

MEAL PLAN 53 Recipes and Prep Instructions



DINNER

BREAKFAST



Cottage Cheese Bagels

Make them in the oven OR air fryer!
(Adjust grocery list as needed)

SNACKS



Healthy Granola Bars

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

DESSERT



Cottage Cheese Brownies

The fudgiest brownies ever!
(Adjust grocery list as needed)

MONDAY



Korean Ground Beef Bulgogi

Tender lean ground beef simmered in a savory and umami-forward bulgogi sauce-you'll never see ground beef the same way again!

Optional side: [Basmati rice](#)

TUESDAY



Baked Flounder

It's light, flaky, and buttery soft, and you only need a handful of ingredients and 10 minutes to make it.

Optional side: [Air fryer broccoli](#)

WEDNESDAY



Cauliflower Crust Pizza

Turn a humble head of cauliflower into a light and crispy crust perfect for all your favorite pizza toppings.

Tip: Not a fan of cauliflower? Try my [sweet potato crust](#) instead!

THURSDAY



Oven Fried Chicken

Golden brown, crackling crisp, and juicy, no one will be able to tell this came out of your oven-I guarantee it!

Optional side: [Protein mac and cheese](#)

FRIDAY



Miso Salmon

Tender salmon fillets are coated in a savory miso glaze and broiled until they're caramelized yet tender. We've been making this recipe at least twice a week!

Tip: Don't be afraid to use this glaze on other types of fish, chicken, or even tofu!

MEAL PLAN 53

Grocery List



MEAT

- Ground beef (1 lb)
- Chicken, boneless and bone-in pieces (2 lbs)

PRODUCE

- Cauliflower (1)
- Garlic (1 head)
- Ginger (1 inch)
- Lemon juice (1 tbsp)
- Parsley (1 tbsp)
**Can sub for 1/4 tsp dried parsley.*

DAIRY

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

PANTRY

- Olive oil (2 tbsp)
- Soy sauce (1/4 cup + 2 tbsp)
- Brown sugar (2 tbsp)
- Sesame oil (2 tbsp)
- Rice vinegar (1 tbsp)
- Mirin (2 tbsp)
- Bread crumbs (1/4 cup)
- All-purpose flour (1 cup)
- Cornstarch (1/2 cup)
- Honey (1 tbsp)

SPICES

- Salt and black pepper
- Red pepper flakes (1/4 tsp)
- Paprika (1/2 tsp)
- Smoked paprika (1 tsp)
- Dried parsley (1/2 tsp)
- Italian seasoning (1 tbsp)

SEAFOOD

- Flounder fillets (4)
- Salmon fillets (4)

MISC.

- Eggs (2)
- Miso paste (1/4 cup)
- Sake (2 tbsp)

MENU

Monday: [Korean ground beef bulgogi](#)
Optional side: [Basmati rice](#)

Tuesday: [Baked flounder](#)
Optional side: [Air fryer broccoli](#)

Wednesday: [Cauliflower crust pizza](#)
Tip: Not a fan of cauliflower? Try my [sweet potato crust](#) instead!

Thursday: [Oven fried chicken](#)
Optional side: [Protein mac and cheese](#)

Friday: [Miso salmon](#)
Tip: Don't be afraid to use this glaze on other types of fish, chicken, or even tofu!

Breakfast: [Cottage cheese bagels](#)

Snack: [Healthy granola bars](#)

Dessert: [Cottage cheese brownies](#)