

## MEAL PLAN 09

### Recipes and Prep Instructions



DINNER

BREAKFAST



### Chocolate Oatmeal

Thick, creamy, and tastes JUST like a cup of hot chocolate!  
(Adjust grocery list as needed)

SNACKS



### Keto Crackers

Easy low-carb crackers made with 2 ingredients!  
(Adjust grocery list as needed)

DESSERT



### Air Fryer Cinnamon Rolls

No yeast or rising time needed!  
(Adjust grocery list as needed)

MONDAY



### Air Fryer Whole Chicken

By far the fastest way to cook an entire chicken and get that perfect crackling crust!

Optional side: [Air fryer smashed potatoes](#)

TUESDAY



### Grilled Marinated Flank Steak

With minimal ingredients, turn a budget-friendly piece of meat into a succulent, tender steak. You'll want to use the marinade on everything!

Optional side: [Sautéed Brussels sprouts](#)

WEDNESDAY



### Sautéed Salmon

Buttery, flaky, with a golden crispy crust, you'll never want to cook salmon any other way!

Tip: Save the leftovers and make [salmon bowls](#) for lunch!

THURSDAY



### Pesto Pasta Bake

This delicious casserole is easy to make and freezes like a dream.

Tip: Do yourself a favor and make two, then freeze the second for an easy weeknight dinner.

FRIDAY



### Smoked Turkey Legs

Tender, smoky, and made with minimal hands-on time. Read my tips to learn how to make them without a smoker!

Optional side: [Cauliflower casserole](#)



**MEAT**

- Whole chicken (3 lbs)
- Flank steak (2 lb)
- Turkey legs (4)

**PRODUCE**

- Garlic (2 cloves)
- Ginger (1 inch)
- Fresh thyme (3 sprigs)
- Peas (1 cup)

**DAIRY**

- Mozzarella cheese (2 cups)

**PANTRY**

- Olive oil (½ cup)
- Soy sauce (1 cup)
- Honey (¼ cup)
- Balsamic vinegar (¼ cup)
- Ziti pasta (1 lb)
- Brown sugar (1 cup)

**SPICES**

- Salt and black pepper
- Smoked paprika (½ tbsp + 1 tsp)
- Italian seasoning (1 tsp)
- Dried rosemary (¼ tsp)
- Mustard powder (¼ tsp)
- Garlic powder (2 ½ tsp)
- Bay leaves (4)
- Cloves (3)
- Mustard seeds (1 tsp)
- Peppercorns (1 tsp)
- Curing salt (¼ tsp)

**SEAFOOD**

- Salmon (1 lb)

**MISC.**

- Basil pesto (1 cup)

**MENU**

**Monday:** [Air fryer whole chicken](#)  
Optional side: [Air fryer smashed potatoes](#)

**Tuesday:** [Grilled marinated flank steak](#)  
Optional side: [Sautéed Brussels sprouts](#)

**Wednesday:** [Sautéed salmon](#)  
Tip: Save the leftovers and make [salmon bowls](#) for lunch!

**Thursday:** [Pesto pasta bake](#)  
Tip: Do yourself a favor and make two, then freeze the second for an easy weeknight dinner.

**Friday:** [Smoked Turkey Legs](#)  
Optional side: [Cauliflower casserole](#)

**Breakfast:** [Chocolate oatmeal](#)

**Snack:** [Keto crackers](#)

**Dessert:** [Air fryer cinnamon rolls](#)

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