

MEAL PLAN 22

Recipes and Prep Instructions



DINNER

BREAKFAST



Red Velvet Pancakes

They taste even better than they look!
(Adjust grocery list as needed)

SNACKS



Cereal Bars

Made with only 3 ingredients!
(Adjust grocery list as needed)

DESSERT



Vegan Peanut Butter Cookies

Freshly baked in 12 minutes!
(Adjust grocery list as needed)

MONDAY



Korean Spicy Noodles

Featuring chewy udon noodles with tender veggies and a sweet, spicy Korean sauce. The leftovers will taste even better tomorrow!

Optional side: [Ramen cabbage salad](#)

TUESDAY



Air Fryer Ribs

Of all the ways I've tried to make ribs, the air fryer is by far the fastest and most foolproof method yet!

Tip: Try this recipe with beef or lamb ribs instead and increase the cooking time by 5-6 minutes.

WEDNESDAY



Bison Burgers

If you love burgers, just wait until you try making them with bison meat. The flavor is remarkably similar, except bison meat is much lower in saturated fat AND higher in protein!

Optional side: [Air fryer pickles](#)

THURSDAY



Instant Pot Chicken Breast

I cook chicken at least once a week in my house, and the Instant Pot is the ultimate hands-off method that guarantees tender, juicy chicken every time.

Tip: My recipe is for 2 pounds of chicken, but I included additional timing in case you're cooking more or less!

FRIDAY



Barramundi

Also known as Asian sea bass, I've been making barramundi for years! With a light and buttery soft texture, you can make it on the grill, oven, or stovetop.

Optional side: [Jennifer Aniston salad](#)



MEAT

- Pork ribs (1 rack)
- Ground bison (21 oz)
- Chicken breasts (4)

PRODUCE

- Green onions (1 small bunch)
- Garlic (1 head)
- Carrot (1)
- Baby bok choy (1 bunch)
- Shallot (1)
- Lemon (1)

SEAFOOD

- Barramundi fillets (4)

DAIRY

- Butter (2 tbsp)

MISC.

- Burger buns (4)
- Burger toppings

PANTRY

- Udon noodles (1lb)
- Vegetable oil (2 tbsp)
- Sesame oil (1 tsp)
- Olive oil (¼ cup + 1tbsp)
- Soy sauce (2 tbsp)
- Mirin (2 tbsp)
- Honey (1 tbsp)
- Gochujang (2 tbsp)
- BBQ sauce (½ cup)
- Chicken broth (1 cup)

SPICES

- Salt and black pepper
- Smoked paprika (1½ tsp)
- Paprika (1 tsp)
- Red pepper flakes (½ tsp)
- Garlic powder (1½ tsp)
- Mustard powder (1 tsp)
- Dried parsley (2 tsp)

MENU

Monday: [Korean spicy noodles](#)
Optional side: [Ramen cabbage salad](#)

Tuesday: [Air fryer ribs](#)
Tip: Try this recipe with beef or lamb instead and increase the cooking time by 5-6 minutes.

Wednesday: [Bison burgers](#)
Optional side: [Air fryer pickles](#)

Thursday: [Instant Pot chicken breast](#)
Tip: My recipe is for 2 pounds of chicken, but I included additional timing in case you're cooking more or less!

Friday: [Barramundi](#)
Optional side: [Jennifer Aniston salad](#)

Breakfast: [Red velvet pancakes](#)

Snack: [Cereal bars](#)

Dessert: [Vegan peanut butter cookies](#)

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