

# Healthy Meal Plan Shopping List



## Quinoa Egg Bake

- Cooking spray
- Quinoa
- 5 eggs
- 6 egg whites (or you can use 8-10 eggs total)
- 1 ½ cups milk of your choice
- Minced garlic
- Salt
- Pepper
- Chives
- Chopped basil leaves
- 1 ½ cups kale or spinach
- 2-3 Roma tomatoes
- 1 cup low fat shredded cheddar cheese or other cheese variety of your choice



## Banana Split Overnight Oats

- Olive oil
- 1 small onion
- Italian sausage
- Garlic
- Parsley
- Fresh thyme
- Fresh rosemary
- Dried cherries
- Fresh cherries
- Almonds
- Wild rice
- Pepper
- 2 lbs. boneless pork loin
- Heavy-duty kitchen twine
- Aluminum foil



## Tropical Island Yogurt Parfait

- Greek Yogurt (recommend using honey or vanilla Greek yogurt)
- Shredded coconut
- Pineapple
- Blueberries
- Plums
- Cashews



## Asian Mason Jar Salad

- Quinoa
- ½ cup chickpeas
- Cucumbers
- Carrots
- Purple cabbage
- Edamame
- Asian pear apples
- Sliced almonds
- Soy sauce
- Rice vinegar
- Raw sugar
- Sesame oil
- 1 scallion
- Toasted sesame seeds
- Fresh ginger
- Chili powder



## BLC — Bacon, Lettuce and Cherry Sandwich

- 4-6 slices of turkey bacon
- Whole grain bread
- Chevre
- 8 cherries
- 1-3 leaves of lettuce or a small handful of arugula (or your preferred leafy green)



## Mexican Stuffed Bell Peppers

- 6 to 8 bell peppers (any color)
- 1-1/4 lb. lean ground beef
- Taco seasoning
- Yellow onion
- Minced garlic
- 1 (14.5 oz.) can fire roasted, diced tomatoes
- 1 (8 oz.) can tomato sauce
- Quinoa or brown rice or combination
- 1 (4 oz.) can diced green chiles
- 1 (15 oz.) can black beans
- 1 cup frozen corn
- Shredded cheese (cheddar, Jack, or Mexican blend)
- Optional toppings – sour cream, thinly sliced green onion, chopped avocado, olives, chopped cilantro, diced tomato, salsa



## Slow Cooker Mediterranean Chickpea Chili

- 3 (15 oz.) cans garbanzo beans (chickpeas)
- 1 (28 oz.) can diced tomatoes
- 2 small onions or 1 large onion
- 5 cloves garlic
- Dried basil
- Ground cumin
- Dried oregano
- Crushed red pepper flakes
- 1 large green pepper
- 1 (14 ½ oz.) can reduced-sodium chicken broth
- Kalamata olives
- 1 lemon
- Crumbled feta cheese



## Asian Chicken and Vegetable Stir Fry

- Cornstarch
- Sesame oil
- 1 lb. boneless, skinless chicken breasts
- Salt
- Pepper
- Garlic
- Honey
- Reduced-sodium soy sauce
- 2 heads of broccoli
- 1 red bell pepper
- 1 small can of sliced water chestnuts
- 1 package of snow peas
- Baby carrots



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