

MEAL PLAN 01

Recipes and Prep Instructions



DINNER

BREAKFAST



Almond Flour Pancakes

Easy to make and super satisfying! (Adjust grocery list as needed.)

SNACKS



Chicharrones

Savory, crunchy, and full of flavor! (Adjust grocery list as needed.)

DESSERT



Peanut Butter Cookie Bars

The ultimate decadent treat! (Adjust grocery list as needed.)

MONDAY



Spatchcock Chicken

If you ever thought spatchcocking a chicken was hard, this recipe will convince you otherwise. In under an hour, you'll get perfectly cooked chicken that's crisp and savory on the outside yet super juicy in the center.

Optional side: [Bacon-wrapped asparagus](#)

TUESDAY



Mediterranean Bowl

This colorful bowl includes roasted chickpeas and fluffy quinoa piled over fresh lettuce, served with crumbled feta and creamy hummus. It's the perfect healthy dinner, and the leftovers make a wonderful lunch.

Tip: Add any leftover spatchcocked chicken for an extra protein boost.

WEDNESDAY



Air Fryer Salmon Bites

Tender bite-sized salmon chunks are dressed in a sweet and savory sauce, lightly air-fried, and on the table in 10 minutes.

Optional side: [Air fryer baked sweet potatoes](#)

THURSDAY



Venison Meatloaf

Made with ground venison and topped with a tangy glaze, this is a nutritious, delicious take on classic meatloaf.

Tip: You can replace the venison with ground beef or if you're not into red meat, try our [turkey meatloaf](#) instead!

FRIDAY



Szechuan Chicken

Succulent, crispy chicken drenched in a flavor-packed sauce- this is WAY better than takeout!

Optional side: [Coconut milk rice](#) or [cauliflower rice](#).

Keto swap: Replace the cornstarch with almond flour and use a brown sugar substitute.

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Grocery List



MEAT

- Whole chicken (1.5 lbs)
- Chicken breast (1 lb)
- Ground venison (1 lb)

PRODUCE

- Lemon (1)
- Lettuce (2 cups)
- Cherry tomatoes (1 cup)
- Cucumbers, small (2)
- Bell pepper (3)
- Red onion (1 small)
- Yellow onion (2 medium)
- Garlic (1 head)
- Ginger (1 inch piece)
- Fresh parsley (1 small head)

SEAFOOD

- Salmon (1 lb)

DAIRY

- Feta cheese, crumbled (1 cup)
- Milk (1/4 cup + 2 tbsp)

MISC.

- Hummus (1 cup)
- Eggs (1)
- Dried chilis (15, optional)

PANTRY

- Brown sugar (1/2 tbsp)
- Canned chickpeas (1-14 oz. can)
- Olive oil (2 tbsp)
- Quinoa (1/2 cup)
- Kalamata olives (1 jar)
- Soy sauce (3/4 cup)
- Honey (3/4 cup)
- Cornstarch (1/4 cup + 2 tbsp)
- Ketchup (1 1/2 cups)
- Panko breadcrumbs (1/2 cup)
- Brown sugar (4 tbsp)
- Apple cider vinegar (1 tbsp)
- Rice vinegar (1/4 cup)
- Hoisin sauce (1 tbsp)

SPICES

- Smoked paprika (1/2 tbsp + 1/2 tsp)
- Garlic powder (1/2 tbsp + 3/4 tsp)
- Onion powder (1/2 tsp)
- Dried thyme (1/2 tsp)
- Dried basil (1/2 tsp)
- Dried oregano (1/2 tsp)
- Ground mustard seeds (1/2 tsp)
- Red pepper flakes (1/2 tsp, optional)
- Sichuan peppercorns (1 tsp, optional)
- Salt and pepper

MENU

Monday: [Spatchcock chicken](#)
Optional side: [Bacon-wrapped asparagus](#)

Tuesday: [Mediterranean bowl](#)
Tip: Add leftover chicken for an extra protein boost.

Wednesday: [Air fryer salmon bites](#)
Optional side: [Air fryer baked sweet potatoes](#)

Thursday: [Venison meatloaf](#)
Tip: If you're not into red meat, try our [turkey meatloaf](#) instead!

Friday: [Szechuan chicken](#)
Optional side: [Coconut milk rice](#)

Breakfast: [Almond flour pancakes](#)

Snack: [Chicharrones](#)

Dessert: [Peanut butter cookie bars](#)