

# MEAL PLAN 25

## Recipes and Prep Instructions



**DINNER**

**BREAKFAST**



### Coconut Milk Chia Pudding

Perfect for meal prep!  
(Adjust grocery list as needed)

**SNACKS**



### Armadillo Eggs

'Snack' is an understatement!  
(Adjust grocery list as needed)

**DESSERT**



### Peanut Butter Oatmeal Cookies

No flour and no eggs needed!  
(Adjust grocery list as needed)

**MONDAY**

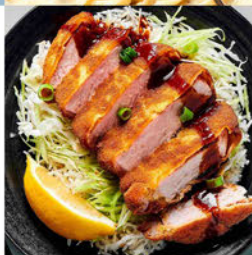


### Cottage Cheese Alfredo

Transform a humble container of cottage cheese into a rich, creamy alfredo sauce that's low in calories and packed with 15 grams of protein!

Optional side: [Honeynut squash](#)

**TUESDAY**

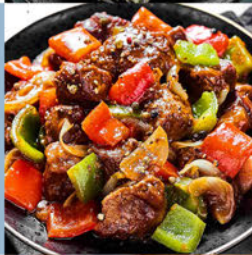


### Pork Katsu

Featuring tender pork cutlets lightly seasoned and pan-fried until golden, it's the savory and tangy katsu sauce that ties it all together.

Optional side: [Asian cucumber salad](#)

**WEDNESDAY**



### Black Pepper Angus Steak

Perfectly cooked Angus steak stir-fried in an umami, peppery sauce and ready on the table in just 20 minutes!

Tip: For even more flavor, marinate the beef on Tuesday night!

**THURSDAY**



### Smoked Chicken Breast

I love cooking chicken, but it can be hard to think outside the box every night. So, I turn to my tried-and-true staples, like juicy smoked chicken breast.

Tip: No smoker? No problem! Read my tips on how to make 'smoked' chicken without a smoker.

**FRIDAY**



### Pan-Seared Salmon

By far my fastest, most foolproof salmon recipe, featuring a simple butter sauce and tender, flaky salmon fillets.

Optional side: [Green goddess salad](#)



# MEAL PLAN 25

## Grocery List



### MEAT

- Pork loin chops (4)
- Angus steak (1 lb)
- Chicken breasts (4)

### PRODUCE

- Bell peppers (3)
- Onion (1)
- Garlic (1 head)
- Ginger (1 inch)

### DAIRY

- Cottage cheese (1 cup)
- Milk (1 cup)
- Parmesan cheese (1/2 cup)
- Butter (2 tbsp)

### PANTRY

- Cornstarch (3 tbsp)
- All-purpose flour (2 tbsp)
- Panko breadcrumbs (1 cup)
- Oil (1/2 cup + 1 tbsp)
- Sesame oil (1 tbsp)
- Olive oil (1/4 cup)
- Soy sauce (1/4 cup)
- Beef broth (1/3 cup)
- Sugar (1 tbsp)
- Katsu sauce (1/2 cup)
- Pasta of choice

### SPICES

- Salt and black pepper
- Italian seasoning (1 tsp)
- Chicken rub (2 tbsp)

### SEAFOOD

- Salmon fillets (4)

### MISC.

- Egg (1)
- Dry sherry (1/3 cup)

### MENU

**Monday:** [Cottage cheese alfredo](#)  
Optional side: [Honeynut squash](#)

**Tuesday:** [Pork katsu](#)  
Optional side: [Asian cucumber salad](#)

**Wednesday:** [Black pepper Angus steak](#)  
Tip: For even more flavor, marinate the beef on Tuesday night!

**Thursday:** [Smoked chicken breast](#)  
Tip: No smoker? No problem! Read my tips on how to make 'smoked' chicken without a smoker.

**Friday:** [Pan-seared salmon](#)  
Optional side: [Green goddess salad](#)

**Breakfast:** [Coconut milk chia pudding](#)

**Snack:** [Armadillo eggs](#)

**Dessert:** [Peanut butter oatmeal cookies](#)