

## MEAL PLAN 20 Recipes and Prep Instructions



DINNER

BREAKFAST



[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)

MONDAY



### [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](#)

TUESDAY



### [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!

WEDNESDAY



### [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!

THURSDAY



### [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](#)

FRIDAY



### [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](#)



**MEAT**

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

**PRODUCE**

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

**DAIRY**

- Butter (1/4 cup)

**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 1/2 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)

**SEAFOOD**

- Canned tuna (15 oz)

**MISC.**

- White wine (2/3 cup)
- Eggs (2)

**MENU**

**Monday:** [Chicken piccata](#)  
Optional side: [2-ingredient biscuits](#)

**Tuesday:** [Stuffed pepper soup](#)  
Tip: Use pre-cooked rice to save time!

**Wednesday:** [Tuna patties](#)  
Tip: Save any leftover patties and crumble them on a [green goddess salad](#) 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.