MEAL PLAN 20 Recipes and Prep Instructions





Over-easy Eggs with Air Fryer Sausage Links

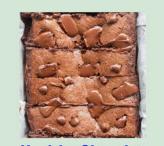
Ready in 10 minutes! (Adjust grocery list as needed)

SNACKS



Dairy-free Cookies Made in one bowl with 6 flavor options! (Adjust grocery list as needed)

DESSERT



Healthy Chocolate Zucchini Bread Sneak in those veggies! (Adjust grocery list as needed)

Chicken Piccata

Made with tender chicken pieces cooked in a tangy lemon butter sauce. This recipe takes only 15 minutes to prepare, and it's mostly hands-off.

Optional side: 2-ingredient biscuits

Stuffed Pepper Soup

This is my family's favorite one pot soup recipe right now. It combines all the best elements of stuffed peppers with a warming, aromatic broth.

Tip: Use pre-cooked rice to save time!

Tuna Patties

Instantly transform a simple can of tuna into crispy, golden brown tuna patties.

Tip: Save any leftover patties and crumble them on a green goddess salad for lunch tomorrow!

Salt & Pepper Tofu

Tender tofu pieces are pan-fried until golden brown and crispy, then tossed in a delicate Chinese five spice blend. Multiple cooking options included!

Optional side: Coconut milk rice

Hunan Beef

I was raised with Hunan cuisine, and to this day, this is my go-to recipe when I'm craving those savory and spicy flavors.

Optional side: Air fryer potstickers



MEAL PLAN 20 Grocery List





MEAT

- Chicken breasts
 (2 large)
- · Ground beef (1 lb)
- Firm tofu (8 oz)
- Flank steak (1 lb)

SEAFOOD

· Canned tuna (15 oz)

PRODUCE

- · Garlic (1 head)
- Lemon (1)
- Bell peppers (4)
- Onion (2)
- · Parsley (1/4 cup)
- · Broccoli (1 head)

DAIRY

• Butter (1/4 cup)

MISC.

- White wine (¾ cup)
- Eggs (2)

PANTRY

- All-purpose flour (2 tbsp)
- Olive oil (1/4 cup + 1 tbsp)
- Frying oil
 (1/4 cup + 1 tbsp)
- Sesame oil (1 tbsp)
- · Capers (1 tbsp)
- Beef broth (6 ½ cups)
- Crushed tomatoes
 (28 oz)
- Fire roasted diced tomatoes (14 oz)
- Rice (1 cup)
- Panko bread crumbs
 (1 cup)
- Worcestershire (1 tsp)
- Mayonnaise (3 tbsp)
- Potato starch (1/2 cup)
- Soy sauce (3 tbsp)
- Fish sauce (1 tbsp)
- White vinegar (1 tbsp)
- Brown sugar (2 tbsp)
- Chili paste (2 tbsp)

SPICES

- Salt and black pepper
- Italian seasoning (2 tsp)
- Curry powder (1 tbsp)
- White pepper (1 tsp)
- Chinese five spice (1 tsp)

MENU

Monday: Chicken piccata
Optional side: 2-ingredient biscuits

Tuesday: Stuffed pepper soupTip: Use pre-cooked rice to save time!

Wednesday: <u>Tuna patties</u>
Tip: Save any leftover patties and crumble them on a <u>green goddess salad</u>
for lunch tomorrow!

Thursday: Salt and pepper tofu Optional side: Coconut milk rice

Friday: Hunan beef Optional side: Air fryer potstickers

Breakfast: Over-easy eggs with air fryer sausage links

Snack: Dairy-free cookies

Dessert: Healthy chocolate zucchini bread

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