

MEAL PLAN 30 Recipes and Prep Instructions



DINNER

BREAKFAST



[Blueberry Banana Bread](#)

Egg-free & made in one bowl!
(Adjust grocery list as needed)

SNACKS



[Candied Almonds](#)

Only 4 ingredients needed!
(Adjust grocery list as needed)

DESSERT



[Edible Brownie Batter](#)

No heat-treated flour!
(Adjust grocery list as needed)

MONDAY



[Cast Iron Chicken Breast](#)

By using cast iron, you're guaranteed chicken that's crisp and lightly blackened on the outside yet juicy and tender in the middle. And quickly at that!

Optional side: [Roasted potatoes and carrots](#)

TUESDAY



[Lamb Vindaloo](#)

Mastering Indian food is all about the spices. Once you assemble your spice pantry, you can have melt-in-your-mouth lamb, swimming in an aromatic stew, whenever you want!

Optional side: [Basmati rice](#)

WEDNESDAY



[Seafood Lasagna](#)

Made with layers of al dente noodles, creamy white sauce, ricotta, and assorted seafood, this is my family's current weeknight obsession!

Tip: If you're using a frozen seafood mix, remember to let it thaw overnight in the fridge. If you forget, submerge it in cold water for at least 30 minutes prior to cooking.

THURSDAY



[Sicilian Pizza](#)

Made with a thick, focaccia-like crust, rich tomato sauce, and easy on the cheese, Detroit style has nothing on Sicilian pizza!

Tip: Use my [2-ingredient pizza dough](#) and skip the kneading and rest time!

FRIDAY



[Carne Guisada](#)

Turn tough cuts of beef into the most succulent, juicy beef stew using my tried and tested recipe. It's bursting with bold Mexican flavors.

Optional side: [Pupusas](#)

MEAL PLAN 30 Grocery List



MEAT

- Chicken breasts (4)
- Lamb leg (2 lbs)
- Chuck steak (2 lbs)

PRODUCE

- Garlic (1 head)
- Ginger (1 inch)
- Green chili (1 small)
- Tomatoes (5)
- Cherry tomatoes (2 cups)
- Onions (4 medium)
- Bell pepper (1)
- Potatoes (3 small)
- Basil (1/4 cup)

SEAFOOD

- Seafood medley (1 lb)
- Anchovies (2 oz)

DAIRY

- Butter (1/4 cup)
- Ghee (2 tbsp)
- Milk (2 cups)
- Parmesan cheese (1/2 cup)
- Mozzarella cheese (3 cups)
- Ricotta cheese (10 oz)

MISC.

- Egg (1)
- Vindaloo paste (1/4 cup)
*Or curry paste.
- Pizza dough (2 lbs)
*Store-bought or my [2-ingredient pizza dough](#).

PANTRY

- Olive oil (1/4 cup + 2 tbsp)
- Vegetable oil (2 1/2 tbsp)
- White vinegar (2 1/2 tbsp)
- All-purpose flour (1/4 cup)
- Lasagna noodles (1/2 lb)
- Pantry sauce (28 oz)
- Breadcrumbs (1/2 cup)
- Tomato paste (1 tbsp)
- Beef broth (2 cups)

SPICES

- Salt and black pepper
- Italian seasoning (1 tbsp)
- Smoked paprika (1/2 tsp)
- Cumin (1 tsp)
- Chili powder (1 tsp)
- Dried parsley (2 tsp)

MENU

Monday: [Cast iron chicken breast](#)
Optional side: [Roasted potatoes & carrots](#)

Tuesday: [Lamb Vindaloo](#)
Optional side: [Basmati rice](#)

Wednesday: [Seafood lasagna](#)
Tip: If you're using a frozen seafood mix, remember to let it thaw overnight in the fridge. If you forget, submerge it in cold water for at least 30 minutes prior to assembling.

Thursday: [Sicilian Pizza](#)
Tip: Use my [2-ingredient pizza dough](#) and skip the kneading and rest time!

Friday: [Carne Guisada](#)
Optional side: [Pupusas](#)

Breakfast: [Blueberry banana bread](#)

Snack: [Candied almonds](#)

Dessert: [Edible brownie batter](#)