

# MEAL PLAN 55

## Recipes and Prep Instructions



**DINNER**

**BREAKFAST**



**[Egg Bites with Cottage Cheese](#)**

WAY better than Starbucks!  
(Adjust grocery list as needed)

**SNACKS**



**[Air Fryer Mozzarella Sticks](#)**

The PERFECT appetizer!  
(Adjust grocery list as needed)

**DESSERT**



**[Chocolate Chip Cheesecake Bars](#)**

The best of both worlds!  
(Adjust grocery list as needed)

MONDAY



**[Sofritas](#)**

Featuring crumbled tofu simmered in a poblano and chipotle sauce, my easy recipe is WAY better than Chipotle's (and my family agrees!).

Optional side: [Air fryer tortilla chips](#)

TUESDAY



**[Mexican Pizza](#)**

When we're craving something fun and delicious for dinner, I love making these Taco Bell dupes.

Tip: Use my [ground beef taco meat](#) or swap the protein for sofritas if you have any leftovers!

WEDNESDAY



**[Oven Baked Chicken Wings](#)**

We make these chicken wings at least once a week because they're easy, crispy, and there's no huge pot of oil to clean up after dinner.

Optional side: [Cauliflower fritters](#)

THURSDAY



**[Pan Seared Rockfish](#)**

If you think cooking white fish is hard, I promise my recipe will convince you otherwise. It's quick and you're guaranteed light and flaky fish EVERY time.

Optional side: [Air fryer frozen broccoli](#)

FRIDAY



**[Lomo Saltado](#)**

With tender flank steak and veggies served over white rice and french fries, this is my take on the classic Peruvian comfort food dish.

Tip: I like [basmati rice](#) and [air fryer french fries](#), though you could use just one or the other if you prefer.

# MEAL PLAN 55

## Grocery List



### MEAT

- Ground beef (12 oz)
- Chicken wings (1 lb)
- Flank steak (1 lb)

### PRODUCE

- Poblano pepper (1)
- White onion (2)
- Red onion (1)
- Garlic (1 head)
- Tomatoes (3)
- Bell peppers (2)
- Lemon (1)
- Aji amarillo peppers (2)  
*\*If you can't find these, use jalapeño peppers.*
- Cilantro (1 bunch)

### SEAFOOD

- Rockfish fillets (4 x 4-6 oz)

### DAIRY

- Mozzarella cheese (1 cup)
- Mexican shredded cheese (1 cup)
- Butter (¼ cup)

### MISC.

- Tortillas (6)
- Firm tofu (14 oz)
- Maple syrup (1 tbsp)
- White wine (½ cup)  
*\*Can substitute with chicken broth.*

### PANTRY

- Olive oil (½ cup + 1 tsp)
- Chipotle pepper in adobo sauce (1 pepper, 1 tbsp sauce)
- Tomato paste (2 tbsp)
- Red wine vinegar (2 tbsp)
- Refried beans (15 oz)
- Enchilada sauce (½ cup)
- Black olives (2 tbsp)
- Baking powder (1 tsp)
- All-purpose flour (¼ cup)
- Brown sugar (1 tsp)
- Capers (2 tbsp)
- Soy sauce (2 tbsp)

### SPICES

- Salt and black pepper
- Cumin (2 tsp)
- Taco seasoning (1 tbsp)
- Garlic powder (½ tsp)
- Onion powder (½ tsp)
- Smoked paprika (½ tsp)
- Chili powder (¼ tsp)

### MENU

**Monday:** [Sofritas](#)

Optional side: [Air fryer tortilla chips](#)

**Tuesday:** [Mexican pizza](#)

Tip: Use my [ground beef taco meat](#) or swap the protein for sofritas if you have any leftovers!

**Wednesday:** [Oven baked chicken wings](#)

Optional side: [Cauliflower fritters](#)

**Thursday:** [Pan seared rockfish](#)

Optional side: [Air fryer frozen broccoli](#)

**Friday:** [Lomo saltado](#)

Tip: I like [basmati rice](#) and [air fryer french fries](#), though you could use just one or the other if you prefer.

**Breakfast:** [Egg bites with cottage cheese](#)

**Snack:** [Air fryer mozzarella sticks](#)

**Dessert:** [Chocolate chip cheesecake bars](#)