

MEAL PLAN 11 Recipes and Prep Instructions



DINNER

BREAKFAST



Keto Quiche

Buttery crust stuffed with your favorite fillings!
(Adjust grocery list as needed)

SNACKS



Veggie Chips

Crunchy, crispy, and guilt-free!
(Adjust grocery list as needed)

DESSERT



Almond Flour Cookies

Freshly baked in 15 minutes!
(Adjust grocery list as needed)

MONDAY



Crispy Baked Chicken Thighs

Oven-baked to perfection, with a gorgeous crackling skin and juicy center! Perfect for any night of the week.

Optional side: Wedge salad

TUESDAY



Air Fryer Turkey Breast

Compared to the oven, this takes a fraction of the time. Yet you still get the same tender meat and perfectly seasoned exterior.

Optional side: Orzo salad

WEDNESDAY



Gigi Hadid Pasta

It's spicy, it's tangy, it's creamy, it's the ultimate comfort food for hectic weeknights.

Tip: Toss in some pan-fried chicken breast for more protein!

THURSDAY



Pan-seared Porterhouse Steak

One of my favorite, most underrated steaks to cook. With minimal effort, you're guaranteed tender and perfectly cooked steak every time.

Tip: Serve with bulgogi sauce for even more flavor!

FRIDAY



Spicy Ramen

Instantly satisfy your savory cravings with this heartwarming ramen recipe. You'll never see instant ramen the same way again!

Optional side: Crispy baked tofu

MEAL PLAN 11

Grocery List



MEAT

- Chicken thighs, bone-in and skin-on (6)
- Turkey breast (1 lb)
- Porterhouse steaks (4 x 6-8 oz. each)

SEAFOOD

PRODUCE

- Garlic (1 head)
- Lemon (1 small)
- Red onion (2 small)
- Shallots (2)
- Cherry tomatoes (1 cup)
- Fresh rosemary (1 sprig)
- Fresh thyme (6 sprigs)

DAIRY

- Butter (1/4 cup + 1 tbsp)
- Heavy cream (1/2 cup)
- Parmesan cheese (1/4 cup)

MISC.

- Vodka (1 tbsp)
- Red wine (1 cup)
- Chili sauce (2 tbsp)

PANTRY

- Olive oil (3/4 cup)
- Sesame oil (1 tsp)
- Soy sauce (1 tbsp)
- Rice vinegar (1 tbsp)
- Brown sugar (1 tbsp)
- Honey (2 tsp)
- Tomato paste (1/4 cup)
- Shell pasta (8 1/2 oz)
- Beef broth (1 cup)
- Vegetable broth (4 cups)
- Dijon mustard (1 tsp)
- Ramen noodles (2 packages)

SPICES

- Salt and black pepper
- Smoked paprika (2 tsp)
- Dried oregano (1 tsp)
- Dried dill (1 tsp)
- Poultry seasoning (1 tsp)
- Red pepper flakes (1 tsp)

MENU

Monday: [Crispy baked chicken thighs](#)
Optional side: [Wedge salad](#)

Tuesday: [Air fryer turkey breast](#)
Optional side: [Orzo salad](#)

Wednesday: [Gigi Hadid pasta](#)
Tip: Toss in some [pan-fried chicken breast](#) for more protein!

Thursday: [Pan-seared porterhouse steak](#)
Tip: Serve with [bulgogi sauce](#) for even more flavor!

Friday: [Spicy ramen](#)
Optional side: [Crispy baked tofu](#)

Breakfast: [Keto quiche](#)

Snack: [Veggie chips](#)

Dessert: [Almond flour cookies](#)