

MEAL PLAN 42

Recipes and Prep Instructions



DINNER

BREAKFAST



No Yeast Cinnamon Rolls

No kneading OR proofing!
(Adjust grocery list as needed)

SNACKS



Christmas Popcorn

Salty, sweet, and festive!
(Adjust grocery list as needed)

DESSERT



Christmas Cookies

Make them [vegan](#),
[gluten-free](#), OR [keto](#)!
(Adjust grocery list as needed)

MONDAY



Sheet Pan Chicken & Veggies

The weeks leading up to the holidays are stressful enough, so I suggest making them easier with quick, one-pan recipes, like my sheet pan chicken and veggies!

Tip: Use different cuts of chicken and whatever veggies you have on hand.

TUESDAY



Ham Steak

Each steak is pan-seared and dressed in a savory, tangy brown sugar glaze...all in under 10 minutes!

Optional side: [Broccoli cheese rice casserole](#)

WEDNESDAY



Ribeye Roast

For being such a foolproof roast, this has got to be one of my most requested holiday recipes. The ribeye packs a rich, meaty flavor, and since it's boneless, it cooks in a fraction of the time as prime rib.

Optional side: [Sautéed carrots](#), [balsamic glazed Brussels sprouts](#), [air fryer biscuits](#)

THURSDAY



Vegetable Beef Barley Soup

Turn simple, healthy ingredients into a light yet nourishing beef and barley soup using my fast and rewarding recipe.

Tip: Read my tips on making this soup on the stovetop, in the Instant Pot, or in the slow cooker.

FRIDAY



Boursin Cheese Pasta

Featuring al-dente pasta and cherry tomatoes in a creamy Boursin cheese sauce, this is exactly the kind of low-effort comfort food my family craves over the holidays.

Tip: Add some leftover roast from Wednesday for a protein boost.

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Grocery List



MEAT

- Chicken breasts (4)
- Ham steaks (4)
- Ribeye roast (3 lb)
- Beef chuck roast (1 ½ lbs)

PRODUCE

- Broccoli (1 head)
- Red bell pepper (1)
- Red onion (1 small or ½ large)
- White onion (1)
- Parsley root (1)
- Carrots (2)
- Celery (1 stalk)
- Garlic (1 head)
- Cherry tomatoes (1 ½ cups)
- Fresh basil (¼ cup)

SEAFOOD

DAIRY

- Butter (3 tbsp)
- Boursin cheese (5 ½ oz)
- Parmesan cheese (½ cup)

MISC.

- Red wine (¾ cup)

PANTRY

- Olive oil (¼ cup + 3 ½ tbsp)
- Brown sugar (3 tbsp)
- Vinegar (2 tsp)
- Beef broth (4 cups)
- Worcestershire sauce (1 tbsp)
- Barley (1 cup)
- Pasta (2 cups)

SPICES

- Salt and black pepper
- Paprika (2 tbsp)
- Smoked paprika (1 tsp)
- Garlic powder (1 ½ tsp)
- Dried rosemary (1 tsp)
- Italian seasoning (1 tsp)
- Red pepper flakes (½ tsp)

MENU

Monday: [Sheet pan chicken & veggies](#)
Tip: Use different cuts of chicken and whatever veggies you have on hand.

Tuesday: [Ham steak](#)
Optional side: [Broccoli cheese rice casserole](#)

Wednesday: [Rib eye roast](#)
Optional side: [Sautéed carrots, balsamic glazed Brussels sprouts, air fryer biscuits](#)

Thursday: [Vegetable beef barley soup](#)
Tip: Read my tips on making this soup on the stovetop, in the Instant Pot, or in the slow cooker.

Friday: [Boursin cheese pasta](#)
Tip: Add some leftover roast from Wednesday for a protein boost.

Breakfast: [No yeast cinnamon rolls](#)

Snack: [Christmas popcorn](#)

Dessert: Christmas cookies ([vegan](#), [gluten-free](#) or [keto](#))

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