

MEAL PLAN 54

Recipes and Prep Instructions



DINNER

BREAKFAST



[Air Fryer Pancakes](#)

The easiest pancakes ever!
(Adjust grocery list as needed)

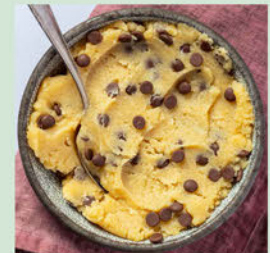
SNACKS



[Cottage Cheese Egg Salad](#)

Perfect for meal prep!
(Adjust grocery list as needed)

DESSERT



[Chickpea Cookie Dough](#)

Ready in minutes!
(Adjust grocery list as needed)

MONDAY



[Butter Chicken](#)

Tender chicken pieces simmered in a creamy and golden curry sauce - this is hands down our favorite dish when we crave Indian takeout!

Optional side: [Cottage cheese flatbread](#)

TUESDAY



[Sous Vide Salmon](#)

Guarantee tender, fall-apart salmon fillets with little to no prep time needed. The best part? You don't even need a sous vide machine!

Tip: Turn the leftovers into [salmon bowls](#) for lunch the next day!

WEDNESDAY



[Instant Pot Chicken Drumsticks](#)

When I'm hosting or need dinner on the table fast, I break out the pressure cooker. It's hands-off, and you're guaranteed succulent chicken pieces in under 20 minutes.

Optional side: [Roasted potatoes and carrots](#)

THURSDAY



[Arrachera Steak](#)

Featuring dry-rubbed skirt steak seared until crisp and juicy, my recipe turns a budget cut into something really remarkable.

Tip: Enjoy it as is, or slice it up to use in tacos, quesadillas, or burritos!

FRIDAY



[Crispy Calamari](#)

This is a fun dish my family always begs me to make when we find calamari at the grocer. It's crispy and flavorful, and you can deep fry it OR bake it in the oven.

Optional side: [Air fryer Brussels sprouts](#)

MEAL PLAN 54

Grocery List



MEAT

- Chicken thighs (1 ¼ lbs)
- Chicken drumsticks (2 lbs)
- Skirt steak (3 lbs)

SEAFOOD

- Salmon fillets (4)
- Calamari, rings and tentacles (14 oz)

PRODUCE

- Ginger (1 inch)
- Garlic (1 head)
- Onion (1)
- Lemon (3)
- Limes (2)

DAIRY

- Butter (3 tbsp)
- Ghee (2 tbsp)
- Heavy cream (1 ¼ cups)

MISC.

- Tandoori curry paste (2 tbsp)

PANTRY

- Canned tomatoes (14 oz)
- Chicken broth (2 cups)
- BBQ sauce (1 cup)
- Olive oil (¼ cup + 2 tbsp)
- Panko breadcrumbs (1 cup)

SPICES

- Salt and black pepper
- Garam masala (1 tsp)
- Cumin (2 tsp)
- Smoked paprika (2 tsp)
- Paprika (1 tbsp)
- Garlic powder (1 tsp)
- Mexican oregano (2 tbsp)
- Oregano (1 tsp)
- Chili powder (1 tsp)

MENU

Monday: [Butter chicken](#)

Optional side: [Cottage cheese flatbread](#)

Tuesday: [Sous vide salmon](#)

Tip: Turn the leftovers into [salmon bowls](#) for lunch the next day!

Wednesday: [Instant Pot chicken drumsticks](#)

Optional side: [Roasted potatoes and carrots](#)

Thursday: [Arrachera steak](#)

Tip: Enjoy it as is, or slice it up to use in tacos, quesadillas, or burritos!

Friday: [Crispy calamari](#)

Optional side: [Air fryer Brussels sprouts](#)

Breakfast: [Air fryer pancakes](#)

Snack: [Cottage cheese egg salad](#)

Dessert: [Chickpea cookie dough](#)