

MEAL PLAN 48

Recipes and Prep Instructions



DINNER

BREAKFAST



[Air Fryer Egg Bites](#)

WAY better than Starbucks!
(Adjust grocery list as needed)

SNACKS



[Keto Hummus](#)

Low-carb AND low-calorie!
(Adjust grocery list as needed)

DESSERT



[Millionaire Shortbread](#)
A decadent no-bake dessert!
(Adjust grocery list as needed)

MONDAY



[BBQ Tofu](#)

Tender tofu pieces are coated in barbecue sauce and grilled until they're firm, crisp, and caramelized. The results are foolproof, and I made sure to include oven, stovetop, and air fryer methods.

Optional side: [Couscous](#)

TUESDAY



[Sous Vide Chicken Breast](#)

If you thought using a sous vide was complicated, my recipe will convince you otherwise. All you need are pantry staples and less than an hour!

Tip: Read my tips in the recipe card for making this without a sous vide machine.

WEDNESDAY



[Chilean Sea Bass](#)

Tender fish fillets are pan-seared until they're buttery soft, flaky, and layered with bold flavor. It's naturally mild flavor and lack of fishy aftertaste is perfect for anyone in your family who's new to seafood!

Tip: Use frozen fish fillets, but make sure they're completely thawed.

THURSDAY



[Sweet & Sour Meatballs](#)

Tender beef meatballs are smothered in an addictively sweet, tangy, savory sauce. It's perfect for dinner or as an appetizer if you're hosting!

Optional side: [Garlic breadsticks](#)

FRIDAY



[Cast Iron Steak](#)

Steak lovers rejoice with my mouthwatering cast iron steak recipe! All you need are simple seasonings and a cast iron skillet to achieve that gorgeous brown crust and tender, juicy center.

Optional side: [Air fryer asparagus](#)

MEAL PLAN 48

Grocery List



MEAT

- Chicken breast (4)
- Ground beef (1 lb)
- Ribeye steaks (2)

PRODUCE

- Lemon (2)
- Garlic (1 head)
- Fresh rosemary (4 sprigs)
- Onion (1)

SEAFOOD

- Chilean sea bass (4 fillets)

DAIRY

- Butter (1/4 cup + 2 tbsp)

MISC.

- Tofu, extra firm (12 oz)
- Egg (1)

PANTRY

- Barbecue sauce (1/2 cup)
- Breadcrumbs (1 cup)
- Olive oil (3 tsp)
- Vinegar (1/3 cup)
- Sweet chili sauce (1 tbsp)
**Optional*
- Light brown sugar (1/3 cup)
- Cornstarch (1 tbsp)

SPICES

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

MENU

Monday: [BBQ tofu](#)
Optional side: [Couscous](#)

Tuesday: [Sous vide chicken breast](#)
Tip: Read my tips in the recipe card for making this without a sous vide machine.

Wednesday: [Chilean sea bass](#)
Tip: Use frozen fish fillets, but make sure they're completely thawed.

Thursday: [Sweat and sour meatballs](#)
Optional side: [Garlic breadsticks](#)

Friday: [Cast iron steak](#)
Optional side: [Air fryer asparagus](#)

Breakfast: [Air fryer egg bites](#)

Snack: [Keto hummus](#)

Dessert: [Millionaire shortbread](#)