

MEAL PLAN 24

Recipes and Prep Instructions



DINNER

BREAKFAST



Protein Oatmeal

Over 30 grams of protein!
(Adjust grocery list as needed)

SNACKS



Cottage Cheese Dip

It's SO creamy and decadent!
(Adjust grocery list as needed)

DESSERT



Chocolate Raspberry Cake

Keep it simple, or make a layered cake!
(Adjust grocery list as needed)

MONDAY



Air Fryer Chicken Tenderloins

With only 8 minutes to spare, you can have crispy yet juicy chicken tenders fresh from the air fryer - no breading needed!

Tip: Don't forget the dipping sauce! Try my [sugar-free ketchup](#), [spicy mayo](#), or [cottage cheese dip](#).

TUESDAY



Pan-seared Monkfish

Break out of your routine with this unique, yet foolproof, monkfish recipe. I chose the pan-searing method because it gives the exterior a beautiful crunch while keeping the center moist and flaky.

Tip: Can't find monkfish? Try [pan-searing salmon](#) or [orange roughy](#) instead!

WEDNESDAY



Eggplant Lasagna

Made with tender sheets of eggplant and a mouthwatering meat sauce, you won't even notice it's noodle-less.

Optional side: [vegan biscuits](#)

THURSDAY



Smoked Beef Tenderloin

Turn a simple slab of beef into smoky, melt-in-your-mouth beef tenderloin. It's hands-off and turns out perfect every time.

Optional side: [cauliflower mashed potatoes](#)

FRIDAY



Healthy Tuna Salad

Some Fridays, I can barely be bothered to do more than break out a can opener. That's where my tuna salad comes in. Ready in minutes, and you can serve it as sandwiches, atop greens, or as a dip with chips!

Optional side: [protein chips](#) or [low-calorie wraps](#)

MEAL PLAN 24 Grocery List



MEAT

- Chicken tenderloins (1 lb)
- Ground beef (1 lb)
- Beef tenderloin (2 lbs)

SEAFOOD

- Canned tuna (24 oz)
- Monkfish fillets (4 x 4-5 oz each)

PRODUCE

- Garlic (1 head)
- Thyme (1 sprig)
- Lemon (1)
- Eggplant (2-3 large)
- Celery (1 stalk)
- Red onion (1)
- Spinach (10 oz)

DAIRY

- Butter (1 tbsp)
- Ricotta cheese (1 ½ cups)
- Cheddar cheese (1 cup)
- Mozzarella cheese (1 ½ cups)
- Greek yogurt (½ cup)

MISC.

- White wine (2 tbsp)
*Or substitute for chicken stock.
- Egg (1)

PANTRY

- Olive oil (¼ cup + 2 tbsp)
- Marinara sauce (2 cups)
- Mayonnaise (¼ cup)
- Dijon mustard (1 tbsp)
- Dill pickle (1)

SPICES

- Salt and black pepper
- Smoked paprika (1 tsp)
- Italian seasoning (1 tbsp + 1 tsp)
- Garlic powder (½ tbsp + ½ tsp)
- Dried parsley (1 tbsp)
- Red pepper flakes (1 tsp)

MENU

Monday: [Air fryer chicken tenderloins](#)
Tip: Don't forget the dipping sauce! Try my [sugar-free ketchup](#), [spicy mayo](#), or [cottage cheese dip](#).

Tuesday: [Pan-seared monkfish](#)
Tip: Can't find monkfish? Try [pan-searing salmon](#) or [orange roughy](#) instead!

Wednesday: [Eggplant lasagna](#)
Optional side: [vegan biscuits](#)

Thursday: [Smoked beef tenderloin](#)
Optional side: [cauliflower mashed potatoes](#)

Friday: [Healthy tuna salad](#)
Optional side: [protein chips](#) or [low-calorie wraps](#)

Breakfast: [Protein oatmeal](#)

Snack: [Cottage cheese dip](#)

Dessert: [Chocolate raspberry cake](#)