

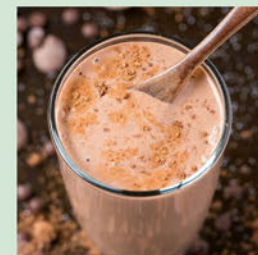
# MEAL PLAN 26

## Recipes and Prep Instructions



**DINNER**

**BREAKFAST**



### Oatmeal Smoothie

Fiber-packed AND naturally sweetened!  
(Adjust grocery list as needed)

**SNACKS**



### Banana Chips

Way cheaper than storebought!  
(Adjust grocery list as needed)

**DESSERT**



### Tiramisu Cake

Impressive & oh-so simple!  
(Adjust grocery list as needed)

**MONDAY**



### 4 Ingredient Potato Soup

Stick with my base recipe and get thick, creamy, savory soup, or add countless toppings to transform the flavor completely!

Optional side: [Air fryer biscuits](#)

**TUESDAY**



### Meatball Sub

Featuring juicy meatballs covered in homemade marinara sauce and melted cheese on freshly toasted hoagie buns - this is WAY better than any Subway sub (and cheaper, too!).

Optional side: [Air fryer potato chips](#)

**WEDNESDAY**



### Empress Chicken

Once I promised to avoid takeout at all costs, I started recreating my favorite dishes, and empress chicken was first on the list. It's crispy, savory, and the sauce alone is good enough to bottle.

Optional side: [Coconut milk rice](#)

**THURSDAY**



### Protein Mac and Cheese

Yes, you read that right. You can have mac and cheese for the main course and still reach your protein goals. It's thick, creamy, cheesy, and does NOT taste healthy.

Tip: Add any leftover meatballs or plain chicken breast for an even more protein-packed dish.

**FRIDAY**



### Pad See Ew

Made with tender rice noodles, juicy flank steak, and Chinese broccoli, all stir-fried in a tangy, savory sauce. You're going to want to make extra for leftovers - trust me.

Tip: Swap the beef for [air fryer tofu](#) for a meatless option.



# MEAL PLAN 26

## Grocery List



### MEAT

- Bacon (6 slices)
- Ground beef (1/2 lb)
- Ground pork (1/2 lb)
- Chicken breast (1 1/2 lbs)
- Flank steak (7 oz)

### PRODUCE

- Russet potatoes (2 lbs)
- Green onions (1 bunch)
- Onion (2)
- Garlic (1 head)
- Chinese broccoli (1 head)
- Edamame (1/2 cup)  
\*May be found in the frozen section.

### SEAFOOD

### DAIRY

- Half and half (3 cups)
- Milk (1 cup)
- Parmesan cheese (1/2 cup)
- Mozzarella cheese (8 slices)
- Cottage cheese (1 cup)
- Cheddar cheese (1 1/2 cups)

### MISC.

- Egg (4)
- Elbow macaroni (12 oz)
- Rice noodles (8 oz)
- Hoagie rolls (4)
- Protein powder, unflavored (1/2 cup)  
\*optional

### PANTRY

- Bread crumbs (1/2 cup)
- Olive oil (1/4 cup)
- Sesame oil (1 tbsp)
- Tomato sauce (1 lb)
- Flour (1/2 cup)
- Cornstarch (1/2 cup + 2 tbsp)
- Honey (1/4 cup)
- Light soy sauce (1 tbsp)
- Soy sauce (1/2 cup)
- Ketchup (1/2 cup)
- Sugar (3 tbsp + 1 tsp)
- Rice vinegar (2 tbsp)
- Chili oil (1 tsp)
- Oyster sauce (2 tbsp)
- Fish sauce (1 1/2 tbsp)

### SPICES

- Salt and black pepper
- Italian seasoning (1 tbsp)

### MENU

**Monday:** [4-ingredient potato soup](#)  
Optional side: [Air fryer biscuits](#)

**Tuesday:** [Meatball sub](#)  
Optional side: [Air fryer potato chips](#)

**Wednesday:** [Empress chicken](#)  
Optional side: [Coconut milk rice](#)

**Thursday:** [Protein mac and cheese](#)  
Tip: Add any leftover meatballs or plain chicken breast for an even more protein-packed dish.

**Friday:** [Pad see ew](#)  
Tip: Swap the beef for [air fryer tofu](#) for a meatless option.

**Breakfast:** [Oatmeal Smoothie](#)

**Snack:** [Banana chips](#)

**Dessert:** [Tiramisu cake](#)