

MEAL PLAN 23

Recipes and Prep Instructions



DINNER

BREAKFAST



Oatmeal Breakfast Bars

They're chewy, soft and sweetened with bananas! (Adjust grocery list as needed)

SNACKS



Cookie Dough Bites

Fun to make and secretly healthy! (Adjust grocery list as needed)

DESSERT



Almond Flour Choc Cake

Made in one bowl and naturally gluten-free! (Adjust grocery list as needed)

MONDAY



Instant Pot Pork Chops

For those Mondays when you need something fast, easy, and foolproof, my Instant Pot pork chops check those boxes. They're ready in 10 minutes and always turn out juicy and succulent.

Optional side: [Spinach salad with warm bacon dressing](#)

TUESDAY



Low Calorie Pasta

Made with fiber-packed pasta, rich tomato sauce, and layers of creamy cheese, nothing about this pasta tastes low-calorie.

Optional side: [Balsamic glazed Brussels sprouts](#)

WEDNESDAY



Beef Tips and Gravy

Turn an affordable cut of beef into juicy, melt-in-your-mouth braised beef tips with savory gravy and layers of flavor.

Tip: Need a more hands-off cooking method? Read my tips on making it in the slow cooker or Instant Pot!

THURSDAY



Saffron Chicken

With the delicate, floral flavor of saffron and a crispy char from the grill, this is anything but your typical chicken dinner!

Tip: Saffron can be a niche ingredient, so try it in my [rice salad](#) and [Persian chicken](#) next!

FRIDAY



Shrimp Curry

Featuring tender bites of shrimp slowly simmered in a rich, creamy coconut sauce.

Optional side: [2-ingredient naan](#)



MEAT

- Bone-in pork chops (4)
- Beef tips (2 lbs)
- Chicken, dark meat (3 ½ lbs)

PRODUCE

- Garlic (1 head)
- Onion (2)
- Fresh thyme (2 sprigs)
- Lemon (1)
- Ginger (1 inch)

DAIRY

- Butter (¼ cup + 1 tbsp)
- Cottage cheese (1 cup)
- Fat-free mozzarella cheese (2 cups)
- Plain yogurt (1 cup)

PANTRY

- Brown sugar (3 tbsp)
- Brown sugar sweetener (1 tsp)
- Worcestershire sauce (3 tbsp)
- Chicken broth (1 cup)
- Beef broth (3 cups)
- Fish broth (1 cup)
- Tomato sauce (1 ½ cups)
- All-purpose flour (3 tbsp)
- Olive oil (¼ cup + 1 tbsp)
- Soy sauce (2 tbsp)
- Cornstarch (3 tbsp)
- Canned diced tomatoes (¾ cup)
- Coconut cream (⅓ cup)
- Low-calorie pasta (3 cups cooked)

*I used fiber gourmet light penne, which has 100 calories per 2-ounce serving.

SPICES

- Salt and black pepper
- Dried parsley (½ tbsp)
- Italian seasoning (1 tbsp + 1 tsp)
- Paprika (¼ tsp)
- Red pepper flakes (½ tsp)
- Bay leaves (2)
- Saffron (¾ tsp)
- Curry powder (2 tbsp)

MISC.

- Egg (1)

SEAFOOD

- Shrimp (1 ½ lbs)

MENU

Monday: [Instant Pot pork chops](#)
Optional side: [Spinach salad with warm bacon dressing](#)

Tuesday: [Low calorie pasta](#)
Optional side: [Balsamic glazed Brussels sprouts](#)

Wednesday: [Beef tips and gravy](#)
Tip: Need a more hands-off cooking method? Read my tips on making it in the slow cooker or Instant Pot!

Thursday: [Saffron chicken](#)
Tip: Saffron can be a niche ingredient, so try it in my [rice salad](#) and [Persian chicken](#) next!

Friday: [Shrimp curry](#)
Optional side: [2-ingredient naan](#)

Breakfast: [Oatmeal breakfast bars](#)

Snack: [Cookie dough bites](#)

Dessert: [Almond flour chocolate cake](#)

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