

MEAL PLAN 36

Recipes and Prep Instructions



DINNER

BREAKFAST



Overnight Oats

The perfect meal-prep breakfast!
(Adjust grocery list as needed)

SNACKS



Crispy Zucchini Chips

Easy to customize!
(Adjust grocery list as needed)

DESSERT



Strawberry Crisp

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

MONDAY



High Protein Soup

Made with tender veggies and a hearty blend of barley and grains, this soup is deceptively filling and packed with over 35 grams of protein.

Optional side: [Coconut flour biscuits](#)

TUESDAY



Instant Pot Shredded Chicken

Guarantee juicy, tender shredded chicken in 15 minutes using only your Instant Pot. It works with fresh OR frozen chicken!

Tip: Use it to make [air fryer quesadillas](#) or [Mexican soup](#), or serve it over pasta with [Pomodoro sauce](#).

WEDNESDAY



Smoked Ham

With a tender dry rub and a shiny honey mustard glaze, this is one of my family's favorite fall recipes.

Optional side: [Stuffed potatoes](#)

THURSDAY



Pollo Guisado

Bring authentic Filipino flavors into your home with my easy pollo guisado recipe. It features a simple yet aromatic chicken stew with adobo seasoning and tender potatoes.

Optional side: [Air fryer carrots](#)

FRIDAY



Philly Cheesesteak Casserole

Imagine the rich, cheesy, hearty flavors of a Philly cheesesteak, just in a low-effort casserole.

Tip: Get it prepped the night before, then refrigerate it until you're ready to bake.

MEAL PLAN 36

Grocery List



MEAT

- Chicken breast (2 lb)
- Chicken thighs and drumsticks (1 lb)
- Ham (4 lb)
- Sirloin steak (2 lb)

PRODUCE

- Onion (3)
- Carrot (1)
- Celery (2 stalks)
- Bell peppers (2)
- Potato (3)
- Garlic (1 head)
- Baby spinach (1 cup)
- Red chili pepper (1)

SEAFOOD

DAIRY

- Butter (1 tbsp)
- Cream cheese (1/2 cup)
- Half-and-half (1/4 cup or 2 tbsp)
- Cheddar cheese (1 cup)
- Mozzarella cheese (1 cup)

MISC.

- Pineapple juice (1/4 cup + 3 tbsp)
- Mustard (1 1/2 tsp)

PANTRY

- Olive oil (1/4 cup + 3 tbsp)
- Vegetable broth (4 cups)
- Chicken broth (3 1/4 cups + 2 tbsp)
- Tomato juice (1 cup)
- Tomato sauce (7 oz)
- Barley (1/2 cup)
- Lentils (1 2/3 cup)
- Apple cider vinegar (1 tbsp)
- Honey (3 tbsp)
- Green olives (1/4 cup)

SPICES

- Salt and black pepper
- Paprika (1 tbsp + 1/2 tsp)
- Cumin (1/2 tsp)
- Chili pepper (1/2 tsp)
- Sugar (1 tbsp)
- Adobo seasoning (1 tbsp)
- Sazon seasoning (1 tbsp)
- Bay leaves (2)

MENU

Monday: [High protein soup](#)
Optional side: [Coconut flour biscuits](#)

Tuesday: [Instant Pot shredded chicken](#)

Tip: Use it to make [air fryer quesadillas](#) or [Mexican soup](#), or serve it over pasta with [Pomodoro sauce](#)

Wednesday: [Smoked ham](#)
Optional side: [Stuffed potatoes](#)

Thursday: [Pollo guisado](#)
Optional side: [Air fryer carrots](#)

Friday: [Philly cheesesteak casserole](#)
Tip: Get it prepped the night before, then refrigerate it until you're ready to bake.

Breakfast: [Overnight oats](#)

Snack: [Crispy zucchini chips](#)

Dessert: [Strawberry crisp](#)

* This list is for Monday to Friday dinner meals only.