

## MEAL PLAN 17 Recipes and Prep Instructions



DINNER

BREAKFAST



**Cottage Cheese Bread with Over-medium Eggs**  
Easy & protein-packed!  
(Adjust grocery list as needed)

SNACKS



**Low-calorie Muffins**  
Made with no butter or added sugar!  
(Adjust grocery list as needed)

DESSERT



**German Chocolate Cake (v)**  
Layered with creamy coconut and pecan filling!  
(Adjust grocery list as needed)

MONDAY



### Rotisserie Chicken Salad

Having rotisserie chicken on hand is a lifesaver when it comes to easy weeknight meals, and nothing is more convenient (or flavorful) than my rotisserie chicken salad.

Tip: Make it more filling and fold in some whole wheat pasta!

TUESDAY



### Crawfish Etouffee

Bring the flavors of New Orleans to your home with this creamy, aromatic, richly flavored crawfish stew.

Tip: Don't have crawfish on hand? I use shrimp all the time, and it's just as delicious.

WEDNESDAY



### Italian Beef

Featuring slow-cooked Italian beef served on massive hoagie rolls: it's precisely what you need to get through the rest of the week!

Optional side: [Healthy pasta salad](#)

THURSDAY



### Brats in the Oven

Making brats in the oven is my favorite hands-off method for guaranteeing plump and juicy brats every time.

Optional side: [Warm German potato salad](#)

FRIDAY



### Kung Pao Cauliflower

Crispy breaded cauliflower coated in a sweet and tangy sauce alongside stir-fried veggies. You won't even miss the meat!

Optional side: [Summer rolls](#)

# MEAL PLAN 17

## Grocery List



### MEAT

- Rotisserie chicken (1)
- Chuck roast (3 lbs)
- Brats (4)

### PRODUCE

- Lemon (1)
- Celery (1 bunch)
- Red onion (1 small)
- Yellow onion (2)
- Scallions (1 small bunch)
- Green bell pepper (2)
- Red bell pepper (1)
- Garlic (4 cloves)
- Cauliflower (1 large head)

### SEAFOOD

- Crawfish (2 lbs)
- \*Alternatively, use shrimp.

### DAIRY

- Greek yogurt (1/3 cup)
- Butter (1/2 cup)
- Milk (1 cup)

### MISC.

- Hoagie rolls
- Hot dog buns
- Toppings for Italian beef sandwiches
- Toppings for oven-baked brats
- Light beer (350 ml)

### PANTRY

- Mayonnaise (2/3 cup)
- Dijon mustard (1 tsp)
- All-purpose flour (1 1/2 cup)
- Chicken broth (14.5 oz)
- Beef broth (3 cups)
- Tomato paste (1 tbsp)
- Panko breadcrumbs (1 cup)
- Peanuts (1/4 cup)
- Soy sauce (1/4 cup)
- Hoisin sauce (1 tbsp)
- Sesame oil (1 tbsp)
- Coconut sugar (1 tbsp)
- Cornstarch (1 tbsp)

### SPICES

- Garlic powder (1 tsp)
- Lemon pepper (1/2 tsp)
- Bay leaf (4 leaves)
- Cajun seasoning (1 tbsp)
- Italian seasoning (1 tsp)
- Smoked paprika (1 tsp)
- Cayenne pepper (1/2 tsp), optional
- Dried chilis (4 large), optional
- Salt and black pepper

### MENU

**Monday:** [Rotisserie chicken salad](#)  
Tip: Make it more filling and fold in some whole wheat pasta!

**Tuesday:** [Crawfish etouffee](#)  
Tip: Don't have crawfish on hand? I use shrimp all the time, and it's just as delicious.

**Wednesday:** [Italian beef](#)  
Optional side: [Healthy pasta salad](#)

**Thursday:** [Brats in the oven](#)  
Optional side: [Warm German potato salad](#)

**Friday:** [Kung Pao cauliflower](#)  
Optional side: [Summer rolls](#)

**Breakfast:** [Cottage cheese bread with over-medium eggs](#)

**Snack:** [Low-calorie muffins](#)

**Dessert:** [Vegan German chocolate cake](#)