

## MEAL PLAN 12

### Recipes and Prep Instructions



DINNER

BREAKFAST



### Oat Flour Pancakes

Super fluffy and made with 5 ingredients!  
(Adjust grocery list as needed)

SNACKS



### Protein Muffins

20 grams of protein per muffin!  
(Adjust grocery list as needed)

DESSERT



### Healthy Cupcakes

You'd never guess they're actually healthy!  
(Adjust grocery list as needed)

MONDAY



### Sous Vide Pork Tenderloin

This is by far my favorite way to cook pork tenderloin. With minimal hands-on time, you get tender, juicy meat every single time.

Tip: Read my tips for how to make them without a sous vide machine.

TUESDAY



### Picanha Steak

A Brazilian steakhouse staple, picanha steak is naturally flavorful and couldn't be easier to cook.

Optional side: [Grilled sweet potatoes](#)

Tip: Serve it with this [chimichurri sauce](#) for the ultimate Brazilian feast!

WEDNESDAY



### Firecracker Salmon

The sauce alone is addictive, but using it to coat tender, flaky salmon is a whole other level of good.

Tip: Not feeling salmon tonight? Make these [firecracker meatballs](#) instead!

THURSDAY



### Chana Masala

Indian-inspired stewed chickpeas simmered in a complex and aromatic tomato sauce.

Optional side: [Curry fried rice](#)

Tip: Reserve the liquid from the canned chickpeas to make [vegan meringue](#)!

FRIDAY



### Lamb Ragu

One of my mom's staple recipes; I can never go long without making this! The lamb melts in your mouth, and the savory sauce is layered with flavor.

Optional side: [Sautéed carrots](#)

# MEAL PLAN 12

## Grocery List



### MEAT

- Pork tenderloin (1 lb)
- Picanha steak (3 lbs)
- Lamb shoulder (1 lb)

### PRODUCE

- Garlic (1 head)
- Ginger (1 ½ inches)
- Carrot (1)
- Celery (2 stalks)
- Onions (2 ½)
- Shallot (1 small)
- Fresh thyme (2 sprigs)

### SEAFOOD

- Salmon fillets (4)

### DAIRY

- Butter (3 tbsp)

### PANTRY

- Cooking oil (¼ cup)
- Olive oil (¼ cup + 1 tbsp)
- Buffalo sauce (¼ cup)
- Brown sugar (¼ cup)
- White sugar (½ tsp)
- Soy sauce (1 tbsp)
- Canned tomatoes (2x 14 oz. cans)
- Canned chickpeas (18 oz)
- Tomato paste (1 ½ tbsp)
- Beef broth (½ cup)
- Pappardelle pasta (12 oz)

### MISC.

- Beef bouillon cube (1)

### SPICES

- Salt and black pepper
- Paprika (1 tsp)
- Cinnamon stick (1)
- Bay leaf (3)
- Cardamom pods (4)
- Cloves (2)
- Turmeric (1 tsp)
- Garam masala (1 tsp)
- Chili powder (½ tsp)
- Ground cumin (½ tsp)
- Ground coriander (½ tsp)
- Italian seasoning (1 tbsp)

### MENU

**Monday:** [Sous vide pork tenderloin](#)  
Tip: Read my tips for how to make them without a sous vide machine.

**Tuesday:** [Picanha steak](#)  
Optional side: [Grilled sweet potatoes](#)  
Tip: Serve it with this [chimichurri sauce](#) for the ultimate Brazilian feast!

**Wednesday:** [Firecracker salmon](#)  
Tip: Not feeling salmon tonight? Make these [firecracker meatballs](#) instead!

**Thursday:** [Chana masala](#)  
Optional side: [Curry fried rice](#)  
Tip: Reserve the liquid from the canned chickpeas to make [vegan meringue!](#)

**Friday:** [Lamb ragu](#)  
Optional side: [Sautéed carrots](#)

**Breakfast:** [Oat flour pancakes](#)

**Snack:** [Protein muffins](#)

**Dessert:** [Healthy cupcakes](#)