

## MEAL PLAN 49

### Recipes and Prep Instructions



DINNER

BREAKFAST



**Banana Protein Pancakes**

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

SNACKS



**Corn Nuggets**

The perfect party appetizer!  
(Adjust grocery list as needed)

DESSERT



**Coconut Cake**

Layers of fresh coconut flavor!  
(Adjust grocery list as needed)

MONDAY



### Tuna Casserole

When I need a crowd-pleaser (and quickly), I make this easy tuna casserole. It's savory, cheesy, and packed with protein.

Tip: Make two at the same time, then freeze the second for a rainy day!

TUESDAY



### Protein Mac & Cheese

Yes, believe it or not, you can make mac and cheese that's super filling AND packed with protein. You'd never even guess it has over 32 grams of protein per serving!

Optional side: [2-ingredient biscuits](#)

WEDNESDAY



### Chicken Satay

Featuring marinated grilled chicken skewers coated in a savory peanut sauce, this is one of my favorite Thai-inspired dishes.

Optional side: [Fire-roasted tomatoes](#)

THURSDAY



### Pastrami

Learn how to make tender, well-seasoned pastrami using my homemade recipe (no smoker needed!).

Optional side: [Sautéed potatoes](#)

FRIDAY



### Air Fryer Lamb Chops

Guarantee ultra-tender, succulent lamb chops using a handful of pantry staples and only 7 minutes!

Tip: Swap the seasoning for my 5-ingredient [lamb chop marinade!](#)

# MEAL PLAN 49

## Grocery List



### MEAT

- Chicken thighs (2 lbs)
- Corned beef (2 ½ lbs)
- Lamb chops (8)

### PRODUCE

- Green onions (½ cup)
- Cauliflower (2 cups)
- Shallots (2)
- White onion (1 small)
- Garlic (1 head)
- Lemongrass (3 stalks)  
*\*If you can't find fresh lemongrass, substitute for 2 tsp lemongrass powder.*
- Fresh rosemary (2 sprigs)

### SEAFOOD

- Canned tuna in water (20 oz)

### DAIRY

- Sour cream (⅓ cup)
- Mozzarella cheese (1 cup)
- Gruyere cheese (1 cup)
- Cheddar cheese (1 ½ cups)
- Cottage cheese (1 cup)
- Milk (1 cup)
- Butter (1 tbsp)

### MISC.

- Unflavored protein powder  
*\*optional*
- Peanut sauce, store-bought or scratch-made (½ cup)

### PANTRY

- Mayonnaise (1 cup)
- Dijon mustard (2 tbsp)
- Elbow macaroni (12 oz)
- Cornstarch (1 tbsp)
- Sugar (1 tbsp)
- Brown sugar (1 tbsp)
- Soy sauce (1 tbsp)
- Peanut oil (3 ½ tbsp)
- Olive oil (2 tbsp)
- Coconut cream (1 tbsp)

### SPICES

- Salt and black pepper
- Smoked paprika (1 tbsp + ¼ tsp)
- Onion powder (1 ¼ tsp)
- Garlic powder (1 ¼ tsp)
- Turmeric (1 tsp)
- Coriander (1 ½ tsp)

### MENU

**Monday:** [Tuna casserole](#)  
Tip: Make two at the same time, then freeze the second for a rainy day!

**Tuesday:** [Protein mac & cheese](#)  
Optional side: [2-ingredient biscuits](#)

**Wednesday:** [Chicken satay](#)  
Optional side: [Fire-roasted tomatoes](#)

**Thursday:** [Pastrami](#)  
Optional side: [Sautéed potatoes](#)

**Friday:** [Air fryer lamb chops](#)  
Tip: Swap the seasoning for my 5-ingredient [lamb chop marinade!](#)

**Breakfast:** [Banana protein pancakes](#)

**Snack:** [Corn nuggets](#)

**Dessert:** [Coconut cake](#)