

MEAL PLAN 31 Recipes and Prep Instructions



DINNER

BREAKFAST



Blueberry Breakfast Cake

Topped with cream cheese frosting!
(Adjust grocery list as needed)

SNACKS



Air Fryer Grilled Cheese

Ready in 10 minutes!
(Adjust grocery list as needed)

DESSERT



Biscoff Cookies

Made with 2 ingredients!
(Adjust grocery list as needed)

MONDAY



Pumpkin Curry Soup

Creamy, filling, and full of seasonal veggies and aromatic curry flavor. Perfect for the cooler seasons.

Tip: Read my tips on making it in the slow cooker or Instant Pot!

TUESDAY



Lamb Burgers

They're juicy and meaty like traditional burgers but with a subtle earthiness that everyone will rave over!

Optional side: [Air fryer French fries](#)

WEDNESDAY



Chicken al Pastor

Featuring charred chicken thighs marinated in a chili and pineapple marinade-this is a truly flavor-packed dish.

Optional side: [Low calorie tortillas](#)

THURSDAY



Round Steak

Turn a cost-effective cut of meat into a juicy, succulent steak! It's also accompanied by an addictive garlic herb butter.

Optional side: [Air fryer okra](#)

FRIDAY



Seafood Pasta

End the week with a convenient, hearty pasta dish featuring tender seafood and a healthy portion of pasta with red sauce!

Tip: You can use a frozen seafood medley to customize this recipe.

MEAL PLAN 31

Grocery List



MEAT

- Ground lamb (1 lb)
- Chicken thighs (1 ½ lbs)
- Round steak (1 ½ lbs)

PRODUCE

- Pumpkin (1 lb)
- Onion (3)
- Carrots (2)
- Garlic (2 heads)
- Ginger (1 inch)
- Lemon (1)
- Lime (1)
- Fresh rosemary (2 sprigs)
- Parsley (1 small bunch)
- Pineapple (1 small)
*Can be substituted with 1/2 cup of canned pineapple.

SEAFOOD

- Seafood medley (12 oz)
- Mussels (½ lb)

DAIRY

- Butter (¼ cup)

MISC.

- Egg (1)
- Pineapple juice (100 mls)
- Burger buns and toppings
- White wine (150 mls)
*Can be substituted with fish broth.

PANTRY

- Vegetable broth (2 ¼ cups)
- Coconut milk (1 ¼ cups)
- Olive oil (¼ cup + 3 tbsp)
- White vinegar (25 mls)
- Spaghetti (16 oz)
- Tomato paste (3 tbsp)
- Tomato sauce (2 cups)
- Achiote paste (1 tbsp)

SPICES

- Salt and black pepper
- Curry powder (2 tbsp)
- Cinnamon (1 tsp)
- Cumin (1 ½ tsp)
- Rosemary (1 tsp)
- Oregano (1 tsp)
- Guajillo chili powder (2 tbsp)
*Can be substituted for ancho chili powder or chipotle chili powder.

MENU

Monday: [Pumpkin curry soup](#)
Tip: Read my tips on making it in the slow cooker or Instant Pot!

Tuesday: [Lamb burgers](#)
Optional side: [Air fryer French fries](#)

Wednesday: [Chicken al pastor](#)
Optional side: [Low calorie tortillas](#)

Thursday: [Round steak](#)
Optional side: [Air fryer okra](#)

Friday: [Seafood Pasta](#)
Tip: Use any frozen seafood medley to customize this recipe.

Breakfast: [Blueberry breakfast cake](#)

Snack: [Air fryer grilled cheese](#)

Dessert: [Biscoff cookies](#)