

MEAL PLAN 16

Recipes and Prep Instructions



DINNER

BREAKFAST



Curried Egg Salad

Creamy and rich, with subtle curry spice!
(Adjust grocery list as needed)

SNACKS



Coffee Protein Shake

All that coffee buzz plus 20 grams of protein!
(Adjust grocery list as needed)

DESSERT



Peanut Butter Ice Cream

No ice cream maker needed!
(Adjust grocery list as needed)

MONDAY



Greek Chicken

Featuring tender chicken breasts marinated in a bold Mediterranean spice blend and grilled to perfection.

Tip: Save some leftover chicken for my avocado chicken salad. You can thank me later!

Optional side: [Greek couscous salad](#)

TUESDAY



Blackened Tilapia

Effortlessly transform this mild-flavored fish with my homemade blackened seasoning. It's a quick, healthy, easy dish that you'll want to make all the time.

Optional side: [Sautéed broccolini](#)

WEDNESDAY



Grilled Pork Tenderloin

Pork is one of my favorite proteins to cook because it's affordable and takes to a variety of methods, like my tried-and-true grilled pork tenderloin.

Optional side: [Air fryer potato wedges](#)

THURSDAY



Beef Kabobs

When I think of grilling, these are always the first things to mind. Not only are kebobs fast, but they're tender, juicy, and work with any side.

Tip: Read my tips on how to make Asian kabobs, and you'll never want them any other way!

FRIDAY



Lamb Ribs

I love classic ribs as much as anyone, but my slow-roasted sticky lamb ribs are seriously next-level good. Grill, smoker, and air fryer options included!

Tip: Not feeling the lamb? My [air fryer pork ribs](#) are to die for!

**MEAL PLAN 16
Grocery List**



MEAT

- Chicken breasts (1 lb or 4 fillets)
- Pork tenderloin (1 ½ lbs)
- Sirloin steak (1 ½ lbs)
- Lamb ribs (2 lbs)

SEAFOOD

- Tilapia (4 fillets)

PRODUCE

- Lemon (2)
- Garlic (1 head)
- Fresh thyme (1-2 sprigs)
- Bell peppers (3)
- Red onion (1)

DAIRY

MISC.

PANTRY

- Olive oil (½ cup + 3 tbsp)
- Brown sugar (3 tbsp)
- Soy sauce (3 ½ tbsp)
- Honey (1 tbsp)
- Maple syrup (¼ cup)
- Ketchup (¼ cup)
- BBQ sauce (2 tbsp)
- Worcestershire sauce (1 tbsp + 1 tsp)
- Dijon mustard (1 tbsp)

SPICES

- Salt and black pepper
- Oregano (1 tsp)
- Cumin (1 tbsp)
- Cayenne pepper (¼ tsp)
- Smoked paprika (3 ¼ tsp)
- Dried thyme (1 tsp)
- Garlic powder (1 tsp)
- Italian seasoning (1 tsp)
- Fennel seeds (1 tsp)

MENU

Monday: [Greek Chicken](#)
 Tip: Save some leftover chicken for my avocado chicken salad. You can thank me later!
 Optional side: [Greek couscous salad](#)

Tuesday: [Blackened tilapia](#)
 Optional side: [Sautéed broccolini](#)

Wednesday: [Grilled pork tenderloin](#)
 Optional side: [Air fryer potato wedges](#)

Thursday: [Beef kabobs](#)
 Tip: Read my tips on how to make Asian kabobs, and you'll never want them any other way!

Friday: [Lamb ribs](#)
 Tip: Not feeling the lamb? My [air fryer pork ribs](#) are to die for!

Breakfast: [Curried egg salad](#)

Snack: [Coffee protein shake](#)

Dessert: [Peanut butter ice cream](#)

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