

MEAL PLAN 18

Recipes and Prep Instructions



DINNER

BREAKFAST



Sausage McMuffin

The perfect copycat recipe!
(Adjust grocery list as needed)

SNACKS



Air-popped Popcorn

Make it on the stovetop OR
microwave!
(Adjust grocery list as needed)

DESSERT



**Healthy Oatmeal Choc
Chip Cookies**

Baked in 15 minutes!
(Adjust grocery list as needed)

MONDAY



Chimichurri Steak

As much as I love a juicy, perfectly cooked flank steak, it's the refreshing, zippy chimichurri sauce that keeps me coming back for more.

Optional side: [Cauliflower potato salad](#)

TUESDAY



French Onion Chicken Casserole

This has been a go-to comfort food casserole for us lately. It features tender chicken simmered with caramelized onions, crusty bread, and bubbling cheese, all baked in one dish.

Optional side: [Sautéed spinach](#)

WEDNESDAY



Shrimp Bowl

Made with plump sautéed shrimp, veggies, and fluffy rice, I love how quickly it comes together...and how it's so customizable!

Tip: Feel free to get creative with your own toppings, like pickled carrots, cucumber, or a heavy drizzle of [spicy mayo](#).

THURSDAY



Sopes (Picaditas)

Essentially fried masa corn cakes, each one is light and fluffy with a golden, crispy edge and an abundance of toppings.

Tip: Add some protein with leftover sautéed shrimp from the day before, or make my 10-minute [taco meat!](#)

FRIDAY



Red Snapper

This is for all the fish haters out there. The texture is light and flaky, and there's no "fishy" taste at all!

Optional side: [Air fryer corn on the cob](#)

MEAL PLAN 18

Grocery List



MEAT

- Flank steak (1 ½ lbs)
- Chicken breast (1 lb)

PRODUCE

- Parsley (1 bunch)
- Shallot (1)
- Onion (1 small)
- Garlic (4 cloves)
- Red chili (1 small)
- Lime (1)
- Avocado (1)
- Tomato (1)

SEAFOOD

- Shrimp (1 lb)
- Red snapper fillets (1 lb or 4-5 fillets)

- Edamame (½ cup)
*May be found in the frozen section.

DAIRY

- Butter (¼ cup + 1 tbsp)
- Gruyere cheese (1 cup)

PANTRY

- Olive oil (1 cup ¼ cup)
- Vegetable oil (¼ cup)
- Balsamic vinegar (1 tbsp)
- Chicken broth (1 cup)

MISC.

- Baguette (8 slices)
- Cooked rice (4 cups)
- Masa harina (1 lb)
- Toppings for sopes

SPICES

- Dried oregano (1 tsp)
- Dried thyme (1 ½ tsp)
- Paprika (½ tsp)
- Italian seasoning (1 tsp)
- Garlic powder (1 tsp)
- Salt and black pepper

MENU

Monday: [Chimichurri Steak](#)
Optional side: [Cauliflower potato salad](#)

Tuesday: [French onion chicken casserole](#)
Optional side: [Sautéed spinach](#)

Wednesday: [Shrimp bowl](#)
Tip: Feel free to get creative with your own toppings, like pickled carrots, cucumber, or a heavy drizzle of [spicy mayo](#).

Thursday: [Sopes \(picaditas\)](#)
Tip: Add some protein with leftover sautéed shrimp from the day before, or make my 10-minute [taco meat!](#)

Friday: [Red snapper](#)
Optional side: [Air fryer corn on the cob](#)

Breakfast: [Sausage McMuffin](#)

Snack: [Air-popped popcorn](#)

Dessert: [Healthy oatmeal choc chip cookies](#)