

MEAL PLAN 29

Recipes and Prep Instructions



DINNER

BREAKFAST



Spinach Frittata

Easy to customize!
(Adjust grocery list as needed)

SNACKS



Low Calorie Chips with Whipped Cottage Cheese

A hunger crushing combo!
(Adjust grocery list as needed)

DESSERT



Applesauce Brownies

Vegan, gluten-free, and oil-free!
(Adjust grocery list as needed)

MONDAY



Vegan Chili

Made with tender beans and veggies in a rich tomato sauce, this vegan recipe will make Meatless Mondays feel like a no-brainer.

Optional side: [Vegan biscuits](#)

TUESDAY



Albondigas Soup

Featuring juicy meatballs simmered in a warm broth full of Mexican flavors - this is comfort food at its finest.

Tip: Try it in the slow cooker for a more hands-off recipe!

WEDNESDAY



Sheet Pan Chicken & Veggies

Simply seasoned chicken breasts cooked alongside tender veggies, what could be more effortless than that?

Optional side: [Jicama fries](#)

THURSDAY

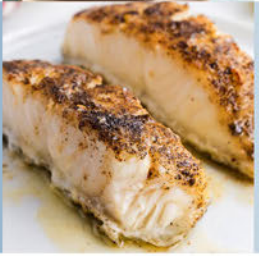


Tomahawk Steaks

When I'm looking for a show-stopper, I break out the tomahawks. They're wildly impressive with minimal preparation!

Tip: Tomahawks can be a bit pricey, so if you want that same "frenched" look but without the price tag, try my [air fryer lamb chops](#)!

FRIDAY



Chilean Sea Bass

Tender, pan-seared sea bass cooked until buttery soft and flaky, all in just 10 minutes.

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



MEAT

- Ground beef (1 ¼ lbs)
- Chicken breasts (4)
- Tomahawk steaks (2 lbs)

SEAFOOD

- Chilean sea bass (4 filets)

PRODUCE

- Onion (1)
- Red onion (1)
- Garlic (1 head)
- Sweet potatoes (3)
- Red bell pepper (2)
- Carrots (5)
- Small potatoes (3)
- Broccoli (1 head)
- Lemon (1)
- Parsley (1 small bunch)
- Mint leaves (1 small bunch)

DAIRY

- Butter (¼ cup + 1 tbsp)

MISC.

- Frozen Peas (¾ cup)
- Cooked rice (¼ cup)
- Egg (1)

PANTRY

- Olive oil (¼ cup + 1 tbsp)
- Black beans (1 14 oz. can)
- Pinto beans (1 14 oz. can)
- Diced canned tomatoes (1 14 oz. can)
- Crushed canned tomatoes (1 lb)
- Vegetable broth (1 cup)
- Beef broth (6 ¼ cups)

SPICES

- Salt and black pepper
- Taco seasoning (2 tbsp)
- Smoked paprika (2 tsp)
- Garlic powder (1 tsp)
- Dried rosemary (1 tsp)

MENU

Monday: [Vegan chili](#)
Optional side: [Vegan biscuits](#)

Tuesday: [Albondigas soup](#)
Tip: Try it in the slow cooker for a more hands-off recipe!

Wednesday: [Sheet pan chicken & veggies](#)
Optional side: [Jicama fries](#)

Thursday: [Tomahawk steaks](#)
Tip: Tomahawks can be a bit pricey, so if you want that same “frenched” look without the price tag, try my [air fryer lamb chops!](#)

Friday: [Chilean sea bass](#)
Optional side: [Air fryer baked sweet potatoes](#)

Breakfast: [Spinach frittata](#)

Snack: [Low calorie chips with whipped cottage cheese](#)

Dessert: [Applesauce brownies](#)

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