

MEAL PLAN 34 Recipes and Prep Instructions



DINNER

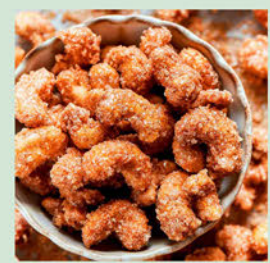
BREAKFAST



Cinnamon Roll Protein Shake

25 grams of protein!
(Adjust grocery list as needed)

SNACKS



Candied Cashews

Oven and stove top methods!
(Adjust grocery list as needed)

DESSERT



Almond Flour Sugar Cookies

Made with only 3 ingredients!
(Adjust grocery list as needed)

MONDAY



Butternut Squash Casserole

Featuring tender butternut squash with layers of melted cheese and golden breadcrumbs, this is the perfect fall casserole.

Tip: Make a double batch and freeze the second casserole for another day!

TUESDAY



No Bean Chili

Each bite is filled with flavor from the juicy ground beef, tender veggies, and warming tomato sauce. Best of all, it's made in one pot in about 30 minutes.

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

WEDNESDAY



Lemon Pepper Salmon

Delicately seasoned salmon fillets are pan-seared until crisp, flaky, and fork-tender, making for a VERY healthy 10-minute meal.

Optional side: [Air fryer broccoli](#)

THURSDAY



Peri Peri Chicken

When I need a chicken recipe that's a step above the rest, I make my peri peri chicken. The piri piri sauce is savory, sweet, and spicy, and the char from the grill ties it all together.

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

FRIDAY



Sous Vide Steak

Follow my foolproof sous vide method and you'll get juicy, mouthwatering steaks every time, no matter the cut!

Optional side: [Sautéed spinach](#)

MEAL PLAN 34

Grocery List



MEAT

- Ground beef (1 lb)
- Chicken thighs (6)
- Bone-in steak (1 1/2 lbs)
*Strip, T-bone, or sirloin steak.

SEAFOOD

- Salmon fillets (4)

PRODUCE

- Butternut squash (2 medium)
- Onions (3)
- Bell pepper (1)
- Garlic (1 head)
- Jalapeños (2)
- Lemon (1)
- Red chili (1)
- Fresh rosemary (2 sprigs)
- Thyme (1 sprig)
- Frozen spinach (18 oz)

DAIRY

- Butter (1/4 cup + 2 tbsp)
- Gruyere cheese (1 cup)
- Parmesan cheese (1 cup)
- Heavy cream (3/4 cup)

MISC.

PANTRY

- Olive oil (1/2 cup)
- Panko breadcrumbs (1 1/2 cups)
- Diced tomatoes (14.5 oz can)
- Beef broth (3 cups)
- Brown sugar (1 tbsp)

SPICES

- Salt and black pepper
- Taco seasoning (2 tbsp)
- Cumin (1 tsp)
- Smoked paprika (1 tsp)
- Sweet paprika (1 tsp)
- Cayenne pepper (1/4 tsp)
- Lemon pepper (2 tbsp)
- Dried oregano (1 tsp)

MENU

Monday: [Butternut squash casserole](#)
Tip: Make a double batch and freeze the second casserole for another day!

Tuesday: [No bean chili](#)
Tip: Read my tips on making it in the slow cooker or the Instant Pot!

Wednesday: [Lemon pepper salmon](#)
Optional side: [Air fryer broccoli](#)

Thursday: [Peri Peri chicken](#)
Optional side: [Air fryer home fries](#)

Friday: [Sous vide steak](#)
Optional side: [Sautéed spinach](#)

Breakfast: [Cinnamon roll protein shake](#)

Snack: [Candied cashews](#)

Dessert: [Almond flour sugar cookies](#)