

## MEAL PLAN 50 Recipes and Prep Instructions



DINNER

BREAKFAST



### [Dutch Baby](#)

Sweet or savory toppings!  
(Adjust grocery list as needed)

SNACKS



### [Pita Chips](#)

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

DESSERT



### [Cottage Cheese Cheesecake](#)

Low-calorie, high-protein!  
(Adjust grocery list as needed)

MONDAY



### [Chicken Crust Pizza](#)

Using three simple ingredients, you can make a crispy, chewy, golden pizza crust that fits your favorite toppings. It's our favorite protein-packed pizza recipe!

Tip: Make a double batch of the crusts, then freeze the second for next week!

TUESDAY

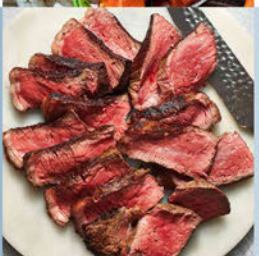


### [Salmon Poke Bowl](#)

Featuring tender sushi-grade salmon on a bed of sushi rice with fresh veggie toppings, this restaurant-worthy dish is SO easy to make at home.

Optional sauces: [Spicy mayo](#) & [eel sauce](#)

WEDNESDAY



### [Picanha Steak](#)

Bring the flavors of a Brazilian steakhouse into your home with my foolproof picanha steak recipe.

Optional side: [Cabbage steaks](#)

THURSDAY



### [Roasted Boneless Leg of Lamb](#)

Pair a handful of seasonings with a leg of lamb, and you're rewarded with succulent, tender meat layered with savory, earthy flavor.

Optional side: [3-ingredient biscuits](#)

FRIDAY



### [Korean Beef Bowl](#)

This has become a recent obsession at home. My family loves the savory and umami flavors, and I love that it comes together in just 10 minutes!

Tip: Prefer a more traditional version of bulgogi? Try my authentic [Korean beef bulgogi](#)!



### MEAT

- Ground chicken (1 lb)
- Picanha steak or top sirloin (3 lbs)
- Boneless leg of lamb (5 lbs)
- Ground beef (1 lb)

### SEAFOOD

- Sushi-grade salmon (8 oz)

### PRODUCE

- Mushrooms (4)  
*\*Or swap for your favorite pizza toppings.*
- Bell pepper (1 small)  
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- Garlic (1 head)
- Ginger (1 inch)
- Green onion (3)
- Lime (1 small, or 1/2 tsp lime juice)
- Lemon (1)
- Avocado (1)
- Purple cabbage (1 small)
- Jalapeno (1)
- Fresh thyme (2 tbsp)
- Fresh rosemary (2 tbsp)

### DAIRY

- Cheddar cheese (2 cups)
- Mozzarella cheese (1 cup)
- Butter (1 tbsp)

### MISC.

- Cooked rice (6 cups)
- Pickled cucumbers (1 cup)  
*\*To make pickled cucumber, combine 1/3 cup rice vinegar, 1 tablespoon sugar, 1/2 teaspoon salt, pinch of red pepper flakes, and 1 teaspoon toasted sesame seeds with 1/3 large cucumber, chopped.*
- Edamame (1 cup)

### PANTRY

- Olive oil (1/4 cup + 1 tbsp)
- Vegetable oil (1 tbsp)
- Tomato sauce (1 cup)
- Soy sauce (3/4 cup)
- Sesame oil (1 tbsp + 1 tsp)
- Sriracha (1/2 tsp)
- Rice wine vinegar (2 tbsp)
- Brown sugar (2 tbsp)

### SPICES

- Salt and black pepper
- Italian seasoning (1 tsp)
- Sesame seeds (1 tsp)
- Red pepper flakes (1 tsp)

### MENU

**Monday:** [Chicken crust pizza](#)  
Tip: Make a double batch of the crusts, then freeze the second for next week!

**Tuesday:** [Salmon poke bowl](#)  
Optional sauces: [Spicy mayo](#) & [eel sauce](#)

**Wednesday:** [Picanha steak](#)  
Optional side: [Cabbage steaks](#)

**Thursday:** [Roasted boneless leg of lamb](#)  
Optional side: [3-ingredient biscuits](#)

**Friday:** [Korean beef bowl](#)  
Tip: Prefer a more traditional version of bulgogi? Try my authentic [Korean beef bulgogi!](#)

**Breakfast:** [Dutch baby pancake](#)

**Snack:** [Pita chips](#)

**Dessert:** [Cottage cheese cheesecake](#)