

MEAL PLAN 62

Recipes and Prep Instructions



DINNER

BREAKFAST



Oatmeal Smoothie

Made with NO bananas!
(Adjust grocery list as needed)

SNACKS



Healthy Chicken Salad

Packed with protein!
(Adjust grocery list as needed)

DESSERT



Peanut Butter Cheesecake

No baking required!
(Adjust grocery list as needed)

MONDAY



Wagyu Burgers

When we're craving burgers but want them to be a bit more... elevated, I turn to wagyu beef. It's tender, hearty, and cooks exactly like regular ground beef.

Tip: Read my recipe tips on using the grill OR the stove top!

TUESDAY



Beef Kabob

Featuring tender marinated sirloin steak grilled with caramelized onions and peppers, this is our go-to recipe when we're eager to grill.

Optional side: [Air fryer green beans](#)

WEDNESDAY



Tuscan Chicken

Instantly elevate humble chicken breasts with this hearty and decadent sauce, tender spinach, and savory sundried tomatoes. We've been making it nonstop.

Tip: Serve this over a bed of rice or pasta for an even heartier dish.

THURSDAY



Oven Baked Pork Chops

If you've never cooked pork chops before, you're missing out. My recipe is fast, easy, and the results are mouthwatering and tender chops every time.

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

FRIDAY



Parmesan Crusted Tilapia

Tender tilapia fillets are coated in panko and baked until they're crispy, crunchy, and golden brown. It's a budget-friendly recipe that's SO easy to make.

Optional side: [Roasted root vegetables](#)

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Grocery List



MEAT

- Ground wagyu beef (1 lb)
- Sirloin steak (1 ½ lbs)
- Chicken breasts (4)
- Bone-in pork chops (4)

PRODUCE

- Bell peppers (3)
- Red onion (1)
- Lemon (1)
- Baby spinach (2 cups)

SEAFOOD

- Tilapia fillets (4)

DAIRY

- Heavy cream (½ cup)
- Half-and-half or whole milk (½ cup)
- Parmesan cheese (1 cup)

MISC.

- Brioche buns (4)
- Sun dried tomatoes in oil (½ cup)
- Burger toppings

PANTRY

- Honey (1 tbsp)
- Olive oil (½ cup + ½ tbsp)
- Soy sauce (3 ½ tbsp)
- Worcestershire sauce (1 tbsp + 1 tsp)
- Flour (2 tbsp)
- Chicken broth (¾ cup)
- Panko breadcrumbs (½ cup)

SPICES

- Salt and black pepper
- Garlic powder (2 tsp)
- Italian seasoning (2 tbsp + 1 tsp)
- Smoked paprika (2 tsp)
- Dried basil (½ tsp)

MENU

Monday: [Wagyu burgers](#)

Tip: Read my recipe tips on using the grill OR the stove top!

Tuesday: [Beef kabobs](#)

Optional side: [Air fryer green beans](#)

Wednesday: [Tuscan chicken](#)

Tip: Serve this over a bed of rice or pasta for an even heartier dish.

Thursday: [Oven baked pork chops](#)

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

Friday: [Parmesan crusted tilapia](#)

Optional side: [Roasted root vegetables](#)

Breakfast: [Oatmeal smoothie](#)

Snack: [Healthy chicken salad](#)

Dessert: [Peanut butter cheesecake](#)