

# MEAL PLAN 59

## Recipes and Prep Instructions



DINNER

BREAKFAST



### Healthy Zucchini Muffins

Ready in under 20 minutes!!  
(Adjust grocery list as needed)

SNACKS



### Air Fryer Chickpeas

Healthy, crunchy, and  
addictive!  
(Adjust grocery list as needed)

DESSERT



### Krispy Kreme Donuts

Fry them or bake them!  
(Adjust grocery list as needed)

MONDAY



### Baked Chicken Thighs

We make these chicken thighs once a week because they're fast and there's hardly any prep time, yet the result is tender chicken with golden and crispy skin.

Optional side: [Garlic breadsticks](#)

TUESDAY



### Firecracker Salmon

Make this for a crowd, and I promise your guests will be begging for your secrets. The firecracker sauce is sweet and spicy, and it complements the flaky salmon like no other.

Optional side: [Sautéed bok choy](#)

WEDNESDAY



### Spicy Noodles

Featuring heaps of garlic and chili, this is my family's favorite noodle dish when we're craving Chinese fakeout.

Tip: Add leftover firecracker salmon or chicken thighs for added protein, or try my [air fryer tofu](#) for a meatless option.

THURSDAY



### Steak Salad

You'll rarely catch my family requesting salad for dinner, but this recipe is the exception. It features grilled steak paired with blue cheese, tomatoes, lettuce, and a tangy balsamic dressing.

Tip: Feel free to use freshly grilled steaks, or grill them the day before and make a cold salad.

FRIDAY



### Coconut Shrimp

Tender shrimp pieces are coated in an almond and panko breading, then fried until golden and crackling crisp. We like to serve this as is, but you could serve it over tacos if you prefer.

Optional side: [Coconut milk rice](#)



## MEAL PLAN 59

### Grocery List



#### MEAT

- Chicken thighs (6)
- Sirloin steak (4)

#### PRODUCE

- Garlic (1)
- Ginger (1 inch)
- Lemon (1)
- Green onion (1 bunch)
- Red chilies (3)
- Bean sprouts (1 cup)
- Mixed greens (2 cups)
- Cherry tomatos (1 cup)
- Red onion (1)
- Radish (1)

#### SEAFOOD

- Salmon fillets (4)
- Shrimp (1 ½ lbs)

#### DAIRY

- Blue cheese (¼ cup)

#### PANTRY

- Olive oil (½ cup + 2 tbsp)
- Balsamic vinegar (¼ cup + 2 tbsp)
- Dijon mustard (1 tbsp)
- Honey (2 tbsp + 2 tsp)
- Buffalo sauce (¼ cup)
- Brown sugar (¼ cup)
- Sugar (2 tbsp)
- Sesame oil (2 tbsp)
- Vegetable oil (¼ cup + 2 tbsp)
- Soy sauce (¼ cup + 3 tbsp)
- Dark soy sauce (3 tbsp)
- Rice noodles (1 lb)
- Almond flour (½ cup)
- Coconut flakes (1 cup)
- Panko breadcrumbs (½ cup)
- Ketchup (¼ cup)
- Sriracha (2 tbsp)

#### MISC.

- Egg (2)

#### SPICES

- Salt and black pepper
- Smoked paprika (2 tsp)
- Paprika (1 tsp)
- Dried oregano (1 tsp)
- Dried dill (1 tsp)
- Sesame seeds (2 tbsp)

#### MENU

**Monday:** [Baked chicken thighs](#)  
Optional side: [Garlic breadsticks](#)

**Tuesday:** [Firecracker salmon](#)  
Optional side: [Sautéed bok choy](#)

**Wednesday:** [Spicy noodles](#)  
Tip: Add leftover firecracker salmon or chicken thighs for added protein, or try my [air fryer tofu](#) for a meatless option.

**Thursday:** [Steak salad](#)  
Tip: Feel free to use freshly grilled steaks, or grill them the day before and make a cold salad.

**Friday:** [Coconut shrimp](#)  
Optional side: [Coconut milk rice](#)

**Breakfast:** [Healthy zucchini muffins](#)

**Snack:** [Air fryer chickpeas](#)

**Dessert:** [Krispy Kreme donuts](#)