

MEAL PLAN 57

Recipes and Prep Instructions



DINNER

BREAKFAST



Health Breakfast Muffins

Endless flavor options!
(Adjust grocery list as needed)

SNACKS



Chocolate Protein Shake

30 grams of protein!
(Adjust grocery list as needed)

DESSERT



Healthy Zucchini Bread

No white flour, butter or oil!
(Adjust grocery list as needed)

MONDAY



Cream of Asparagus Soup

When I need a warm, nourishing, veggie-packed bowl of soup, I make my cream of asparagus soup. Even kids will love it-I guarantee.

Optional side: [Air fryer garlic bread](#)

TUESDAY



Roasted Branzino

Whether I'm hosting or want to impress the family, I roast branzino. It's simple, and you're promised tender, flaky fish layered with Mediterranean flavors.

Optional side: [Cauliflower steaks](#)

WEDNESDAY



Air Fryer Italian Sausages

Guarantee tender, juicy, perfectly cooked sausages served over a bed of caramelized peppers and onions...all in under 10 minutes.

Tip: These sausages make excellent meal prep, so make double what you need and save the rest for tomorrow!

THURSDAY



Air Fryer Chicken Parmesan

If you were ever skeptical of using the air fryer for chicken parm, my recipe will convince you! Tender chicken breasts are air fried until golden and topped with savory marinara and gooey melted cheese.

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

FRIDAY



Quick Lamb Ragu

With tender, fall-apart lamb simmered in a rich tomato sauce and served over a bed of al dente pasta, this is my family's favorite comfort food dish.

Tip: I recommend using a thicker pasta (like tagliatelle) so it holds onto the sauce better.

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Grocery List



MEAT

- Italian sausages (1 lb)
- Chicken breasts (4)
- Lamb shoulder (1 lb)

PRODUCE

- Leek (1)
- Potato (1)
- Garlic (1 head)
- Asparagus (2 bunches)
- Lemon (1)
- Dill (1/4 cup)
- Cherry tomatoes (1 cup)
- Red onion (1)
- White onion (2)
- Bell peppers (2)
- Carrot (1)
- Celery (2 stalks)

SEAFOOD

- Branzino (2)

DAIRY

- Butter (2 tbsp)
- Heavy cream (1/4 cup)
- Mozzarella cheese (1/2 cup)
- Parmesan cheese (1/2 cup)

MISC.

- White wine (1/2 cup)
**Can be substituted with vegetable broth.*
- Egg (1)

PANTRY

- Vegetable broth (4 cups)
- Beef broth (1/2 cups)
- Canned tomatoes (14 oz)
- Tomato paste (1 1/2 tbsp)
- Olive oil (1/4 cup + 1/2 tbsp)
- Panko breadcrumbs (1 cup)
- Marinara sauce (1 cup)
- Sugar (1/2 tsp)
- Beef bouillon cube (1)
- Pappardelle pasta (12 oz)

SPICES

- Salt and black pepper
- Dried oregano (2 tsp)
- Italian seasoning (2 tbsp + 1/4 tsp)
- Bay leaves (2)

MENU

Monday: [Cream of asparagus soup](#)
Optional side: [Air fryer garlic bread](#)

Tuesday: [Roasted Branzino](#)
Optional side: [Cauliflower steaks](#)

Wednesday: [Air fryer Italian sausages](#)
Tip: These sausages make excellent meal prep, so make double what you need and save the rest for tomorrow!

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

Friday: [Quick lamb ragu](#)
Tip: I recommend using a thicker pasta (like tagliatelle) so it holds onto the sauce better.

Breakfast: [Healthy breakfast muffins](#)

Snack: [Chocolate protein shake](#)

Dessert: [Healthy zucchini bread](#)