

MEAL PLAN 41

Recipes and Prep Instructions



DINNER

BREAKFAST



Banana Yogurt Muffins

They bake in 20 minutes!
(Adjust grocery list as needed)

SNACKS



Ginger Banana Bread
Filled with refreshing ginger flavor!
(Adjust grocery list as needed)

DESSERT



Peanut Butter Choc Chip Cookies
Soft, chewy, and fast!
(Adjust grocery list as needed)

MONDAY



Chili Relleno Casserole

Featuring blackened poblano peppers layered with melty cheese and a creamy white sauce, this is my family's current casserole obsession!

Tip: Make two casseroles and freeze one for another quick weeknight dinner!

TUESDAY

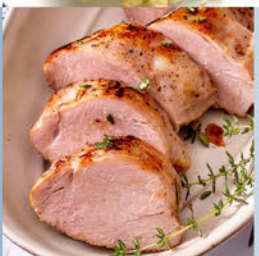


Cube Steak

AKA minute steaks, these are the perfect low-effort steaks that need only minutes of prep time to turn out juicy and tender. The mushroom onion gravy is to die for!

Optional side: [Cauliflower mashed potatoes](#)

WEDNESDAY



Sous Vide Pork Tenderloin

If you've been interested in sous viding, consider this your sign. The pork turns out tender and succulent, and you hardly have to lift a finger.

Tip: Don't own a sous vide machine? Read my tips on how to make this without one!

THURSDAY



Air Fryer Orange Chicken

Break up the monotony of holiday cooking with this quick air fryer recipe. The chicken turns out golden brown and crispy, and the tangy orange sauce is honestly addictive.

Optional side: [Coconut milk rice](#)

FRIDAY



Chuck Eye Steak

When I'm craving a juicy steak but don't feel like spending a ton of money, I turn to chuck eye. With a little TLC, you'll be rewarded with a perfectly cooked steak that tastes like a million bucks.

Optional side: [Sautéed potatoes](#)

MEAL PLAN 41

Grocery List



MEAT

- Cube steaks (4)
- Pork tenderloin (1 lb)
- Chicken breast (1 lb)
- Chuck eye steaks (2x 8-10 oz steaks)

SEAFOOD

PRODUCE

- Poblano peppers (6)
- Onion (1)
- Shallot (1)
- Mushrooms (1 cup)
- Garlic (1 head)
- Ginger (1 inch)
- Fresh thyme (2 sprigs)
- Fresh parsley (1 small bunch)
- Orange (1)

DAIRY

- Cheddar cheese (1 cup)
- Monterey Jack cheese (1 cup)
- Evaporated milk (1 cup)
- Butter (1/2 cup)

MISC.

- Eggs (8)
- Onion soup mix (1 package)
- Hot sauce (1/2 tsp)

PANTRY

- Olive oil (1/4 cup + 1 tbsp)
- All-purpose flour (2 cups)
- Cornstarch (1/4 cup + 1/2 tbsp)
- Baking powder (1 tsp)
- Beef broth (2 cups)
- Soy sauce (2/3 cup)
- Sesame oil (1/2 tsp)
- Orange marmalade (1 tbsp)
- White vinegar (1 tbsp)

SPICES

- Salt and black pepper
- Paprika (1/2 tsp)
- Smoked paprika (1/2 tsp)
- Garlic powder (1 1/2 tsp)
- Onion powder (1 tsp)

MENU

Monday: [Chili relleno casserole](#)
Tip: Make two casseroles and freeze one for another quick weeknight dinner.

Tuesday: [Cube steak](#)
Optional side: [Cauliflower mashed potatoes](#)

Wednesday: [Sous vide pork tenderloin](#)
Tip: Don't own a sous vide machine? Read my tips on how to make this without one!

Thursday: [Air fryer orange chicken](#)
Optional side: [Coconut milk rice](#)

Friday: [Chuck eye steak](#)
Optional side: [Sautéed potatoes](#)

Breakfast: [Banana yogurt muffins](#)

Snack: [Ginger banana bread](#)

Dessert: [Peanut butter choc chip cookies](#)