

MEAL PLAN 21

Recipes and Prep Instructions



DINNER

BREAKFAST



[Air Fryer Soft Boiled Eggs](#)

The easiest method to soft boil eggs!
(Adjust grocery list as needed)

SNACKS



[Smoked Tuna Dip](#)

The perfect appetizer OR spread!
(Adjust grocery list as needed)

DESSERT



[Kit Kat Bars](#)

Tastier, cheaper, AND healthier!
(Adjust grocery list as needed)

MONDAY



[McPlant Burgers](#)

Kicking off Meatless Mondays, we're making my family's favorite vegan burger recipe that tastes even BETTER than McDonald's!

Optional side: [Curly fries](#)

TUESDAY



[Baked Sockeye Salmon](#)

If you thought salmon was too fickle to cook right, this recipe will convince you otherwise. With minimal effort, you're rewarded with tender, flaky salmon, every time.

Optional side: [Arepas](#)

WEDNESDAY



[Fried Chicken Wings](#)

Crackling and crispy on the outside yet tender and juicy in the center, this is truly a restaurant-worthy recipe.

Tip: Not a fan of frying? Read my tips on how to bake them instead!

THURSDAY



[Denver Steak](#)

Effortlessly transform an affordable cut of beef into juicy, tender steaks using the grill OR the stovetop.

Tip: I kept the seasonings fairly simple, but you're more than welcome to take it up a notch with my [3-ingredient steak marinade!](#)

FRIDAY



[Air Fryer Shrimp](#)

If you need a quick and easy protein, make this shrimp recipe. It's done in 8 minutes and works with any side dish, and the leftovers make the perfect lunch!

Optional side: [Couscous](#)

**MEAL PLAN 21
Grocery List**



MEAT

- Beyond meat (1 lb)
*Or any plant-based ground beef substitute
- Chicken wings (2 lb)
- Denver steak (1 ¼ lb)

SEAFOOD

- Shrimp (1 lb)
- Sockeye salmon (2 lb)

PRODUCE

- Tomato (1)
- Lettuce (1 small head)
- Onion (1)
- Lemon (2)
- Garlic (1 head)
- Fresh dill (1 tbsp)

DAIRY

- American cheese (4 slices)
- Butter (3 tbsp)

MISC.

- Brioche buns (4)

PANTRY

- Ketchup (¼ cup + 1 tbsp)
- Yellow mustard (1 tbsp)
- Vegan mayonnaise (1 tbsp)
- Olive oil (¾ cup)
- Pickles (1 large)
- All-purpose flour (1 ½ cups)
- Cornstarch (2 tsp)
- Baking powder (1 tsp)
- Balsamic vinegar (¾ tbsp)
- Worcestershire (1 tsp)
- Cornstarch (1 tsp)

SPICES

- Salt and black pepper
- Dried rosemary (½ tsp)
- Smoked paprika (2 tsp + ½ tsp)
- Dried parsley (1 tsp)
- Garlic powder (½ tsp + ½ tsp)
- Onion powder (½ tsp)
- Cayenne pepper (⅛ tsp)
- Italian seasoning (1 tsp)

MENU

- Monday:** [McPlant burgers](#)
Optional side: [Curly Fries](#)
- Tuesday:** [Baked sockeye salmon](#)
Optional side: [Arepas](#)
- Wednesday:** [Fried chicken wings](#)
Tip: Not a fan of frying? Read my tips on how to bake them instead!
- Thursday:** [Denver steak](#)
Tip: I kept the seasonings fairly simple, but you're more than welcome to take it up a notch with my [3-ingredient steak marinade!](#)
- Friday:** [Air fryer shrimp](#)
Optional side: [Couscous](#)
- Breakfast:** [Air fryer soft boiled eggs](#)
- Snack:** [Smoked tuna dip](#)
- Dessert:** [Kit Kat bars](#)

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