup mozzarella pearls
- For chili: shredded cheese, sour cream

Frozen Foods:

- 1 ½ cups corn kernels

Oils and Dressings:

- 1 tablespoon coconut oil

- ¼ cup mayonnaise
- 2 tablespoons olive oil

Canned and Jar Goods

- 16 ounces beef broth
- 16 ounces chicken broth
- ½ cup marinara sauce
- ½ cup chopped green olives
- 10 ounce can Rotel mild tomatoes
- 3 ounces tomato paste
- 8 ounces can plain tomato sauce
- 15 ounces canned black beans

Produce:

- 1 avocado
- 1 green bell pepper
- 2 red bell peppers
- 2 small heads broccoli
- ¼ cup chopped cilantro
- 2 tablespoons chopped fresh parsley
- 1 ripe plantain
- 2 sweet potatoes

- 12 cup pumpkin or sunflower seeds
- 1 cup fresh cranberries
- 1 medium yellow onion
- 1 red onion
- 1 head garlic
- 1 pound green beans
- 2 zucchini
- 2 golden beets

Meat

- 2 boneless skinless chicken breasts
- 2 pounds ground chicken
- ⅓ pounds lean ground turkey
- 2.5-3 pounds rump roast

Spices and Seasonings

- 1 cup panko bread crumbs
- 1 tablespoon cornstarch
- ½ teaspoon ground cinnamon
- 1 teaspoon ground cumin
- ¼ teaspoon ground garlic

Seasonings and Spices continued

- ❑ 1 teaspoon ground mustard
- ❑ ½ teaspoon paprika
- ❑ 1 teaspoon smoked paprika
- ❑ 1.3 ounces taco seasoning packet

GROCERIES (Week Three, Complete)

Breads and Cereals

- 4x6 inch flour tortilla

Canned and Jar Goods

- 1 14oz can quartered artichoke hearts
- 1 2.5oz can sliced black olives
- 1 cup corn kernels
- 2 can enchilada sauce (20 ounce each)
- 32 ounce can peeled tomatoes
- ¼ cup tomato paste
- 4 ounce canned tomato sauce
- 1 ¼ cup vegetable stock
- 8 ounces elbow macaroni
- 1 15oz can tomato sauce

Dairy

- 3 tablespoons butter

- 4 ounce shredded cheddar
- 2 ounce cream cheese
- 8 ounces burrata or mozzarella cheese
- 2 cups shredded Italian cheese
- 1 cup whole milk
- 1 ½ cup mozzarella cheese
- Grated Parmesan cheese

Deli

- 2 cups cooked rotisserie chicken

Meat

- 10 boneless skinless chicken thighs
- 1 pound lean ground beef
- 1 pound lean ground turkey
- 1 pound spicy Italian sausage

Produce

- 2 avocado
- ¼ cup chopped basil
- 1 sprig sage
- 1 red bell pepper
- 1 butternut squash
- 1 medium to large spaghetti squash
- Fresh tomatoes
- 7 cloves garlic
- 1 cup chopped lettuce
- 2 ½ yellow onion

Spices and Seasonings

- ¼ cup jarred salsa
- 2 tablespoons olive oil
- 2 cups polenta
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 ½ teaspoons dried oregano
- 1 ¼ teaspoon paprika

GROCERIES (Week Four, Complete)

Baking Goods

- 2 teaspoons brown sugar

Beverages

- 3 tablespoons orange juice

Canned and Jar Goods

- ½ cup beef broth
- 1 15 ounce black beans
- 2 ¼ cups broth
- 1 cup coconut milk
- 4 tablespoon tomato paste

Dairy

- 4 tablespoons butter
- 1 cup shredded cheddar cheese
- 1 cup feta crumbles
- ¼ cup goat cheese crumbles
- 1 cup heavy cream
- ½ grated parmesan
- 14 ounce tofu

Deli

- 6 ounce proscuitto

Meat

- 2 chicken breast
- 1 pound ground chicken
- 4 4 ounce steaks

Produce

- ½ cup fresh basil
- 8 Bibb lettuce
- 2 golden beets
- 2 green onions
- 2 big handfuls fresh spinach

Oils and Seasonings

- 1 cup
- 3 tablespoons red wine vinegar olive oil
- 2 teaspoons sesame oil
- 1 tablespoon vegetable oil
- 3 tablespoons oyster sauce
- ½ cup soy sauce

- ¼ cup crushed peanuts
- 3 teaspoons ground ginger
- 1 ½ teaspoons ground cumin
- 2 ½ teaspoons ground garlic

Pasta, Rice and Beans

- 2 ¼ cup quinoa
- ¾ wild rice

Produce:

- 1 cup chopped broccoli
- 2 head cauliflower
- 1 cup cherry tomatoes
- 1 garlic head
- 1 cup fresh cranberries
- 1 cucumber
- 1 small thumb ginger
- 1 cup Italian parsley
- 1 lemon
- 1 lime
- 4 medium onion
- 4 sweet potatoes