

MEAL PLAN 08

Recipes and Prep Instructions



DINNER

BREAKFAST



[Air Fryer French Toast](#)

The fastest, most foolproof French toast recipe yet! (Adjust grocery list as needed)

SNACKS



[Tuna Tartare](#)

Simple yet sophisticated! (Adjust grocery list as needed)

DESSERT



[Protein Banana Bread](#)

One slice packs over 18 grams of protein! (Adjust grocery list as needed)

MONDAY



[Milanesa](#)

Also known as milanesa de res, this simple yet delicious dish features thinly cut slices of beef steak dredged and fried to golden brown and crisp.

Optional side: [Air fryer baked potato](#)

TUESDAY



[Birria Pizza](#)

Mouthwatering birria piled high on our foolproof [2-ingredient dough](#). It's the ultimate Italian-Mexican fusion you've been waiting for.

Tip: Use any leftover birria meat to make [birria quesadillas](#) for lunch tomorrow!

WEDNESDAY



[Cube Steak](#)

Enjoy cube steak two ways this week and make this juicy, succulent dish. Featuring tender cube steak simmered in a rich mushroom gravy, it'll be ready and on the table in under 30 minutes.

Optional side: [Smoked mac and cheese](#)

THURSDAY



[Air Fryer Chicken Thighs](#)

Tender chicken thighs are lightly seasoned and quickly air-fried until the inside is juicy and the outside has the perfect crust. The leftovers store and reheat beautifully!

Tip: If you don't have chicken thighs on hand, make our [air fryer chicken breast](#) instead!

FRIDAY



[Stuffed Eggplant](#)

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: [Butter beans](#)

**MEAL PLAN 08
Grocery List**



MEAT

- Cube steaks (8, 6 oz. each)
- Beef chuck roast (3 lbs)
- Chicken thighs, bone-in (4)

SEAFOOD

PRODUCE

- Fresh parsley (3 tbsp)
- Ancho chilies (4)
- New Mexico chilies (6)
- Jalapeño (1)
- Onion (3)
- Tomatoes (5)
- Garlic (2 heads)
- Mushrooms (1 cup)
- Eggplant (2 medium)
- Bell pepper (1)

DAIRY

- Parmesan cheese (1/3 cup + 2 tbsp)
- Greek yogurt (1 cup)
* required for pizza dough if making from scratch. Alternatively, purchase ready made pizza dough or bases.
- Oaxaca cheese (1 cup)
- Butter (2 tbsp)

MISC.

- Eggs (2)
- Birria broth, reserved from cooking the birria (1/2 cup)
- Onion soup mix (1 package, approx 1 oz.)

PANTRY

- All-purpose flour (1 + 1/3 cup)
- Breadcrumbs (1 cup + 2 tbsp)
- Frying oil (1/4 cup + 1 tbsp)
- Olive oil (1/2 cup)
- Self-rising flour (1 3/4 cups)
* required for pizza dough if making from scratch. Alternatively, purchase ready made pizza dough or bases.
- Beef broth (6 cups)
- Apple cider vinegar (1/4 cup)
- Tomato sauce (1/2 cup)

SPICES

- Salt and black pepper
- Cumin (1 tbsp)
- Coriander (1 tbsp)
- Bay leaves (2)
- Garlic powder (1 1/2 tsp)
- Onion powder (1 tsp)
- Smoked paprika (1/2 tsp)
- Italian seasoning (1/2 tsp)

MENU

- Monday:** [Milanesa](#)
Optional side: [Air fryer baked potato](#)
- Tuesday:** [Birria pizza](#)
Tip: Use any leftover birria meat to make [birria quesadillas](#) tomorrow!
- Wednesday:** [Cube steak](#)
Optional side: [Smoked mac & cheese](#)
- Thursday:** [Air fryer chicken thighs](#)
Tip: If you don't have chicken thighs on hand, make our [air fryer chicken breast](#) instead!
- Friday:** [Stuffed eggplant](#)
Optional side: [Butter beans](#)
- Breakfast:** [Air fryer French toast](#)
- Snack:** [Tuna tartare](#)
- Dessert:** [Protein banana bread](#)

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