

## MEAL PLAN 10

### Recipes and Prep Instructions



DINNER

BREAKFAST



### [Apple Pie Oatmeal](#)

Tastes just like Grandma's apple pie!  
(Adjust grocery list as needed)

SNACKS



### [Air Fryer Grilled Cheese](#)

You'll never make grilled cheese any other way!  
(Adjust grocery list as needed)

DESSERT



### [Almond Flour Cake](#)

Made with only 4 ingredients!  
(Adjust grocery list as needed)

MONDAY



### [Greek Chicken Bowls](#)

Featuring marinated Greek chicken over seasoned couscous and Mediterranean-inspired toppings. It's easy to customize and ready in 20 minutes!

Tip: Learn how to make my foolproof [couscous](#) and [garlic yogurt sauce](#), or save time and buy them premade!

TUESDAY



### [Asian Cauliflower](#)

Sticky yet sweet and honestly addictive, this sesame cauliflower is the perfect healthy swap for Chinese takeout!

Optional side: [Asian cucumber salad](#)

WEDNESDAY



### [Unagi Don with Eel Sauce](#)

Don't knock it till you try it: this unagi don recipe is tender, sweet, tangy, and super satisfying.

Optional side: [Instant pot sushi rice](#)

THURSDAY



### [Shaved Steak](#)

Quick and easy 20-minute stir fry featuring juicy steak slivers and tender veggies in a mouthwatering sauce.

Tip: Use some leftover steak in tomorrow's dinner for a beef variation!

FRIDAY



### [Shrimp Fajitas](#)

Tender shrimp sautéed and topped with perfectly cooked veggies. Easy to customize and perfect as leftovers!

Optional side: [Keto guacamole](#)



# MEAL PLAN 10

## Grocery List



### MEAT

- Chicken breast (1 lb or 4 fillets)
- Shaved steak (1 lb)

### SEAFOOD

- Unagi fillets (2x 8 ounce fillets)
- Shrimp (1 lb)

### PRODUCE

- Lemon (1)
- Lime (1)
- Garlic (5 cloves)
- Ginger (1 inch)
- Red onion (1)
- Bell peppers (2)
- Cherry tomatoes (1 cup)
- Persian cucumber (1)
- Cauliflower (1 head)
- Asparagus (1 bunch)
- Green onions (4)

### DAIRY

- Feta cheese (1/4 cup)
- Milk (1 cup)

### MISC.

- Cooked couscous (2 cups)
- Kalamata olives (1/4 cup)
- Garlic yogurt sauce (1/4 cup)

### PANTRY

- Olive oil (1/2 cup)
- All-purpose flour (1 cup)
- Soy sauce (1 cup)
- Rice vinegar (1/4 cup)
- Mirin (1/2 cup)
- Vegetable broth (1/3 cup)
- Sesame oil (1 tbsp)
- Brown sugar (1/2 cup + 2 tbsp)
- Sugar (1/2 cup)
- Cornstarch (2 tbsp)

### SPICES

- Salt and black pepper
- Oregano (1 tsp)
- Taco seasoning (3 tbsp)

### MENU

**Monday:** [Greek chicken bowl](#)  
Tip: Learn how to make my foolproof [couscous](#) and [garlic yogurt sauce](#), or save time and buy them premade!

**Tuesday:** [Asian Cauliflower](#)  
Optional side: [Asian cucumber salad](#)

**Wednesday:** [Unagi don](#) with [eel sauce](#)  
Optional side: [Instant pot sushi rice](#)

**Thursday:** [Shaved steak](#)  
Tip: Use some leftover steak in tomorrow's dinner for a beef variation!

**Friday:** [Shrimp fajitas](#)  
Optional side: [Keto guacamole](#)

**Breakfast:** [Apple pie oatmeal](#)

**Snack:** [Air fryer grilled cheese](#)

**Dessert:** [Almond flour cake](#)