

## MEAL PLAN 02

### Recipes and Prep Instructions



DINNER

BREAKFAST



### Oatmeal Breakfast Cookies

The perfect way to start your day! (Adjust grocery list as needed)

SNACKS



### Crispy Calamari

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

DESSERT



### Low-calorie Banana Bread

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

MONDAY



### Ground Chicken Burgers

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

Optional side: [Jicama Fries](#)

TUESDAY



### Veal Chops

Tender veal 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](#)

WEDNESDAY



### Bottom Round Roast

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

Tip: Save the leftovers for roast beef sandwiches!

THURSDAY



### 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](#)

FRIDAY



### 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!

# 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 (1/3 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](#)