

MEAL PLAN 37

Recipes and Prep Instructions



DINNER

BREAKFAST



Oatmeal Waffles

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

SNACKS



Air Fryer Buffalo Cauliflower

Ready in under 15 minutes!
(Adjust grocery list as needed)

DESSERT



Walnut Cake

Egg-free and made in one bowl!
(Adjust grocery list as needed)

MONDAY



Spaghetti Squash Casserole

Featuring tender spaghetti 'noodles' swimming in a creamy sauce with chopped chicken, this is the cozy casserole you've been waiting for.

Tip: Omit the chicken to keep it vegetarian, or substitute it for cannellini beans.

TUESDAY



Pork Green Chili

Tender pork pieces are seared, then slow-cooked in a savory, smokey green chili sauce until they're fork-tender and melt in your mouth.

Tip: Serve the leftovers with tortilla chips and fried eggs for a unique twist on [chilaquiles](#).

WEDNESDAY



Eye of Round Roast

For being such an inexpensive cut of beef, this has got to be my family's favorite roast recipe yet.

Optional side: [Sautéed Brussels sprouts](#)

THURSDAY



Sous Vide Turkey Breast

Follow my quick, hands-off recipe and get juicy, perfectly cooked turkey breast EVERY time - with or without a sous vide machine.

Optional side: [Cauliflower mac and cheese](#)

FRIDAY



Grilled Haddock

With just a few minutes on the grill, you're rewarded with a tender, flaky, buttery white fish dinner. It's the healthiest and quickest meal you'll make all week.

Optional side: [Bacon wrapped asparagus](#)

MEAL PLAN 37

Grocery List



MEAT

- Chicken breast (3 cups, shredded)
- Pork shoulder (2 lbs)
- Eye of round roast (1 x 4 lb roast)
- Boneless turkey breast (1 lb)

SEAFOOD

- Haddock (1 lb, or 4 large fillets)

PRODUCE

- Spaghetti squash (1 medium)
- Red onion (1 small)
- Garlic (1 head)
- Shallots (2)
- Green bell peppers (2)
- Jalapeño peppers (3)
- Green onions (3 stalks)
- Lemon (1 small)
- Fresh basil (¼ cup)
- Fresh rosemary (3 sprigs)

DAIRY

- Cream cheese (1 cup)
- Mozzarella cheese (2 cups)
- Butter (2 tbsp)

MISC.

- Blue cheese dressing (1 cup)

PANTRY

- Olive oil (½ cup + 1 tbsp)
- All-purpose flour (3 tbsp)
- Beef broth (3 cups)

SPICES

- Salt and black pepper
- Cumin (2 tsp)
- Italian seasoning (1 tbsp)

MENU

Monday: [Spaghetti squash casserole](#)
Tip: Omit the chicken to keep it vegetarian, or substitute it for cannellini beans.

Tuesday: [Pork green chili](#)
Tip: Serve the leftovers with tortilla chips and fried eggs for a unique twist on [chilaquiles](#).

Wednesday: [Eye of round roast](#)
Optional side: [Sautéed Brussels sprouts](#)

Thursday: [Sous vide turkey breast](#)
Optional side: [Cauliflower mac and cheese](#)

Friday: [Grilled haddock](#)
Optional side: [Bacon wrapped asparagus](#)

Breakfast: [Oatmeal waffles](#)

Snack: [Air fryer buffalo cauliflower](#)

Dessert: [Walnut cake](#)