

MEAL PLAN 33

Recipes and Prep Instructions



DINNER

BREAKFAST



[Turkish Eggs](#)

So healthy and SO easy!
(Adjust grocery list as needed)

SNACKS



[Protein Shakes](#)

Countless flavor options!
(Adjust grocery list as needed)

DESSERT



[Cherry Cheesecake](#)

Use fresh OR frozen cherries!
(Adjust grocery list as needed)

MONDAY



[Tuscan White Bean Soup](#)

If you need a warm, hearty, comforting fall soup recipe, let this be it. It features tender beans, hearty veggies, and a delicate, creamy broth.

Tip: Consider adding [air fryer chicken breast](#) for a protein boost.

TUESDAY



[Pork Steak](#)

Turn an affordable cut of pork into juicy, tender steaks using my quick pan-sear method and addictively savory glaze.

Optional side: [Sautéed carrots](#)

WEDNESDAY



[Oven Baked Salmon in Foil](#)

Wednesdays are hard, so make them easier with my foolproof baked salmon. It's the fastest, most low-effort way to cook salmon you'll ever try.

Optional side: [Stuffed sweet potatoes](#)

THURSDAY



[Greek Chicken](#)

Tender chicken breasts marinated in a lemon and olive oil blend, then grilled until the exterior is lightly blackened and the meat is perfectly tender.

Tip: Turn them into [Greek chicken bowls](#) for a more complete (and customizable) dish!

FRIDAY



[Beef Wellington](#)

Made with filet mignon, caramelized mushrooms, and prosciutto, layered in buttery puff pastry. If you ever thought beef Wellington was too difficult to master, my recipe will convince you otherwise!

Optional side: [Air fryer butternut squash](#)

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Grocery List



MEAT

- Pork steaks (4)
- Chicken breasts (1 lb)
- Filet mignon (2 ¼ lbs)
- Prosciutto (4 oz)

PRODUCE

- Shallots (3)
- Onion (1)
- Garlic (1 head)
- Carrots (2)
- Celery (3 stalks)
- Kale or baby spinach (4 oz)
- Lemon (2)
- Mushrooms (1 lb)
- Fresh thyme (1 sprig)

SEAFOOD

- Salmon (1 lb)

DAIRY

- Butter (½ cup)

MISC.

- Egg (1)
- Puff pastry (13 oz.)

PANTRY

- Olive oil (½ cup + 3 tbsp)
- Cooking oil (2 tbsp)
- Tomato paste (1 tbsp)
- Cannellini beans (17 oz. can)
- Vegetable broth (3 cups)
- Chicken broth (½ cup)
- Worcestershire sauce (¼ cup)
- Brown sugar (1 tbsp)
- Flour (1 tbsp)

SPICES

- Salt and black pepper
- Italian seasoning (1 tsp)
- Red pepper flakes (1 tsp)
- Oregano (1 tsp)

MENU

Monday: [Tuscan white bean soup](#)
Tip: Consider adding [air fryer chicken breast](#) for a protein boost.

Tuesday: [Pork steak](#)
Optional side: [Sautéed carrots](#)

Wednesday: [Oven baked salmon in foil](#)
Optional side: [Stuffed sweet potatoes](#)

Thursday: [Greek chicken](#)
Tip: Turn them into [Greek chicken bowls](#) for a more complete (and customizable) dish!

Friday: [Beef Wellington](#)
Optional side: [Air fryer butternut squash](#)

Breakfast: [Turkish eggs](#)

Snack: [Protein shakes](#)

Dessert: [Cherry cheesecake](#)