

MEAL PLAN 19

Recipes and Prep Instructions



DINNER

BREAKFAST



Raspberry Cinnamon Rolls

No yeast or fancy gadgets!
(Adjust grocery list as needed)

SNACKS



Protein Cookie Butter

Low-cal and over 12 grams of protein!
(Adjust grocery list as needed)

DESSERT



Avocado Ice Cream

Made with 4 ingredients!
(Adjust grocery list as needed)

MONDAY



Big Mac Salad

Turn the fast food staple into something that's ACTUALLY healthy. You won't even miss the bun!

Tip: Read my tips on how to make it up to three days in advance!

TUESDAY



Chicken Tinga

Featuring shredded chicken simmering in a savory chipotle tomato sauce, this is not your average Taco Tuesday.

Optional side: Cauliflower steaks

WEDNESDAY



Curry Noodles

Made in one skillet in about 15 minutes, this is my favorite recipe to throw together when I only have a few moments to spare.

Tip: Enjoy it as is, or add protein with my air fryer tofu.

THURSDAY



Grilled Chicken Drumsticks

Featuring a simple seasoning blend, the chicken keeps its juicy, tender interior while the skin gets a beautiful golden crust. The best part? You don't even need a grill to make it!

Optional side: Japanese potato salad

FRIDAY



Pan-Seared Orange Roughy

For those nights when you need a light and refreshing dinner that's easy, yet satisfying, make my orange roughy.

Optional side: 3-ingredient biscuits

MEAL PLAN 19

Grocery List



MEAT

- Ground beef (1 lb)
- Chicken breast (1 lb)
- Chicken drumsticks (6)

SEAFOOD

- Orange roughy fillets (4 x 4 - 6 oz each)

PRODUCE

- Iceberg lettuce (1 large head)
- Red onion (1)
- Yellow onion (1)
- Cherry tomatoes (1 cup)
- Garlic (1 head)
- Ginger (1 inch)
- Limes (1)

DAIRY

- Shredded cheddar cheese (1 cup)
- Butter (2 tbsp)

MISC.

- [Big Mac Sauce](#) (homemade - 1/2 cup)

PANTRY

- Olive oil (3 tbsp)
- Dill pickles (1/2 cup)
- Red curry paste (3 tbsp or 1 small can)
- Rice noodles (8 1/2 oz)
- Canned coconut milk (1 cup)
- Soy sauce (3 tbsp)
- Maple syrup (1 tbsp)
- Vegetable broth (1/2 cup)
- Fire roasted tomatoes (14.5 oz)
- Chipotle paste (1/4 cup)
- Brown sugar (1 tbsp)

SPICES

- Salt and black pepper
- Cumin (1 tbsp)
- Oregano (1/2 tbsp + 1/2 tsp)
- Bay leaves (2)
- Onion powder (1 tsp)
- Paprika (2 tsp)
- Lemon pepper (2 tsp)
- Garlic powder (1 tsp)
- Dried parsley (1 tsp)

MENU

Monday: [Big Mac salad](#)

Tip: Read my tips on how to make it up to three days in advance!

Tuesday: [Chicken tinga](#)

Optional side: [Cauliflower steaks](#)

Wednesday: [Curry noodles](#)

Tip: Enjoy it as is, or add protein with my [air fryer tofu](#).

Thursday: [Grilled chicken drumsticks](#)

Optional side: [Japanese potato salad](#)

Friday: [Pan-seared Orange Roughy](#)

Optional side: [3-ingredient biscuits](#)

Breakfast: [Raspberry cinnamon rolls](#)

Snack: [Protein cookie butter](#)

Dessert: [Avocado Ice Cream](#)