

MEAL PLAN 05

Recipes and Prep Instructions



DINNER

BREAKFAST



Oat Flour Pancakes

Ready in minutes and easy to customize!
(Adjust grocery list as needed)

SNACKS



Air Fryer Coconut Shrimp

The perfect gameday appetizer!
(Adjust grocery list as needed)

DESSERT



Biscoff Cheesecake

The ultimate duo in one easy recipe! (Adjust grocery list as needed)

MONDAY



Roasted Boneless Turkey Breast

Oven-roasted to perfection, it's the perfect hands-off way to start the week.

Optional side: [Air fryer carrots](#)

TUESDAY



Spicy Noodles

Perfectly cooked noodles loaded with garlic and chili. Ready and on the table in under 10 minutes!

Tip: Add some [salt and pepper tofu](#) for a more protein-packed meal!

WEDNESDAY



Arrachera Steak

Dry-rubbed and marinated skirt steak, seared to perfection - it's the perfect addition to any Mexican-inspired feast.

Optional side: [keto tortillas](#)

Tip: Use any leftover steak to make [Mexican tortas](#)!

THURSDAY



Sous Vide Chicken Thighs

If you ever thought making sous vide chicken was a challenge, this recipe will convince you otherwise. With succulent chicken slow-cooked to perfection, you don't even need a sous vide machine.

Tip: Make a double-batch tonight and save the rest for a quick weekend lunch!

FRIDAY



Hunan Chicken

Featuring tender chicken thighs stir-fried in a rich Hunan sauce alongside tender veggies.

Optional side: [Cauliflower fried rice](#)

MEAL PLAN 05

Grocery List



MEAT

- Turkey breast roast, boneless (3 ½ lbs)
- Skirt steak (3 lbs)
- Chicken thighs, skin-on and bone-in (8)

SEAFOOD

PRODUCE

- Garlic (2 heads)
- Green onion (4 stalks)
- Red chilis (3 small)
- Bean sprouts (1 cup)
- Limes (2 small)
- Lemon (1 small)
- Fresh coriander (¼ cup, about 1 small bunch)
- Ginger (1 tbsp, about 2 inches)
- Broccoli (3 cups, about 1 small head)
- Bell pepper (1)
- Zucchini (1)

DAIRY

- Butter (2 tbsp)

MISC.

- Chili paste (2 tbsp)
- Xanthan gum OR cornstarch (½ tsp)

PANTRY

- Olive oil (2 tbsp + ¼ cup)
- Vegetable oil (3 tbsp)
- Rice noodles (1 lb)
- Soy sauce (⅓ cup)
- Dark soy sauce (3 tbsp)
- Sugar (2 tbsp)
- Brown sugar (2 tbsp)
- Sesame oil (3 tbsp)
- Sesame seeds (2 tbsp)
- Almond flour OR cornstarch (1 tbsp)
- Chicken broth (½ cup)
- Fish sauce (1 tbsp)
- White vinegar (1 tbsp)

SPICES

- Salt and black pepper
- Dried thyme (2 tsp)
- Mexican oregano (2 tbsp)
- Cumin (1 tsp)
- Paprika (1 tbsp)
- Chili powder (1 tsp)

MENU

Monday: [Roasted boneless turkey breast](#)
Optional side: [Air fryer carrots](#)

Tuesday: [Spicy noodles](#)
Tip: Add some [salt and pepper tofu](#) for a more protein-packed meal!

Wednesday: [Arrachera steak](#)
Optional side: [Keto tortillas](#)
Tip: Use any leftover steak to make [Mexican tortas!](#)

Thursday: [Sous vide chicken thighs](#)
Tip: Make a double-batch tonight and save the rest for a quick weekend lunch!

Friday: [Hunan chicken](#)
Optional side: [Cauliflower fried rice.](#)

Breakfast: [Oat flour pancakes](#)

Snack: [Air fryer coconut shrimp](#)

Dessert: [Biscoff Cheesecake](#)