

MEAL PLAN 44

Recipes and Prep Instructions



DINNER

BREAKFAST



Chocolate Chip Pancakes

Made with pantry staples!
(Adjust grocery list as needed)

SNACKS



Bacon-Wrapped Dates with Goat's Cheese

A guaranteed crowd-pleaser!
(Adjust grocery list as needed)

DESSERT



Pecan Brownies

Fudgy, crunchy, and rich!
(Adjust grocery list as needed)

MONDAY



Air Fryer Chicken Bites

When I need dinner on the table, fast, I break out these air fryer chicken bites. They're ready in 10 minutes and yield tender, juicy chicken pieces every time.

Optional side: [Air fryer french fries](#)

TUESDAY



Lamb Meatballs

After you try these Mediterranean-inspired lamb meatballs, you'll never want meatballs any other way!

Optional side: [Greek couscous salad](#)

WEDNESDAY



Air Fryer Pizza

If you're as obsessed with your air fryer as I am, you're going to want to make this recipe. Everyone can customize their own pizzas, and they couldn't be easier to make!

Tip: Make my 2-ingredient [Greek yogurt dough](#) recipe. There's no rising time needed.

THURSDAY



Sweet Chili Salmon

Featuring pan-seared salmon fillets coated in a sweet and spicy chili sauce, this is our favorite way to cook salmon!

Optional side: [Sautéed bok choy](#)

FRIDAY



Dutch Oven Pot Roast

Featuring a slow-cooked chuck roast with tender veggies and a decadent broth, this is the kind of comfort food we make every winter.

Tip: Make extra so you have leftovers. They taste even better the next day!

MEAL PLAN 44

Grocery List



MEAT

- Chicken breast (1 lb)
- Ground lamb (1 lb)
- Beef chuck roast (3 lbs)
- Pancetta (4 oz)

PRODUCE

- Red onion (1)
- Yellow onions (2)
- Carrots (2)
- Celery (2 stalks)
- Potatoes (3)
- Garlic (1 head)
- Parsley (2 tsp)
- Dill (½ tsp)
**Fresh or dry*
- Mint (¼ tsp)
- Thyme (4 sprigs)
- Lemon (1)
- Lime juice
(¼ cup, fresh or bottled)

SEAFOOD

- Salmon (4 fillets)

DAIRY

- Shredded cheddar cheese (2 tbsp)
- Fresh mozzarella (¼ cup)

PANTRY

- Olive oil (¼ cup + 1 tbsp)
- Panko breadcrumbs (1 cup)
- Pizza sauce (¼ cup)
- Tomato sauce (1 cup)
- Sweet chili sauce (½ cup)
- Beef broth (1 ½ cups)
- Brown sugar (2 tsp)

MISC.

- Egg (1)
- Pizza dough
**Try my [Greek yogurt dough](#)*
- Beer (½ cup)
**Can be subbed for extra beef broth*

SPICES

- Salt and black pepper
- Italian seasoning (1 tbsp)
- Cumin (1 ½ tsp)
- Smoked paprika (1 tsp)
- Oregano (½ tsp)
- Bay leaves (2)

MENU

Monday: [Air fryer chicken bites](#)
Optional side: [Air fryer French fries](#)

Tuesday: [Lamb meatballs](#)
Optional side: [Greek couscous salad](#)

Wednesday: [Air fryer pizza](#)
Tip: Make my 2-ingredient [Greek yogurt dough](#) recipe.
There's no rising time needed!

Thursday: [Sweet chili salmon](#)
Optional side: [Sautéed bok choy](#)

Friday: [Dutch oven pot roast](#)
Tip: Make extra so you have leftovers.
They taste even better the next day!

Breakfast: [Chocolate chip pancakes](#)

Snack: [Bacon-wrapped dates with goat's cheese](#)

Dessert: [Pecan brownies](#)