

MEAL PLAN 14 Recipes and Prep Instructions



DINNER

BREAKFAST



Blueberry Cinnamon Rolls

Light and fluffy, there's only 1 rise needed!
(Adjust grocery list as needed)

SNACKS



Granola Cups

Made with 3 ingredients and easy to customize!
(Adjust grocery list as needed)

DESSERT



Zucchini Chocolate Cake

The perfect recipe for sneaking in those extra veggies!
(Adjust grocery list as needed)

MONDAY



Huli Huli Chicken

My Hawaiian take on classic grilled chicken, made with chicken thighs marinated in a sweet, tangy sauce. It's packed with flavor and guaranteed to be a family favorite.

Tip: Make a double batch of the sauce and save it for your Mahi Mahi tomorrow!

TUESDAY



Grilled Mahi Mahi

Tender, flaky fish grilled until it's lightly charred on the outside and buttery soft in the center.

Tip: If you don't have a grill, it works just as well with a grill pan on the stovetop.

WEDNESDAY



Baked Turkey Tenderloin

Juicy turkey oven-baked with the perfect balance of seasonings. Don't have time for the oven? I included air fryer and grill instructions as well!

Optional side: [Cheese biscuits](#)

THURSDAY



Shrimp Burgers

Instantly satisfy your burger craving with these healthy, crispy, flavorful shrimp burgers. They freeze so well-you might as well make extra for next week!

Optional side: [Air fryer mushrooms](#)

FRIDAY



Boursin Cheese Pasta

You have not lived until you've made my Boursin cheese pasta. It's so cheesy, tangy, and expertly paired with a dash of red chili and fresh basil.

Optional side: [2 ingredient bread](#)

MEAL PLAN 14

Grocery List



MEAT

- Chicken thighs (2 lbs)
- Turkey tenderloins (2 lbs)

SEAFOOD

- Mahi Mahi fillets (6)
- Jumbo shrimp (1 lb)

PRODUCE

- Lemon (1)
*Or 2 tablespoons of lemon juice
- Garlic (1)
- Ginger (1 inch)
- Red chilies (2)
- Cherry tomatoes (1 ½ cups)
- Green onions (4)
- Fresh parsley (1 bunch)
- Basil (1 bunch)

DAIRY

- Boursin cheese (5 ½ oz)
- Parmesan cheese (½ cup)

MISC.

- Egg (1 egg white)
- Burger buns and fixings

PANTRY

- Olive oil (¼ cup + 1 tbsp)
- Frying oil (¼ cup)
- Ketchup (⅓ cup + 1 tbsp)
- Soy sauce (⅓ cup + 1 tbsp)
- Brown sugar (½ cup + 1 tsp)
- Rice vinegar (2 tbsp + 2 tsp)
- Sesame oil (1 tbsp)
- Cornflour (¼ cup)
- Panko bread crumbs (2 cups)
- Pasta (2 cups)

SPICES

- Salt and black pepper
- Garlic powder (2 tsp)
- Paprika (1tsp)
- Red pepper flakes (1 ½ tsp)
- Oregano (½ tsp)
- Cumin (½ tsp)
- Coriander (½ tsp)
- Old Bay seasoning (1 tsp)

MENU

Monday: [Huli Huli chicken](#)
Tip: Make a double batch of the sauce and save it for your Mahi Mahi tomorrow!

Tuesday: [Grilled Mahi Mahi](#)
Tip: If you don't have a grill, it works just as well with a grill pan on the stovetop.

Wednesday: [Baked Turkey Tenderloin](#)
Optional side: [Cheese biscuits](#)

Thursday: [Shrimp Burgers](#)
Optional side: [Air fryer mushrooms](#)

Friday: [Boursin cheese pasta](#)
Optional side: [2 ingredient bread](#)

Breakfast: [Blueberry cinnamon rolls](#)

Snack: [Granola cups](#)

Dessert: [Zucchini chocolate cake](#)

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