

MEAL PLAN 38

Recipes and Prep Instructions



DINNER

BREAKFAST



Lemon Ricotta Pancakes

Amazing texture!
(Adjust grocery list as needed)

SNACKS



Pumpkin Protein Bars

10 grams of protein per bar!
(Adjust grocery list as needed)

DESSERT



Almond Flour Biscotti

Made in one bowl!
(Adjust grocery list as needed)

MONDAY



Roasted Cauliflower Soup

If you need an easy recipe to sneak in your daily nutrition, let this be it. It's made with tender roasted cauliflower and sautéed veggies, all simmered and pureed until creamy and smooth.

Tip: Read my tips on using the Instant Pot or slow cooker!

TUESDAY



Instant Pot Pork Tenderloin

Guarantee juicy, perfectly cooked pork tenderloin using only your pressure cooker. It's ready in 15 minutes flat!

Optional side: Sweet potato casserole

WEDNESDAY



Seafood Soup

Pair your favorite seafood with a rich and savory tomato broth, all in one pot and with minimal prep time.

Tip: For a cost-effective option, stick with a frozen seafood medley!

THURSDAY



Air Fryer Filet Mignon

If you're feeling fancy but you're on a time crunch, make filet mignon in the air fryer. Try it once, and trust me, you'll want to do it all the time!

Optional side: Roasted root vegetables

FRIDAY



Blackened Chicken

Featuring chicken breasts generously coated in a fiery blackening seasoning, then broiled until crispy on the outside and juicy in the center... It doesn't get easier than this.

Optional side: Air fryer frozen green beans

MEAL PLAN 38

Grocery List



MEAT

- Pork tenderloin (1 ½ lbs)
- Chicken breasts (4)
- Filet mignon steaks (4)

SEAFOOD

- Mixed seafood medley, fresh or frozen (1 cup)

PRODUCE

- Cauliflower (1)
- Yellow onion (1)
- Garlic (1)
- Potatoes (2 large)
- Lemon (1)
- Shallots (2)
- Carrots (2)
- Celery (2 stalks)

DAIRY

- Butter (2 tbsp)

MISC.

PANTRY

- Olive oil (½ cup + 2 tbsp)
- Vegetable broth (4 cups)
- Chicken or beef broth (1 cup)
- Fish broth (3 cups)
- Soy sauce (2 tbsp)
- Maple syrup (2 tbsp)
- Dijon mustard (2 tsp)
- Cornstarch (2 tbsp)
- Canned diced tomatoes (1 ½ cups)
- Coconut cream (1 cup)

SPICES

- Salt and black pepper
- Smoked paprika (3 ½ tsp)
- Paprika (1 tsp)
- Nutmeg (½ tsp)
- Garlic powder (1 tsp)
- Dried thyme (2 tsp)
- Italian seasoning (1 tsp)
- Cumin (1 tsp)

MENU

Monday: [Roasted cauliflower soup](#)
Tip: Read my tips on using the Instant Pot or slow cooker!

Tuesday: [Instant Pot pork tenderloin](#)
Optional side: [Sweet potato casserole](#)

Wednesday: [Seafood soup](#)
Tip: For a cost-effective option, stick with a frozen seafood medley!

Thursday: [Air fryer filet mignon](#)
Optional side: [Roasted root vegetables](#)

Friday: [Blackened chicken](#)
Optional side: [Air fryer frozen green beans](#)

Breakfast: [Lemon ricotta pancakes](#)

Snack: [Pumpkin protein bars](#)

Dessert: [Almond flour biscotti](#)