

MEAL PLAN 32

Recipes and Prep Instructions



DINNER

BREAKFAST



Hot Overnight Oatmeal

Baked oats in just one minute!
(Adjust grocery list as needed)

SNACKS



Dairy Free Cottage Cheese

Over 15 grams of protein!
(Adjust grocery list as needed)

DESSERT



Pumpkin Blondies

Studded with chocolate chips!
(Adjust grocery list as needed)

MONDAY



Eggplant Meatballs

Turn a couple of eggplants into hearty, beautifully seasoned "meat" balls. They're great over pasta or in [meatball subs!](#)

Optional side: [Gigi Hadid pasta](#)

TUESDAY



Chicken Adobo

Featuring chicken thighs braised in a sweet, savory, and tangy glaze, this is my family's favorite Filipino-inspired dish.

Tip: Make a double batch of the sauce to use throughout the week!

WEDNESDAY



Ribeye Roast

Turn a simply seasoned ribeye into a mouthwatering, succulent steak using only your oven. It's the most hands-off recipe you'll make all week.

Optional side: [Microwave baked potato](#)

THURSDAY



Lamb Rogan Josh

This classic Indian dish features fall-apart lamb shoulder slow-cooked in a rich, aromatic and creamy curry sauce.

Tip: Read my tips for using the slow cooker or Instant Pot!

FRIDAY



Lemon Butter Baked Halibut

Guaranteed to be light, flaky and buttery soft in just 15 minutes.

Optional side: [Vegan scalloped potatoes](#)

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Grocery List



MEAT

- Chicken thighs (1 lb)
- Ribeye roast (3 lb)
- Lamb shoulder (1 1/2 lbs)

SEAFOOD

- Halibut fillets (4)

PRODUCE

- Eggplant (2)
- Garlic (2 head)
- Onion (1 1/2)
- Basil (1 small bunch)
- Ginger (1 1/2 inch)
- Red chili (1 small)
- Lemon (1)

DAIRY

- Parmesan cheese (1/2 cup)
- Butter (1/4 cup)
- Yogurt (1/2 cup)

MISC.

- Eggs (2)

PANTRY

- Olive oil (1/4 cup + 2 tbsp)
- Italian breadcrumbs (1 1/2 cups)
- Pasta sauce (20 ounces)
- Apple cider vinegar (1/4 cup)
- Soy sauce (3 tbsp)
- Brown sugar (3 tbsp)
- Chicken broth (1 cup)
- Tomato paste (1 tbsp)

SPICES

- Salt and black pepper
- Bay leaves (6)
- Cinnamon stick (1)
- Cumin (2 tsp)
- Ground coriander (2 tsp)
- Black peppercorns (1 tbsp)
- Paprika (2 tbsp + 2 tsp)
- Turmeric (1/2 tsp)
- Chili powder (1/2 tsp)
- Italian seasoning (1 tsp)
- Cardamom pods (5)
- Dried dill (1/2 tsp)

MENU

Monday: [Eggplant meatballs](#)
Optional side: [Gigi Hadid pasta](#)

Tuesday: [Chicken adobo](#)
Tip: Make a double batch of the sauce to use throughout the week!

Wednesday: [Ribeye roast](#)
Optional side: [Microwave baked potato](#)

Thursday: [Lamb Rogan Josh](#)
Tip: Read my tips for using the slow cooker or Instant Pot!

Friday: [Lemon butter baked halibut](#)
Optional side: [Vegan scalloped potatoes](#)

Breakfast: [Hot overnight oatmeal](#)

Snack: [Dairy-free cottage cheese](#)

Dessert: [Pumpkin blondies](#)