

MEAL PLAN 35

Recipes and Prep Instructions



DINNER

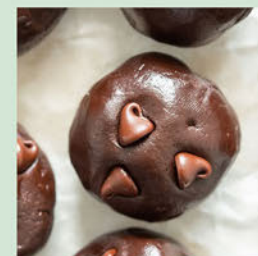
BREAKFAST



[Cream Cheese Pancakes](#)

The perfect combination of flavors!
(Adjust grocery list as needed)

SNACKS



[No Bake Brownie Bits](#)

No flour or refined sugar!
(Adjust grocery list as needed)

DESSERT



[Healthy Milkshakes](#)

7 flavor combinations!
(Adjust grocery list as needed)

MONDAY



[Stuffed Sweet Potatoes](#)

Featuring tender beans, tomatoes, onions, and all of your favorite baked potato toppings, this is a deceptively filling vegetarian dinner that doubles as meal prep!

Tip: Add protein by topping with [sofritas](#), [carnitas](#), or [taco meat](#).

TUESDAY



[Instant Pot Chuck Roast](#)

Turn a humble cut of beef into a juicy, succulent roast with tender veggies and a rich, aromatic gravy. It's the most foolproof one-pot dinner you'll make all week.

Tip: The leftovers taste even better the next day!

WEDNESDAY



[Ground Turkey Meatloaf](#)

If you or your family are trying to cut down on red meat-but you really miss it-then you'll want to make this recipe. It's juicy and flavorful, and you'd never guess it's made with turkey.

Optional side: [Sautéed asparagus](#)

THURSDAY



[Smoked Pork Loin](#)

This is by far the best way to guarantee juicy, tender pork loin. Best of all, it works with all kinds of smokers!

Optional side: [Butter beans](#)

FRIDAY



[Venison Chili](#)

Even if you've never tasted or cooked venison before, I promise you'll love this recipe. It has the same hearty flavors as traditional chili but with a subtle richness you can only get from venison.

Optional side: [Garlic breadsticks](#)

MEAL PLAN 35

Grocery List



MEAT

- Chuck roast (3 lb)
- Ground turkey (2 lb)
- Pork loin (4 lb)
- Ground venison (1 1/2 lb)

PRODUCE

- Sweet potatoes (4)
- Cherry tomatoes (1/2 cup)
- Red onion (1)
- Yellow or white onion (3)
- Garlic (1 head)
- Jalapeño (1)
- Baby potatoes (1 lb)
- Carrots (4)
- Lime (1)
- Parsley (1 small bunch)

SEAFOOD

DAIRY

- Sour cream (1/4 cup)
- Milk of choice (1/4 cup + 1 tbsp)

MISC.

- Guacamole (1/2 cup)
- Red wine (1/2 cup)
- Eggs (2)

PANTRY

- Olive oil (1/2 cup)
- Red kidney beans (19 oz)
- Beef broth (2 cups)
- Tomato paste (1/4 cup)
- Worcestershire sauce (1 tbsp)
- Ketchup (1 cup)
- Panko breadcrumbs (3/4 cup)
- White vinegar (1 1/2 tsp)
- Brown sugar (3 1/4 tbsp)
- Diced tomatoes (28 oz)

SPICES

- Chili powder (1/3 tsp)
- Dried thyme (1 tsp)
- Dried rosemary (1/2 tsp)
- Italian seasoning (1 tbsp + 1 tsp)
- Paprika (1 tsp)
- Smoked paprika (1/2 tsp)
- Chili powder (1/2 tsp)
- Onion powder (1/2 tsp)
- Garlic powder (1/2 tsp)
- Taco seasoning (1 1/2 tbsp)
- Cumin (1 tsp)
- Salt and black pepper

MENU

Monday: [Stuffed sweet potatoes](#)
Tip: Add protein by topping with [sofritas](#), [carnitas](#), or [taco meat](#).

Tuesday: [Instant Pot chuck roast](#)
Tip: The leftovers taste even better the next day!

Wednesday: [Ground turkey meatloaf](#)
Optional side: [Sautéed asparagus](#)

Thursday: [Smoked pork loin](#)
Optional side: [Butter beans](#)

Friday: [Venison chili](#)
Optional side: [Garlic breadsticks](#)

Breakfast: [Cream cheese pancakes](#)

Snack: [No bake brownie bites](#)

Dessert: [Healthy milkshakes](#)