

MEAL PLAN 03

Recipes and Prep Instructions



DINNER

BREAKFAST



[Brownie Baked Oatmeal](#)

Finally, your excuse to have dessert for breakfast! (Adjust grocery list as needed.)

SNACKS



[Air Fryer Chicken Wings](#)

Crazy crispy and done in 30 minutes! (Adjust grocery list as needed.)

DESSERT



[Coconut Flour Cake](#)

Moist, fluffy, and full of fresh coconut flavor! (Adjust grocery list as needed.)

MONDAY



[Air Fryer Chicken Parmesan](#)

An easy family favorite weeknight dinner in our house, featuring crispy breaded chicken enveloped in savory tomato sauce and melty cheese.

Optional side: [Air fryer Brussels sprouts](#)

TUESDAY



[Salmon Bowl](#)

This colorful bowl features delicately cooked salmon served over fluffy rice, crisp veggies, and addictively spicy mayo sauce. It's the perfect healthy dinner that doubles as lunch the following day.

Tip: If you're not a salmon fan, try our [steak bowls](#) instead!

WEDNESDAY



[Marry Me Chicken](#)

A simple yet restaurant-worthy dish will steal your heart and anyone's heart you cook it for!

Tip: Make double the Brussels sprouts on Monday and enjoy them again on Wednesday.

THURSDAY



[Crispy Pork Belly](#)

With tender pork belly encrusted in an irresistible caramelized and crackly skin, this addictive dish is impossible to resist.

Optional side: [Roasted potatoes and carrots](#)

FRIDAY

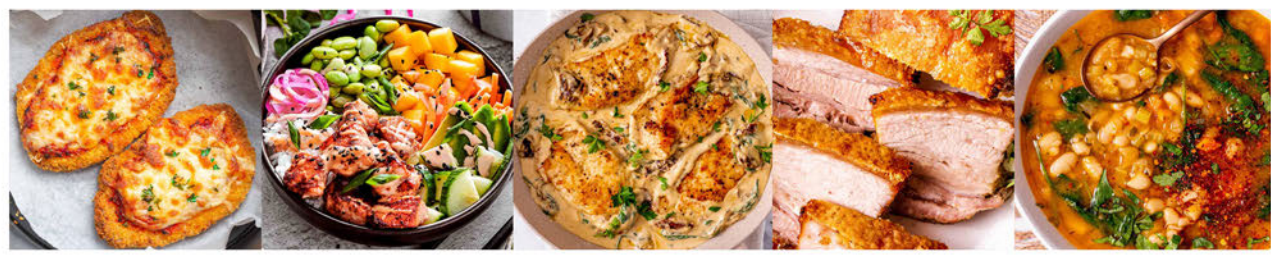


[Tuscan White Bean Soup](#)

The perfect one-pot soup to end the week. With hearty, wholesome ingredients, it's ready in under 30 minutes.

Optional side: [Air fryer garlic bread](#)

**MEAL PLAN 03
Grocery List**



MEAT

- Chicken breast fillets (8 small fillets)
- Pork belly, skin on (¾ lb)

SEAFOOD

- Salmon (8 oz.)

PRODUCE

- Garlic (1 head)
- Spinach (3 ½ cups)
- Ginger (½ tbsp)
- Avocado (1 small)
- Carrot (3)
- Cucumber (1 small)
- Edamame (½ cup)
- Mango (1 small)
- Shallots (3)
- Celery (3 stalks)

DAIRY

- Mozzarella cheese (½ cup)
- Parmesan cheese (1 cup)
- Unsalted butter (3 tbsp)
- Heavy cream (1 ½ cups)

MISC.

- Egg (1)
- Pickled red onions (½ cup)
- Spicy mayo (½ cup)

PANTRY

- Panko breadcrumbs (1 cup)
- Marinara sauce (1 cup)
- All-purpose flour (2 tbsp)
- Sun-dried tomatoes in oil (5 oz.)
- Soy sauce (¼ cup)
- Olive oil (¼ cup + ½ tbsp)
- Rice (2 cups cooked)
- Tomato paste (1 tbsp)
- Cannellini beans (17 oz.)
- Vegetable broth (3 cups)

SPICES

- Salt and black pepper
- Italian seasoning (1 ½ tbsp)
- Garlic powder (1 tsp)
- Sugar (½ tbsp)
- Red pepper flakes (1 tsp)

MENU

Monday: [Air fryer chicken parmesan](#)
Optional side: [Air fryer Brussels sprouts](#)

Tuesday: [Salmon bowl](#)
Tip: If you're not a salmon fan, try our [steak bowls](#) instead!

Wednesday: [Marry Me Chicken](#)
Tip: Make double the Brussels sprouts on Monday and enjoy them again on Wednesday.

Thursday: [Crispy Pork Belly](#)
Optional side: [Roasted potatoes & carrots](#)

Friday: [Tuscan white bean soup](#)
Optional side: [Air fryer garlic bread](#)

Breakfast: [Brownie baked oatmeal](#)

Snack: [Air fryer chicken wings](#)

Dessert: [Coconut flour cake](#)