

MEAL PLAN 43

Recipes and Prep Instructions



BREAKFAST



Protein Overnight Oats

45 grams of protein!
(Adjust grocery list as needed)

SNACKS



Crab Rangoon

Deep-fryer-free option!
(Adjust grocery list as needed)

DESSERT



Peanut Butter Blondies

Made with 5 ingredients!
(Adjust grocery list as needed)

DINNER

MONDAY



Meatballs & Gravy

Featuring juicy ground meatballs pan-seared and enveloped in a quick, luscious beef gravy, this is comfort food at its finest.

Optional side: [Lebanese bread](#)

TUESDAY



Black Pepper Chicken

This black pepper chicken recipe is ready in 15 minutes and tastes infinitely better than Panda Express!

Optional side: [Hot and sour soup](#)

WEDNESDAY



Cast Iron Salmon

Guarantee perfectly cooked, flaky salmon with a delicate caramelized crust, using only a handful of ingredients and your cast iron skillet.

Optional side: [Zucchini fritters](#)

THURSDAY



Pesto Pasta Bake

When I have limited time (or limited patience), I always reach for this pesto pasta bake. It's made with 4 ingredients, though you could easily add protein to make it even more filling.

Tip: Do yourself a favor and make two so you can freeze one for later!

FRIDAY



Chicken Potato Soup

This is my family's current soup hyperfixation. It features juicy chicken pieces swimming in a flavorful broth alongside buttery soft potatoes.

Tip: Use leftover rotisserie chicken for an even quicker recipe.

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Grocery List



MEAT

- Ground beef (1 1/2 lbs)
- Chicken thighs (1 lb)
- Chicken breasts (2)
- Bacon (6 slices)

SEAFOOD

- Salmon (4 fillets)

PRODUCE

- Fresh parsley (1 tbsp)
- Onion (4)
- Green bell peppers (3)
- Garlic (1 head)
- Ginger (1/2")
- Lemon (1)
- Peas (1 cup)
- Potatoes (3)
- Celery (2 stalks)
- Carrots (2)

DAIRY

- Butter (1/2 cup)
- Heavy cream (1/2 cup)
- Mozzarella cheese (2 cups)

MISC.

- Dry sherry (1/3 cup)
- Egg (1)
- Basil pesto (1 cup)

PANTRY

- Breadcrumbs (1/2 cup)
- Olive oil (1/4 cup + 1 tbsp)
- All-purpose flour (2 tbsp)
- Beef broth (1 cup)
- Chicken broth (4 1/3 cup)
- Dijon mustard (1 tbsp)
- Worcestershire (1 tbsp)
- Soy sauce (1/4 cup)
- Sesame oil (1 tbsp)
- Cornstarch (2 tbsp)
- Sugar (1 tbsp)
- Ziti pasta (1 lb uncooked)

SPICES

- Salt and black pepper
- Paprika (1 tsp)
- Italian seasoning (1 tsp)

MENU

Monday: [Meatballs & gravy](#)
Optional side: [Lebanese bread](#)

Tuesday: [Black pepper chicken](#)
Optional side: [Hot and sour soup](#)

Wednesday: [Cast iron salmon](#)
Optional side: [Zucchini fritters](#)

Thursday: [Pesto pasta bake](#)
Tip: Do yourself a favor and make two so you can freeze one for later!

Friday: [Chicken potato soup](#)
Tip: Use leftover rotisserie chicken for an even quicker recipe.

Breakfast: [Protein overnight oats](#)

Snack: [Crab rangoon](#)

Dessert: [Peanut butter blondies](#)