

## MEAL PLAN 06 Recipes and Prep Instructions



DINNER

BREAKFAST



### Coconut Flour Pancakes

Light, fluffy, and secretly healthy!  
(Adjust grocery list as needed)

SNACKS



### Garlic Parmesan Wings

These guys seriously steal the show!  
(Adjust grocery list as needed)

DESSERT



### Keto Donuts

Made with 6 ingredients and NO yeast or sugar!  
(Adjust grocery list as needed)

MONDAY



### Air Fryer Lamb Chops

By far the fastest way to guarantee juicy, succulent lamb chops. They're done in under 10 minutes!

Optional side: [Air fryer frozen green beans](#)

TUESDAY



### Mexican Pizza

A fun weeknight dinner where everyone can get involved. Customize each pizza with your favorite toppings, and never make them the same way twice.

Tip: Buy a double batch of ground beef and save the rest for tomorrow's dinner!

WEDNESDAY



### Air Fryer Hamburgers

This is by far one of our most used air fryer recipes. In under 10 minutes, you'll have juicy, perfectly cooked burgers. Pile them high on a buttery bun and add your favorite burger toppings.

Optional side: [Air fryer french fries](#)

THURSDAY



### Chicken Florentine

Tender chicken breast simmered in a rich Florentine sauce alongside wilted spinach. Ready in 20 minutes- it's the ultimate weeknight meal that makes for easy leftovers.

Tip: Swap the chicken broth for dry white wine for an even more decadent sauce.

FRIDAY



### Eggplant Rollatini

Tender eggplant stuffed with creamy ricotta and fresh basil: it's so flavorful you'd never guess it's vegetarian-friendly.

Optional side: [Garlic breadsticks](#)

**MEAL PLAN 04  
Grocery List**



**MEAT**

- Lamb chops, bone-in (8 small)
- Ground beef (1 lb 12 oz.)
- Chicken breast, skinless and boneless (2)

**SEAFOOD**

**PRODUCE**

- Garlic (2 heads)
- Fresh parsley (2 tbsp)
- Onion (2 small)
- Tomatoes (1/2 cup, about 2 small)
- Green bell pepper (1 medium)
- Baby spinach (2 cups)
- Eggplant (1 large)
- Fresh basil (1 bunch)

**DAIRY**

- Butter (3 tbsp)
- Mozzarella cheese (2 cups)
- Mexican shredded cheese (1 cup)
- Parmesan cheese (1 cup)
- Heavy cream (1 cup)
- Ricotta cheese (1 cup)

**MISC.**

- Enchilada sauce (1/2 cup)
- Favorite burger toppings
- Worcestershire sauce (1 tbsp)
- Egg (1)

**PANTRY**

- Olive oil (1/4 cup + 3 tbsp)
- Refried beans (15 oz.)
- Black olives (2 tbsp)
- Almond flour OR all-purpose flour (1/2 cup)
- Chicken broth (3/4 cup)
- Tomato sauce (2 cups)

**BAKERY**

- Flour tortillas, medium (6)

**SPICES**

- Salt and black pepper
- Taco seasoning (1 tbsp)
- Garlic powder (1 tsp)
- Smoked paprika (1 tsp)
- Italian seasoning (1 tbsp)

**MENU**

- Monday:** [Air fryer lamb chops](#)  
Optional side: [Air fryer frozen green beans](#)
- Tuesday:** [Mexican Pizza](#)  
Tip: Buy a double batch of ground beef and save the rest for tomorrow's dinner!
- Wednesday:** [Air fryer hamburgers](#)  
Optional side: [Air fryer french fries](#)
- Thursday:** [Chicken Florentine](#)  
Tip: Swap the chicken broth for dry white wine for an even more decadent sauce.
- Friday:** [Eggplant rollatini](#)  
Optional side: [Garlic breadsticks](#)
- Breakfast:** [Coconut flour pancakes](#)
- Snack:** [Garlic parmesan wings](#)
- Dessert:** [Keto donuts](#)

\* This list is for Monday to Friday dinner meals only.