

MEAL PLAN 46

Recipes and Prep Instructions



DINNER

BREAKFAST



Instant Pot Oatmeal

Virtually hands-off!
(Adjust grocery list as needed)

SNACKS



Gluten-free Pizza Rolls

Oven-baked, NOT fried!
(Adjust grocery list as needed)

DESSERT



Strawberry Mousse

No gelatin or baking needed!
(Adjust grocery list as needed)

MONDAY



321 Ribs

Rib lovers unite with my mouthwatering, failproof 3-2-1 ribs. They're layered with flavor, and you can make them in the oven OR smoker!

Optional side: [Air fryer garlic bread](#)

TUESDAY



Eggplant Pizza

Transform a humble eggplant into cheesy, savory mini pizzas for a low-carb plant-based dinner!

Tip: Look for large, plump eggplants since they'll need to be cut into thick, round slices.

WEDNESDAY



Honey Garlic Salmon

Featuring fresh salmon fillets pan-seared in a sticky, garlicky glaze, this is my family's favorite way to cook salmon!

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

THURSDAY



Meatballs & Gravy

Rich, juicy homemade meatballs are cooked until tender and served in a luscious brown gravy. This is comfort food at its finest.

Optional side: [Cauliflower mashed potatoes](#)

FRIDAY



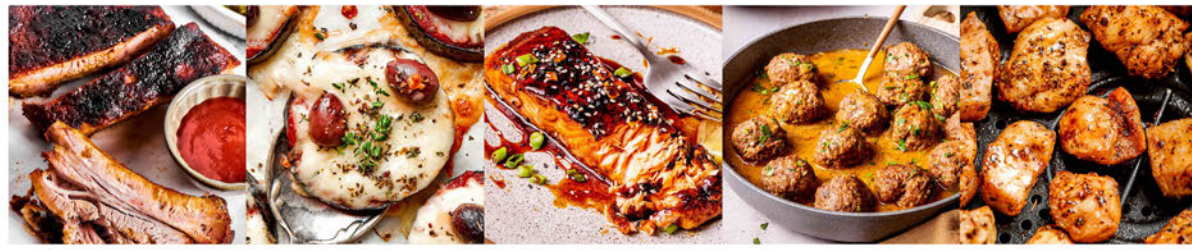
Air Fryer Chicken Bites

When time is of the essence, I break out the air fryer to make these chicken bites. They're ready in 10 minutes, and they're endlessly versatile.

Tip: Make extra and add them to burritos or salads for tomorrow's meal prep!

MEAL PLAN 46

Grocery List



MEAT

- Pork ribs (1 rack)
- Ground beef (1 ½ lbs)
- Chicken breast (1 lb)

SEAFOOD

- Salmon (21 oz)

PRODUCE

- Eggplant (1)
- Mushrooms (¼ cup)
- Onion (3)
- Bell peppers (1)
- Garlic (1 head)
- Lemon (1)
- Fresh parsley (1 small bunch)

DAIRY

- Butter (¾ cup)
- Mozzarella cheese (1 cup)
- Provolone cheese (½ cup)
- Heavy cream (½ cup)

MISC.

- Mayonnaise (2 tbsp)
- Pineapple juice (½ cup)
- Barbecue sauce (2 tbsp)
- Pizza sauce (½ cup)
- Egg (1)

PANTRY

- Brown sugar (1 cup)
- Honey (⅓ cup + 1 tbsp)
- Olive oil (¼ cup + 3 tbsp)
- Soy sauce (¼ cup)
- Breadcrumbs (½ cup)
- All-purpose flour (2 tbsp)
- Beef broth (1 cup)
- Dijon mustard (1 tbsp)
- Worcestershire sauce (1 tbsp)

SPICES

- Salt and black pepper
- Smoked paprika (¼ cup + 1 tsp)
- Paprika (1 tsp)
- Garlic powder (1 tbsp)
- Onion powder (1 tbsp)
- Italian seasoning (2 tbsp + 1 tsp)
- Cayenne pepper (½ tsp)
- Cumin (1 tsp)

MENU

- Monday:** [321 ribs](#)
Optional side: [Air fryer garlic bread](#)
- Tuesday:** [Eggplant pizza](#)
Tip: Look for large, plump eggplants since they'll need to be cut into thick, round slices.
- Wednesday:** [Honey garlic salmon](#)
Optional side: [Air fryer smashed potatoes](#)
- Thursday:** [Meatballs and gravy](#)
Optional side: [Cauliflower mashed potatoes](#)
- Friday:** [Air fryer chicken bites](#)
Tip: Make extra and add them to burritos or salads for tomorrow's meal prep!
- Breakfast:** [Instant Pot oatmeal](#)
- Snack:** [Gluten-free pizza rolls](#)
- Dessert:** [Strawberry mousse](#)

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