

MEAL PLAN 51

Recipes and Prep Instructions



DINNER

BREAKFAST



[Air Fryer Hard Boiled Eggs](#)

Foolproof and hands-off!
(Adjust grocery list as needed)

SNACKS



[Strawberry Oatmeal Bars](#)

Made with no added sugar!
(Adjust grocery list as needed)

DESSERT



[Caramilk Slice](#)

Made with 4 ingredients and
NO condensed milk!
(Adjust grocery list as needed)

MONDAY



[Pollo Asado](#)

Featuring oven-baked chicken marinated in garlic, citrus, and chili, this dish is layered with flavor and it's SO easy to make at home!

Optional side: [Gorditas](#)

TUESDAY



[Baked Flounder](#)

Guarantee buttery soft, flaky fish in minutes using my quick and easy recipe.

Optional side: [Air fryer bread](#)

WEDNESDAY



[Smoked Pork Roast](#)

My family raves over my roasted pork roast. The BBQ rub mixed with mustard adds a savory and sweet tang that's out of this world, and the smoker makes for a hands-off recipe.

Optional side: [Sautéed Brussels sprouts](#)

THURSDAY



[Air Fryer Steak Bites](#)

Each piece turns out crispy and caramelized on the outside yet tender and succulent on the inside, with loads of garlic in every bite.

Tip: I used ribeye steak, but I also had luck with New York strip and top sirloin!

FRIDAY



[Cauliflower Crust Pizza](#)

This is our favorite guilt-free pizza recipe that's deceptively easy to make at home... and I promise it does NOT taste like cauliflower!

Tip: Always broil the pizza at the end to get a crispy top and firm base.

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Grocery List



MEAT

- Bone-in chicken thighs (6)
- Pork loin roast (2 lbs)
- Steak (1 lb)

SEAFOOD

- Flounder fillets (4 x 6 oz fillets)

PRODUCE

- Orange (1)
- Lime (1)
- Lemon (1)
- Garlic (1 head)
- Fresh parsley (1 small bunch)
- Cauliflower (1 medium)

DAIRY

- Unsalted butter (1/4 cup + 2 tbsp)
- Mozzarella cheese (1 2/3 cups)
- Parmesan cheese (1/2 cup)

MISC.

- Eggs (2)
- Pizza toppings
- Pizza sauce

PANTRY

- Olive oil (3 tbsp)
- Apple cider vinegar (1/4 cup + 1 tbsp)
- Achiote paste (2 tbsp)
**If you can't find this, read my recipe card for instructions on how to make it.*
- Bread crumbs (1/4 cup)
- Mustard (2 tbsp)

SPICES

- Salt and black pepper
- Oregano (1 tsp)
- Cumin (1 tsp)
- Onion powder (1 tsp)
- Paprika (1/2 tsp)
- Dried parsley (1/2 tsp)
- Dry BBQ spice rub (3 tbsp)
- Italian seasoning (1 tbsp)

MENU

Monday: [Pollo asado](#)
Optional side: [Gorditas](#)

Tuesday: [Baked flounder](#)
Optional sauces: [Air fryer bread](#)

Wednesday: [Smoked pork roast](#)
Optional side: [Sautéed Brussels sprouts](#)

Thursday: [Air fryer steak bites](#)
Tip: I used ribeye steak, but I also had luck with New York strip and top sirloin!

Friday: [Cauliflower crust pizza](#)
Tip: Always broil the pizza at the end to get a crispy top and firm base.

Breakfast: [Air fryer hard boiled eggs](#)

Snack: [Strawberry oatmeal bars](#)

Dessert: [Caramilk slice](#)