

# MEAL PLAN 07

## Recipes and Prep Instructions



**DINNER**

**BREAKFAST**



### **Healthy Breakfast Muffins**

Made in one bowl with multiple flavor options!  
(Adjust grocery list as needed)

**SNACKS**



### **Pupusas**

Cheesy stuffed tortillas packed with flavor!  
(Adjust grocery list as needed)

**DESSERT**



### **Keto Chocolate Mousse**

Thick, creamy and surprisingly low-carb! (Adjust grocery list as needed)

**MONDAY**



### **Pan Seared Steak**

Done in 8 minutes, this easy cooking method locks in all the juices while giving the exterior the perfect crust.

Optional side: [Air fryer sweet potato fries](#)

**TUESDAY**



### **Stuffed Salmon**

Featuring a creamy cheese and spinach filling enveloped in perfectly cooked salmon, you'll love how quick and easy it is to make.

Tip: Not in the mood for salmon? Try our [stuffed chicken breasts](#) instead!

**WEDNESDAY**



### **Tuscan Chicken**

Juicy chicken breasts simmered in a rich, creamy sauce alongside wilted spinach and sun-dried tomatoes. It's a guaranteed crowd-pleaser that's done in under 15 minutes.

Optional side: [Green goddess salad](#)

**THURSDAY**



### **Sous Vide Pork Belly**

As good as this pork belly turns out, it's the delicate, Asian-inspired marinade that really takes it over the top.

Tip: Check out our "Tips" section on how to make perfectly cooked pork belly without a sous vide machine!

**FRIDAY**



### **Vegan Meatballs**

These sweet and spicy meatballs are deceptively easy to make. After one bite, you'll find yourself craving them even more than classic meatballs!

Optional side: [Pizza dough garlic knots](#)





**MEAT**

- T-bone steak (1)  
\* Can be substituted with skirt steak, flank steak, or porterhouse.
- Chicken breasts, skinless and boneless (4)
- Pork belly (2 lbs)
- Ground beef substitute (24 oz.)

**SEAFOOD**

- Salmon fillets, skinless (4)

**PRODUCE**

- Garlic (1 head)
- Fresh rosemary (2 sprigs)
- Baby spinach (5 cups)
- Lemon juice (1 tbsp)
- Green onions (1/2 cup)
- Ginger (1 tbsp + 1 tsp, about 1 1/2 inch piece)
- Red bell pepper (1)
- Yellow bell pepper (1)
- Onion (1)

**DAIRY**

- Butter (1/4 cup + 2 tbsp)
- Cream cheese (4 oz.)
- Parmesan cheese (3/4 cup)
- Heavy cream (1/2 cup)
- Half and half (1/2 cup)

**PANTRY**

- Olive oil (1/4 cup + 1 tbsp)
- Flour (2 tbsp)
- Chicken broth (3/4 cup)
- Soy sauce (1/4 cup + 2 tbsp)
- Brown sugar (1/4 cup)
- Cornstarch (2 tsp)

**SPICES**

- Salt and black pepper
- Italian seasoning (1 tbsp + 1/2 tsp)

**MISC.**

- Sun-dried tomatoes in oil (1/2 cup)
- Mirin (2 tbsp)
- Fish sauce (1 tsp)
- Ketchup (1/2 cup)
- Sweet chili sauce (1/4 cup)
- Hot chili sauce, optional (1/4 cup)

**MENU**

- Monday:** [Pan seared steak](#)  
Optional side: [Air fryer sweet potato fries](#)
- Tuesday:** [Stuffed salmon](#)  
Tip: Not in the mood for salmon? Try our [stuffed chicken breasts](#) instead!
- Wednesday:** [Tuscan chicken](#)  
Optional side: [Green goddess salad](#)
- Thursday:** [Sous vide pork belly](#)  
Tip: Check out our "Tips" section on how to make perfectly cooked pork belly without a sous vide machine!
- Friday:** [Vegan meatballs](#)  
Optional side: [Pizza dough garlic knots](#)
- Breakfast:** [Healthy breakfast muffins](#)
- Snack:** [Pupusas](#)
- Dessert:** [Keto chocolate mousse](#)

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