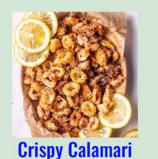
SNACKS



Crispy, golden brown, and addictive! (Adjust grocery list as needed)

DESSERT



Banana Bread Moist, fluffy & full of flavor. (Adjust grocery list as needed)



Ground Chicken Burgers

Made in just 7 minutes with no eggs or breadcrumbs required. Grilling and stovetop methods included!

Optional side: Jicama Fries



Tender yeal chops marinated in rosemary and orange, seared, and baked until they're slightly charred on the outside and oh-so juicy in the center.

Optional side: Stuffed baked potatoes



This hearty roast combines simple seasonings and turns a budget-friendly cut into a mouthwatering dish.

Tip: Save the leftovers for roast beef sandwiches!

Baked Halibut

Flaky halibut baked until buttery smooth, all you need are a few simple seasonings and a splash of citrus.

Optional side: Air fryer asparagus

Vegan Chili

Made with fiber-packed beans and a rich tomato sauce, even the meat lovers in your family will love this chili recipe!

Tip: Craving a meaty chili? Try our no-bean chili instead!



EDNESD

IHURSDAY



MEAL PLAN 02 Grocery List





MEAT

- · Ground chicken (1 lb)
- Veal chops (4, thick cut)
- Bottom round roast (1 lb)

SEAFOOD

• Halibut (4 fillets, 6 ounces each)

PRODUCE

- Garlic (1 head)
- Onion (1 small) (1 large)
- Orange (1)
- Fresh rosemary (1 package)
- Lemon (2)
- Sweet potatoes (3)
- · Red bell pepper (1)
- ·Carrots (2)

DAIRY

• Butter (1 tbsp)+ (2 tbsp)

MISC.

Burger buns and toppings, if desired

PANTRY

- Olive oil (1 tbsp) (2tbsp) (1 tbsp)
- Sweet chili sauce (1 tbsp)
- Yellow mustard (1 tbsp)
- Worcestershire sauce (1 tsp)
- Wholegrain mustard (2 tbsp)
- Balsamic vinegar
 (2 tbsp)

SPICES

- Salt and pepper
- Dried rosemary
 (1 tsp) or sub for fresh
- Mustard seeds (½ tsp)
- Garlic powder (1/4 tsp)
- Dried dill (1/2 tsp)
- Taco seasoning (2 tbsp)
- Black beans (1 x 14 oz. can)
- Pinto beans
 (1 x 14 oz. can)
- Canned tomatoes (1 x 14 oz. can)
- Vegetable broth (1 cup)

MENU

Monday: Ground chicken burgers
Optional side: Jicama Fries

Tuesday: Veal chops
Optional side: Stuffed baked potatoes

Wednesday: Bottom round roast
Tip: Double up on Tuesday's sides and
enjoy them with the roast!

Thursday: Baked Halibut
Optional side: Air fryer asparagus

Friday: Vegan chili
Tip: Craving a meaty chili? Try our
no-bean chili instead!

Breakfast: Oatmeal cookie bars

Snack: Crispy Calamari

Dessert: Low-calorie banana bread