

## MEAL PLAN 47 Recipes and Prep Instructions



DINNER

BREAKFAST



**Egg White Omelette**

High protein, low calorie!  
(Adjust grocery list as needed)

SNACKS



**Protein Pop Tarts**

Packed with protein, plus whole grains!  
(Adjust grocery list as needed)

DESSERT



**Blender Ice Cream**

Made with 3 ingredients!  
(Adjust grocery list as needed)

MONDAY



### **Bok Choy Stir Fry**

Featuring tender baby bok choy pieces stir-fried in a sticky, aromatic Asian sauce, this is the easiest meat-free recipe ever!

Tip: Add protein with my [baked](#), [air fryer](#), or [pan-fried tofu](#)!

TUESDAY



### **Linguine with Clam Sauce**

When I need a simple Tuesday dinner that tastes and looks restaurant-worthy, I break out the wine and make my linguine with clam sauce.

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

WEDNESDAY



### **Cast Iron Pizza**

If you thought making pizzas at home was difficult, my recipe will convince you otherwise. It's easy to customize with your favorite toppings, and the cast iron gives the crust a gorgeous golden color and crisp bite.

Optional side: [Jennifer Aniston salad](#)

THURSDAY



### **Chuck Eye Steak**

Known for being well-marbled with a rich flavor and meaty texture, this well-priced cut of steak is a household favorite. After one bite, you'll see why!

Optional side: [Honeynut squash](#)

FRIDAY



### **Chicken Potato Soup**

When I need a hearty, warming one-pot soup that's filled with comfort food flavors, I make this 30-minute chicken soup.

Tip: Save time and use leftover rotisserie chicken!

# MEAL PLAN 47

## Grocery List



### MEAT

- Proscuitto (1/4 cup)  
*\*Optional pizza topping*
- Chuck eye steaks (2)
- Bacon (6 slices)
- Chicken breasts (2)

### SEAFOOD

- Clams in shells (28 oz)

### PRODUCE

- Ginger (1 inch)
- Broccolini (1 bunch)
- Baby bok choy (4)
- Red bell pepper (1)
- Garlic (1 head)
- Shallots (2)
- Arugula (1/4 cup)  
*\*Optional pizza topping*
- Fresh parsley (1 small bunch)
- Onion (1)
- Potatoes (3)
- Celery (2 stalks)
- Carrots (2)

### DAIRY

- Butter (1/2 cup)
- Greek yogurt (1 cup)
- Mozzarella cheese (1/2 cup)

### MISC.

- White wine (or fish broth) (1/2 cup)

### PANTRY

- Sesame oil (1 tbsp)
- Chinese rice wine (2 tbsp)
- Oyster sauce (1/4 cup)
- Olive oil (3 tbsp + 1 tsp)
- Linguine pasta (10 oz)
- Self-rising flour (1 1/2 cups)
- Marinara sauce (1 cup)
- Chicken broth (4 cups)

### SPICES

- Salt and black pepper
- Italian seasoning (1 1/2 tsp)
- Chinese five spice (1 tsp)
- Red pepper flakes (1/4 tsp)
- Smoked paprika (1/2 tsp)

### MENU

**Monday:** [Bok choy stir fry](#)  
Tip: Add protein with my [baked](#), [air fryer](#), or [pan-fried](#) [tofu!](#)

**Tuesday:** [Linguine with clam sauce](#)  
Optional side: [Air fryer garlic bread](#)

**Wednesday:** [Cast iron pizza](#)  
Optional side: [Jennifer Aniston salad](#)

**Thursday:** [Chuck eye steak](#)  
Optional side: [Honeynut squash](#)

**Friday:** [Chicken potato soup](#)  
Tip: Save time and use leftover rotisserie chicken!

**Breakfast:** [Egg white omelette](#)

**Snack:** [Protein pop tarts](#)

**Dessert:** [Blender ice cream](#)