

MEAL PLAN 56

Recipes and Prep Instructions



DINNER

BREAKFAST



[Fluffy Zucchini Pancakes](#)

Secretly healthy!
(Adjust grocery list as needed)

SNACKS



[Cottage Cheese Muffins](#)

Made with pantry staples!
(Adjust grocery list as needed)

DESSERT



[Peanut Butter Cookie Bars](#)

Ready in under 30 minutes!
(Adjust grocery list as needed)

MONDAY



[Ham Steak](#)

Ham steaks are a tradition every Easter at home because they're easy, satisfying, and they make the BEST leftover ham sandwiches!

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

TUESDAY



[Chana Masala](#)

Featuring tender chickpeas simmered in an aromatic tomato and curry-infused sauce, this is one of my family's favorite Indian-inspired dishes.

Tip: Need more protein? Add cubed tofu or paneer cheese cubes.

WEDNESDAY



[White Chicken Chili](#)

When I need a satisfying, protein-packed recipe (in under 20 minutes), I make this white chicken chili.

Tip: Save time cooking the chicken and make my [Instant Pot chicken breast!](#)

THURSDAY



[Coconut Shrimp](#)

Juicy shrimp are coated in a savory and sweet panko-coconut breading, then fried to golden brown perfection. The best part? All you need is 10 minutes!

Optional side: [Coconut milk rice](#)

FRIDAY



[Flank Steak](#)

Turn a budget cut of beef into a juicy and succulent steak using my quick and foolproof recipe. We like to add it to tacos or nachos, but you can enjoy it all on its own.

Optional side: [Air fryer baked potatoes](#)

MEAL PLAN 56

Grocery List



MEAT

- Ham steaks (4)
- Chicken breast, shredded (2 cups)
- Flank steak (2 lbs)

PRODUCE

- Onions (3)
- Garlic (1 head)
- Ginger (1 inch)
- Jalapeño peppers (2)
- Lime (1)
- Thyme (3 sprigs)

SEAFOOD

- Shrimp (1 ½ lbs)

DAIRY

- Butter (1 tbsp)

MISC.

- Corn kernels (1 cup)
**Can be fresh, frozen, or canned.*

Eggs (2)

PANTRY

- Olive oil (½ cup + 1 tbsp)
- Oil, for frying (¼ cup)
- Brown sugar (2 tbsp)
- Balsamic vinegar (¼ cup + 2 tsp)
- Canned tomatoes (14 oz)
- Canned chickpeas (18 oz)
- Canned cannellini beans (30 oz)
- Diced green chiles (4 oz)
- Chicken broth (4 cups)
- Almond flour (½ cup)
- Shredded coconut flakes (1 cup)
- Panko breadcrumbs (½ cup)
- Ketchup (¼ cup)
- Sriracha (2 tbsp)
- Honey (¼ cup + 2 tbsp)
- Soy sauce (⅓ cup)

SPICES

- Salt and black pepper
- Garlic powder (½ tsp)
- Cinnamon stick (1)
- Bay leaf (1)
- Cardamom pods (4)
- Cloves (2)
- Turmeric (1 tsp)
- Garam masala (3 tsp)
- Chili powder (½ tsp)
- Ground cumin (1½ tsp)
- Ground coriander (½ tsp)
- Smoked paprika (1 tsp)

MENU

Monday: [Ham steak](#)

Optional side: [Smoked mac & cheese](#)

Tuesday: [Chana masala](#)

Tip: Need more protein? Add cubed tofu or paneer cheese cubes.

Wednesday: [White chicken chili](#)

Tip: Save time cooking the chicken and make my [Instant Pot chicken breast!](#)

Thursday: [Coconut shrimp](#)

Optional side: [Coconut milk rice](#)

Friday: [Flank steak](#)

Optional side: [Air fryer baked potatoes](#)

Breakfast: [Fluffy zucchini pancakes](#)

Snack: [Cottage cheese muffins](#)

Dessert: [Peanut butter cookie bars](#)