

MEAL PLAN 15 Recipes and Prep Instructions



DINNER

BREAKFAST



Eggless Banana Bread

The perfect way to use up leftover bananas!
(Adjust grocery list as needed)

SNACKS



Protein Granola Bars

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

DESSERT



Peanut Butter Cookies

Only 2 ingredients needed!
(Adjust grocery list as needed)

MONDAY

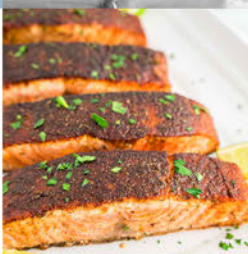


Zucchini Lasagna

Made with tender zucchini “noodles”, I use a special hack to guarantee they’re NOT watery. Need a meatless option? Simply swap the ground beef for plant-based ground meat!

Optional side: [Gluten free flatbread](#)

TUESDAY



Blackened Salmon

Filets of salmon seasoned in a spiced Cajun blend and pan-seared until crisp on the outside and tender in the middle. This is my favorite way to cook salmon!

Tip: Check out my tips for cooking your salmon in the oven, air fryer, or grill!

WEDNESDAY



Grilled Bavette Steak

Instantly transform cost-conscious beef into mouthwateringly tender, juicy steaks in under 15 minutes.

Optional side: [Air fryer cauliflower](#)

THURSDAY



Peruvian Chicken

My Peruvian twist on classic baked chicken, featuring a zesty marinade and sauce to complement the juicy chicken thighs.

Tip: Make a double batch of the aji verde sauce and use it through the week with other meats!

FRIDAY



Wagyu Burgers

Regular burgers have nothing on these Wagyu burgers. Made with juicy ground Wagyu meat, I keep the recipe simple so the natural meaty flavor shines.

Optional side: [7 layer salad](#)

MEAL PLAN 15

Grocery List



MEAT

- Ground beef (1 lb)
- Bavette steak (1 ½ lb)
*Alternatively, use flank steak.
- Chicken thighs (2 lbs)
- Ground wagyu (1 lb)

SEAFOOD

- Salmon filets (4)

PRODUCE

- Zucchini (3-4 large)
- Parsley (1 bunch)
- Garlic (6 cloves)
- Lime juice (2 tbsp)
- Ginger (1 inch)
- Lemon (1 large)
- Cilantro (1 bunch)
- Jalapeno (1 small)
- Spinach (10 oz)

DAIRY

- Ricotta cheese (1½ cups)
- Shredded cheddar cheese (1 cup)
- Shredded mozzarella (2 ½ cups)
- Butter (1 tbsp)
- Sour cream (½ cup)

MISC.

- Egg (1)
- Brioche buns (4)
- Burger toppings

PANTRY

- Olive oil (½ cup + 3 tbsp)
- Tomato sauce (3 ½ cups)
- Soy sauce (½ cup)
- Honey (2 tbsp)

SPICES

- Salt and black pepper
- Italian seasoning (1 tbsp + 2 tsp)
- Ground cumin (1½ tbsp)
- Cayenne pepper (¼ tsp)
- Smoked paprika (3 tsp)
- Dried thyme (1 tsp)

MENU

Monday: [Zucchini lasagna](#)
Optional side: [Gluten free flatbread](#)

Tuesday: [Blackened salmon](#)
Tip: Check out my tips for cooking your salmon in the oven, air fryer, or grill!

Wednesday: [Grilled bavette steak](#)
Optional side: [Air fryer cauliflower](#)

Thursday: [Peruvian chicken](#)
Tip: Make a double batch of the aji verde sauce and use it through the week with other meats!

Friday: [Wagyu burgers](#)
Optional side: [7 layer salad](#)

Breakfast: [Eggless banana bread](#)

Snack: [Protein granola bars](#)

Dessert: [2 ingredient peanut butter cookies](#)