

MEAL PLAN 27

Recipes and Prep Instructions



DINNER

BREAKFAST



Peanut Butter Protein Shake

Over 20 grams of protein!
(Adjust grocery list as needed)

SNACKS



Flapjacks

Crispy, crunchy, and golden brown!
(Adjust grocery list as needed)

DESSERT



Opera Cake

So sophisticated yet easy to make!
(Adjust grocery list as needed)

MONDAY



Air Fryer Tofu

Turn a humble container of tofu into a crispy yet soft, protein-packed dish in under 15 minutes!

Tip: Serve it over [rice](#) or as the protein in my [Mediterranean bowls](#)!

TUESDAY



Turkey Drumsticks

Reimagine weeknight dinners with succulent, juicy turkey drumsticks. This recipe is perfect for dark poultry lovers, and it comes together effortlessly.

Optional side: [Smoked mac and cheese](#)

WEDNESDAY



Cowboy Steak

Imagine a larger, heartier cut of steak than ribeye, with gorgeous marbling and buttery marrow seeping into every bite.

Optional side: [Microwave sweet potato](#)

THURSDAY



Air Fryer Chicken Nuggets

Consider this a childhood favorite taken up a notch with a simple seasoning blend and your handy air fryer.

Tip: Make a double batch and freeze the leftovers for next week. They reheat like a dream!

FRIDAY



Lamb Korma

Featuring tender lamb pieces marinated in an aromatic yogurt and spice blend, this is the kind of dish that will start your weekend off on the right foot.

Optional side: [2 ingredient bread](#)



MEAT

- Tofu (15 oz)
- Turkey drumsticks (2 lbs)
- Cowboy steak (1-1 1/2 lbs)
*Also known as "bone-in ribeye".
- Chicken breasts (2)
- Lamb (1 1/2 lbs)

SEAFOOD

PRODUCE

- Fresh rosemary (3 sprigs)
- Onion (1)
- Ginger (1 inch)
- Garlic (1 head)

DAIRY

- Butter (1/4 cup)
- Parmesan cheese (1/3 cup)
- Plain yogurt (1 cup)

MISC.

- Eggs (3)
- Cashews (1/2 cup)

PANTRY

- Olive oil (1/4 cup + 1 1/2 tbsp)
- Sesame oil (1/2 tbsp)
- Soy sauce (2 tbsp)
- Panko bread crumbs (1 cup)
- All-purpose flour (1/2 cup)
- Shredded coconut (1 1/2 tbsp)

SPICES

- Salt and black pepper
- Garlic powder (1 tsp)
- Onion powder (1/2 tsp)
- Dried thyme (1/2 tsp)
- Chili powder (1 tsp)
- Turmeric (1/2 tsp)
- Ginger powder (1 1/2 tsp)
- Paprika (1 1/2 tsp)
- Cinnamon (1 tsp)
- Cinnamon stick (1)
- Bay leaves (2)
- Coriander (1 tsp)
- Cardamom (5 pods)

MENU

Monday: [Air fryer tofu](#)
Tip: Serve it over [rice](#) or as the protein in my [Mediterranean bowls!](#)

Tuesday: [Turkey drumsticks](#)
Optional side: [Smoked mac and cheese](#)

Wednesday: [Cowboy steak](#)
Optional side: [Microwave sweet potato](#)

Thursday: [Air fryer chicken nuggets](#)
Tip: Make a double batch and freeze the leftovers for next week. They reheat like a dream!

Friday: [Lamb korma](#)
Optional side: [2 ingredient bread](#)

Breakfast: [Peanut butter protein shake](#)

Snack: [Flapjacks](#)

Dessert: [Opera cake](#)

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