

MEAL PLAN 60

Recipes and Prep Instructions



DINNER

BREAKFAST



[Coconut Flour Crepes](#)

Made with 3 ingredients!
(Adjust grocery list as needed)

SNACKS



[Cottage Cheese Egg Salad](#)

Over 20 grams of protein!
(Adjust grocery list as needed)

DESSERT



[Healthy Apple Cake](#)

Fluffy and naturally
sweetened!
(Adjust grocery list as needed)

MONDAY



[Greek Chicken Bowls](#)

We've been turning to these Greek chicken bowls for dinner because they're easy to customize, and the leftovers make for effortless meal prep.

Tip: Save even more time by using microwavable grains and rotisserie chicken!

TUESDAY



[Firecracker Meatballs](#)

My family is obsessed with my firecracker sauce recipe, and we've been adding it to everything! This time, I'm pairing this sweet and spicy sauce with perfectly cooked meatballs.

Optional side: [Basmati rice](#)

WEDNESDAY



[Air Fryer Mahi Mahi](#)

If your family is seafood skeptical, you have got to try mahi mahi. It's meaty, crisp on the outside, and richly seasoned. Oh, and there's NO fishy aftertaste.

Optional side: [Air fryer carrots](#)

THURSDAY



[Veal Parmesan](#)

When we're on the fence about getting Italian takeout, I make my signature veal parm. The cutlets are golden brown, and the blend of cheese and homemade tomato sauce adds layers of flavor.

Optional side: [Air fryer biscuits](#)

FRIDAY



[Zucchini Boats](#)

This is my favorite veggie-packed dish to make when we're hosting or when I have picky eaters over for dinner. Even kids and veggie-haters will come back for seconds!

Tip: Keep it vegetarian by swapping the turkey for [pan-fried tofu](#) or vegan meat crumbles!

MEAL PLAN 60 Grocery List



MEAT

- Chicken breasts (1 lb)
- Ground pork or ground chicken (1 lb)
- Ground turkey (1 lb)
- Veal cutlets (3)

PRODUCE

- Lemon (1)
- Garlic (1 head)
- Ginger (1 inch)
- Onion (2)
- Cherry tomatoes (1 cup)
- Persian cucumber (1)
- Parsley (1 small bunch)
- Basil (1 small bunch)
- Zucchini (3)

SEAFOOD

- Mahi mahi (4 fillets)

DAIRY

- Feta cheese (¼ cup)
- Parmesan cheese (½ cup + 2 tbsp)
- Mozzarella cheese (8 oz)
- Shredded cheese (1 ½ cups)

MISC.

- [Couscous](#), cooked (2 cups)
- Kalamata olives (¼ cup)
- [Garlic yogurt sauce](#) (¼ cup)
- Egg (1)

PANTRY

- Olive oil (¾ cup)
- Breadcrumbs (¾ cup)
- Panko breadcrumbs (½ cup)
- Buffalo sauce (¼ cup)
- Brown sugar (¼ cup)
- Soy sauce (1 tbsp)
- Rice wine vinegar or apple cider vinegar (2 tbsp)
- Canned tomatoes (14 oz)
- Marinara sauce (1 cup)

SPICES

- Salt and black pepper
- Oregano (1 tsp)
- Paprika (2 tsp)
- Smoked paprika (½ tsp)
- Garlic powder (½ tbsp + 1 tsp)
- Onion powder (1 ½ tsp)
- Italian seasoning (1 tbsp + 1 tsp)

MENU

Monday: [Greek chicken bowls](#)

Tip: Save even more time by using microwavable grains and rotisserie chicken!

Tuesday: [Firecracker meatballs](#)

Optional side: [Basmati rice](#)

Wednesday: [Air fryer mahi mahi](#)

Optional side: [Air fryer carrots](#)

Thursday: [Veal parmesan](#)

Optional side: [Air fryer biscuits](#)

Friday: [Zucchini boats](#)

Tip: Keep it vegetarian by swapping the turkey for [pan-fried tofu](#) or vegan meat crumbles!

Breakfast: [Coconut flour crepes](#)

Snack: [Cottage cheese egg salad](#)

Dessert: [Healthy apple cake](#)