

MEAL PLAN 58

Recipes and Prep Instructions



DINNER

BREAKFAST



Coconut Flour Pancakes

Low-carb and gluten-free!
(Adjust grocery list as needed)

SNACKS



Crispy Zucchini Chips

Oven and air fryer options!
(Adjust grocery list as needed)

DESSERT



No Bake Chocolate Oat Bars

Loaded with chocolate!
(Adjust grocery list as needed)

MONDAY



Big Mac Salad

Featuring tender ground beef, burger toppings, and [Big Mac sauce](#), everything's piled on a bed of fresh, crispy lettuce. When we're avoiding fast food, recipes like this make it easy.

Tip: Read my tips on making this dish meal-prep friendly!

TUESDAY



Gigi Hadid Pasta

Gigi Hadid may not have invented this pasta dish, but she made it go viral. Now, I'm adding my twist to take this creamy, spicy vodka sauce to the next level.

Optional side: [Air fryer biscuits](#)

WEDNESDAY



Moroccan Chicken

Tender, fall-apart chicken thighs are baked in layers of warming spices, green olives, and heaps of garlic. It's a one-pot dish my family can NOT get enough of.

Tip: The longer the chicken marinates, the better. I like to marinate the chicken the night before.

THURSDAY



Blackened Catfish

If you haven't tried catfish before, this recipe is the perfect place to start. It's tender, flaky, and meaty, with layers of blackened Cajun flavor the family will fawn over.

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

FRIDAY



Air Fryer Turkey Meatballs

When I need dinner on the table, and fast, I make these air fried meatballs. They're quick, and the results are healthy, juicy and perfect for pasta, pizza, or sandwiches.

Optional side: [Sautéed asparagus](#)

MEAL PLAN 58

Grocery List



MEAT

- Ground beef (1 lb)
- Chicken thighs (6)
- Ground turkey (1 lb)

PRODUCE

- Iceberg lettuce (1 head)
- Red onion (2)
- White onion (1)
- Cherry tomatoes (1 cup)
- Garlic (1 head)
- Lemon (1)
- Basil (1 small bunch)

SEAFOOD

- Catfish fillets (1)

DAIRY

- Shredded cheddar cheese (1 cup)
- Parmesan cheese (1/4 cup)
- Heavy cream (1/2 cup)
- Butter (1 tbsp)
- Milk (2 tbsp)

MISC.

- [Big Mac sauce](#) (1/2 cup)
- Dill pickles (1/2 cup)
- Vodka (1 tbsp)
- Egg (1)

PANTRY

- Olive oil (1/2 cup + 1 tbsp)
- Tomato paste (1/4 cup + 3 tbsp)
- Shell pasta (8 1/2 oz)
- Green olives (1 cup)
- Chicken broth (1 cup)
- Breadcrumbs (1/2 cup)

SPICES

- Salt and black pepper
- Red pepper flakes (1 1/2 tsp)
- Paprika (1 tsp)
- Smoked paprika (2 tsp)
- Cumin (1 tsp)
- Garlic powder (2 tsp)
- Onion powder (2 tsp)
- Ground ginger (1/2 tsp)
- Ground cloves (1/4 tsp)
- Ground coriander (1/2 tsp)
- Dried thyme (2 tsp)
- Dried oregano (1 tsp)
- Cayenne pepper (1 tsp)

MENU

Monday: [Big Mac salad](#)

Tip: Read my tips on making this dish meal-prep friendly!

Tuesday: [Gigi Hadid pasta](#)

Optional side: [Air fryer biscuits](#)

Wednesday: [Moroccan Chicken](#)

Tip: The longer the chicken marinates, the better. I like to marinate the chicken the night before.

Thursday: [Blackened catfish](#)

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

Friday: [Air fryer turkey meatballs](#)

Optional side: [Sautéed asparagus](#)

Breakfast: [Coconut flour pancakes](#)

Snack: [Crispy zucchini chips](#)

Dessert: [No bake chocolate oat bars](#)