

## MEAL PLAN 28 Recipes and Prep Instructions



DINNER

BREAKFAST



### Protein Banana Bread

Each slice has 18 grams of protein!  
(Adjust grocery list as needed)

SNACKS



### Nut-free Granola Bars

Made with 4 ingredients and NO baking!  
(Adjust grocery list as needed)

DESSERT



### Applesauce Cake

Naturally oil, egg, and dairy-free!  
(Adjust grocery list as needed)

MONDAY



### Sofritas

Featuring tofu crumbles in a savory, sweet, and smoky sauce. You'll never want Chipotle again!

Optional side: [Protein chips](#)

TUESDAY



### Turkey Wings

Turkey is, in my opinion, one of the more underrated cuts of meat. These wings turn out SO juicy and succulent, and the crackling skin is to die for.

Optional side: [Air fryer baked potatoes](#)

WEDNESDAY



### Beef Katsu

Meet my family's current homemade takeout obsession: Sirloin steaks pan-fried in a simple breading alongside tangy [katsu sauce](#).

Tip: Not feeling the beef? Make [chicken katsu](#) or [pork katsu](#) instead!

THURSDAY



### Stuffed Chicken Breast

If you're looking for a simple yet elegant weeknight dinner, let this be it. Tender chicken breasts are stuffed with cream cheese and wilted spinach, infusing every bite with rich, indulgent flavor.

Optional side: [Air fryer garlic bread](#)

FRIDAY



### Tuna Poke Bowl

I used to think poke was too complicated to make at home, but thankfully, that's not true. My tuna poke bowls are EASY, yet the results are more than restaurant-worthy.

Tip: If raw tuna makes you nervous, lightly sear it first.

# MEAL PLAN 28

## Grocery List



### MEAT

- Turkey wings (3 wings)
- Steaks (2 large)  
\*Sirloin, filet mignon, or flank steak
- Chicken breasts (4)

### PRODUCE

- Poblano pepper (1)
- Sweet onion (1)
- Garlic (1 head)
- Baby spinach (2 cups)
- Cucumber (1)
- Avocado (1)
- Green onion (1 small bunch)

### SEAFOOD

- Ahi tuna (1 lb)

### DAIRY

- Cream cheese (6 oz + 2 tbsp)
- Parmesan cheese (1/3 cup)
- Feta cheese (1/3 cup)
- Butter (1 tbsp)

### MISC.

- Tofu, extra firm (14 oz)
- Egg (1)
- [Katsu sauce](#) (1/4 cup)
- Cooked rice (4 cups)

### PANTRY

- Olive oil (1/4 cup + 2 tbsp)
- Canned chipotle pepper (1)
- Tomato paste (2 tbsp)
- Red wine vinegar (1 tbsp)
- Rice wine vinegar (1/2 tbsp)
- Sesame oil (1 tsp)
- Maple syrup (1 tbsp)
- Chicken broth (1 cup)
- All-purpose flour (2 tbsp)
- Panko bread crumbs (1 cup)
- Sun-dried tomatoes in oil (1/4 cup)
- Soy sauce (1/4 cup)

### SPICES

- Salt and black pepper
- Cumin (1 tsp)
- Smoked paprika (2 tsp + 1 tsp)
- Dried parsley (2 tsp)
- Dried thyme (1 tsp)
- Garlic powder (2 tsp)
- Onion powder (2 tsp)
- Red pepper flakes (1/2 tsp)
- Sesame seeds (1 tbsp)

### MENU

**Monday:** [Sofritas](#)  
Optional side: [Protein chips](#)

**Tuesday:** [Turkey wings](#)  
Optional side: [Air fryer baked potatoes](#)

**Wednesday:** [Beef katsu](#)  
Tip: Not feeling the beef? Make [chicken katsu](#) or [pork katsu](#) instead!

**Thursday:** [Stuffed chicken breast](#)  
Optional side: [Air fryer garlic bread](#)

**Friday:** [Tuna poke bowl](#)  
Tip: If raw tuna makes you nervous, lightly sear it first.

**Breakfast:** [Protein banana bread](#)

**Snack:** [Nut-free granola bars](#)

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

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