

MEAL PLAN 04 Recipes and Prep Instructions



DINNER

BREAKFAST



[Keto Breakfast Casserole](#)

Easy to customize and freezes like a dream!
(Adjust grocery list as needed)

SNACKS



[Healthy Granola Bars](#)

Made with 3 ingredients and perfect for the whole family!
(Adjust grocery list as needed)

DESSERT



[Chickpea Cookie Dough](#)

Eat cookie dough straight from the bowl!
(Adjust grocery list as needed)

MONDAY



[Air Fryer Meatballs](#)

Tender, juicy, and deceptively healthy, you can serve these meatballs with literally anything, and they're guaranteed to please.

Optional side: [Cauliflower mashed potatoes](#)

TUESDAY



[Ranch Steak](#)

An impressive cut of meat known for its tenderness and rich marbling, it's surprisingly inexpensive for how flavorful it is-and for how quick it is to cook.

Optional side: [Great Northern Beans](#)

WEDNESDAY



[Parmesan Crusted Chicken](#)

Crispy, parmesan-breaded chicken breasts fried until golden brown. Enjoy it as is and save the leftovers for fried chicken sandwiches.

Tip: Click the link to learn how to make it on the stovetop, oven, or air fryer.

THURSDAY



[Chicken Saag](#)

Our favorite Indian-inspired dish, made with tender chicken breasts simmered with wilted spinach in a flavor-packed sauce.

Optional side: [Basmati rice](#)

FRIDAY



[Cauliflower Steaks](#)

Sliced cabbage effortlessly transformed into tender, caramelized roasted cabbage steaks. Trust me, you'll never see cabbage the same way again!

Tip: Serve your steaks with [crispy baked tofu](#) for an extra plant-based protein boost.

MEAL PLAN 04

Grocery List



MEAT

- Ground beef (1 ½ lb)
- Ranch steak (2 lb, 2 large or 4 medium steaks)
- Chicken breast, skinless and boneless (8)

SEAFOOD

PRODUCE

- Garlic (1 head)
- Fresh rosemary (1 bunch)
- Onion (1 small)
- Chili pepper (1)
- Garlic ginger paste (2 tbsp)
- Cabbage (1 large head)
- Baby spinach (1 cup)

DAIRY

- Parmesan cheese (1 + ¼ cup)
- Milk, optional (¼ cup)
- Butter (¼ cup)

MISC.

- Egg (4)

PANTRY

- Breadcrumbs (2 cups)
- Olive oil (1 cup)
- All-purpose flour (¼ cup)
- Tomato paste (1 tbsp)

SPICES

- Salt and black pepper
- Italian seasoning (1 ½ tbsp)
- Garlic powder (½ tsp)
- Garam masala (2 tsp)
- Cumin seeds (1 tsp)
- Ground coriander (1 tsp)
- Ground cumin (1 tsp)
- Ground chili pepper (1 tsp)
- Turmeric (½ tsp)

MENU

Monday: [Air fryer meatballs](#)
Optional side: [Cauliflower mashed potatoes](#)

Tuesday: [Ranch steak](#)
Optional side: [Great northern beans](#)

Wednesday: [Parmesan crusted chicken](#)
Tip: Click the link to learn how to make it on the stovetop, oven, or air fryer.

Thursday: [Chicken saag](#)
Optional side: [Basmati rice](#)

Friday: [Cauliflower steaks](#)
Tip: Serve your steaks with [crispy baked tofu](#) for an extra plant-based protein boost.

Breakfast: [Keto breakfast casserole](#)

Snack: [Healthy granola bars](#)

Dessert: [Chickpea cookie dough](#)