

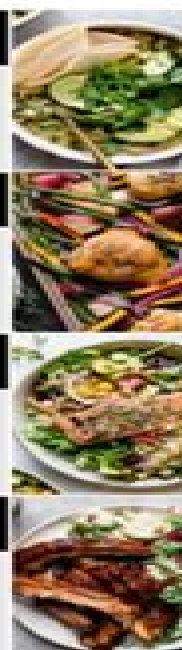
4-WEEK *healthy* MEAL PLAN

Click on the **bold text** to get to each day's recipe.
Be sure to tag @therealfoodrds on social!



MON (Day 01)	TUE (Day 02)	WED (Day 03)	THU (Day 04)	FRI (Day 05)	SAT (Day 06)	SUN (Day 07)
Sheet Pan Mini Meatloaf with Vegetables	Slow Cooker Chicken Chile Verde Stew	Sheet Pan Pork Loin with Brussels and Apples	Leftovers	Tex-Mex Sweet Potato Hash	Leftovers or Takeout	BYOM
MON (Day 08)	TUE (Day 09)	WED (Day 10)	THU (Day 11)	FRI (Day 12)	SAT (Day 13)	SUN (Day 14)
Instant Pot Vegetable Beef Soup	Sheet Pan Roasted Chicken and Veggies	Sheet Pan Honey Mustard Pork Chops and Veggies	Leftovers	Minestrone Soup	Leftovers or Takeout	BYOM
MON (Day 15)	TUE (Day 16)	WED (Day 17)	THU (Day 18)	FRI (Day 19)	SAT (Day 20)	SUN (Day 21)
Slow Cooker Chunky Beef Chili with Sweet Potato	Sheet Pan Balsamic Chicken Veggie Bake	Creamy Ham & Potato Soup	Leftovers	Mediterranean Bowl with Salmon	Leftovers or Takeout	BYOM
MON (Day 22)	TUE (Day 23)	WED (Day 24)	THU (Day 25)	FRI (Day 26)	SAT (Day 27)	SUN (Day 28)
Healthy Taco Hot Dish	Slow Cooker White Chicken Chili	Instant Pot Baby Back Ribs	Leftovers	Easy Egg Roll in a Bowl	Leftovers or Takeout	BYOM

BYOM = Bring Your Own Meat



WEEK 1 DINNER MENU

MON (Day 01)	Sheet Pan Mini Meatloaf with Vegetables
TUE (Day 02)	Slow Cooker Chicken Chile Verde Stew
WED (Day 03)	Sheet Pan Pork Loin with Brussels and Apples
THU (Day 04)	Leftovers
FRI (Day 05)	Tex-Mex Sweet Potato Hash



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GROCERY LIST

PROTEIN

- 2 lb. lean ground beef
- 2 lb. boneless, skinless chicken breasts or thighs (or 1 lb. of each)
- 1 - 1 1/2 lb. pork loin roast

PRODUCE

- 2 lb. Brussels sprouts
- 1 sweet bell pepper
- 8 ounces mushrooms
- 2 medium-large sweet potatoes
- 1 1/2 lb. red potatoes
- 2-3 cups fresh spinach
- 2 medium apples
- 1 medium yellow onion
- 2 small red onions
- 9 cloves garlic, about 1-2 bulb
- Optional: fresh parsley for garnish

DRY GOODS/PANTRY STAPLES

- 1/2 cup BBQ sauce of choice
- 1 (16-ounce) jar salsa verde (such as Trader Joe's or Haverd)
- 2 (14-ounce) can diced green chiles
- 3 Tbsp. taco seasoning ([homemade](#) or [optima store-bought](#))
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 tsp. dried thyme (may substitute 1 Tbsp. fresh thyme)
- 1 tsp. dried rosemary (may substitute 2 Tbsp. fresh rosemary)
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 5 Tbsp. cooking fat of choice
- 1 1/2 cups organic chicken broth
- 1 Tbsp. maple syrup
- Salt and pepper

Optional Toppings for Stew and Hash: Fresh cilantro, sliced green onions, avocado, [guacamole](#), jalapeños, sour cream, Mexican blend cheese or cotija cheese

Fitnessblender 4 Week Meal Plan

Judd E. Hollander

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