

MEAL PLAN 40

Recipes and Prep Instructions



DINNER

BREAKFAST



Hard Boiled Eggs on Low-calorie Bagels

Great for weightloss!
(Adjust grocery list as needed)

SNACKS



Peanut Butter Protein Balls

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

DESSERT



Almond Flour Cookies

No chill time needed!
(Adjust grocery list as needed)

MONDAY



Pastina

Featuring tiny pieces of pasta delicately cooked in a buttery cheese sauce, it's a one-pot dish that cooks in a flash.

Optional side: [Cloud bread](#)

TUESDAY



Air Fryer Cornish Hen

Guarantee tender, juicy meat with a gorgeously crispy skin. All you need is 40 minutes and your air fryer!

Optional side: [Air fryer red potatoes](#)

WEDNESDAY



Salmon Croquettes

Turn a humble can of salmon into crispy, golden, pan-fried croquettes. This is my family's current weeknight obsession!

Tip: Serve them as is with [spicy mayo](#), or add them to sandwiches, salads, or wraps!

THURSDAY



Pork al Pastor

Bring bold Mexican flavors to your kitchen with my juicy pork al pastor recipe. It features blackened pineapple and fall-apart pork, all piled high on tortillas.

Tip: Not a fan of pork? Use chicken to make my [chicken al pastor](#)!

FRIDAY



Pineapple Chicken

When my family craves Chinese takeout, pineapple chicken is the first dish that comes to mind. This chicken is cooked until juicy, then simmered in a sweet, sour, STICKY sauce that's good enough to bottle!

Optional side: [Sautéed eggplant](#)

MEAL PLAN 40 Grocery List



MEAT

- Cornish hen (1 1/2-2 lb)
- Boneless pork shoulder (3 1/4 lbs)

PRODUCE

- Potatoes (2 lbs)
- Garlic (1 head)
- Parsley (1 small bunch)
- Onion (1)
- Pineapple (1 cup, about 1/2 large pineapple)

SEAFOOD

- Canned salmon (15 oz)

DAIRY

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

PANTRY

- Pastina pasta (1 cup)
- Olive oil (2 tbsp)
- Panko breadcrumbs (1/2 cup)
- Breadcrumbs (1 cup)
- Oil (1/4 cup)
- Vinegar (3 tbsp)

SPICES

- Salt and black pepper
- Onion powder (1 tsp)
- Garlic powder (1 tsp)
- Paprika (1 tsp)
- Rosemary (1/2 tsp)
- Dried basil (1/2 tsp)
- Smoked paprika (1 tsp)
- Cumin (2 tsp)
- Oregano (2 tsp)
- Cinnamon (1 tsp)
- Guajillo chili powder (1/4 cup)

MISC.

- Eggs (2)
- Pineapple juice (3/4 cup + 1 tbsp)
- Lime juice (2 tbsp)
- Achioté paste (2 tbsp)

MENU

Monday: [Pastina](#)
Optional side: [Cloud bread](#)

Tuesday: [Air fryer cornish hen](#)
Optional side: [Air fryer red potatoes](#)

Wednesday: [Salmon croquettes](#)
Tip: Serve them as is with [spicy mayo](#), or add them to sandwiches, salads, or wraps!

Thursday: [Pork al pastor](#)
Tip: Don't like pork? Use chicken to make my [chicken al pastor!](#)

Friday: [Pineapple chicken](#)
Optional side: [Sautéed eggplant](#)

Breakfast: [Microwave hard boiled eggs on low-calorie bagels](#)

Snack: [Peanut butter protein balls](#)

Dessert: [Almond flour cookies](#)