

# MEAL PLAN 63

## Recipes and Prep Instructions



DINNER

BREAKFAST



### Sweet Potato Muffins

No flour, oil, OR eggs!  
(Adjust grocery list as needed)

SNACKS



### Curry Egg Salad

Perfect for meal prep!  
(Adjust grocery list as needed)

DESSERT



### Hazelnut Cookies

Baked in under 15 minutes!  
(Adjust grocery list as needed)

MONDAY



### Eggplant Rollatini

Featuring tender eggplant stuffed with ricotta and baked under a bed of tomato sauce and melty cheese, this is one of our favorite vegetarian dinner recipes.

Tip: Add ground meat or plant-based meat for a protein boost.

TUESDAY



### Filet Mignon

If you thought filet mignon was only for the pros, my recipe will convince you otherwise. It's simple, foolproof, and you're promised tender, succulent beef every time.

Optional side: [Air fryer carrots](#)

WEDNESDAY



### Pan Fried Chicken Breast

When I need dinner on the table in under 20 minutes, I make pan fried chicken breasts. It couldn't be easier, and the results are always golden brown, juicy, perfectly cooked chicken.

Tip: Use boneless chicken thighs for a different texture, but extend the cooking time by at least 5 minutes.

THURSDAY



### Grilled Pork Tenderloin

When grilling season is in full swing, pork tenderloin is the first dish I'll make. The pork turns out savory and tender, with a gorgeous crust and mouthwatering flavor.

Optional side: [Grilled potatoes](#)

FRIDAY



### Air Fryer Salmon Bites

Bite-sized salmon pieces are coated in a sweet and savory sauce, then air fried until they're crispy yet soft and bursting with flavor. We've been making this at least once a week!

Optional side: [Instant Pot sushi rice](#)



## MEAL PLAN 63

### Grocery List



#### MEAT

- Filet mignon (6)
- Chicken breasts (4)
- Pork tenderloin (1 ½ lbs)

#### PRODUCE

- Eggplant (1)
- Garlic (1 head)
- Basil (1 bunch)
- Rosemary (4 sprigs)
- Thyme (3 sprigs)
- Lemon (1)
- Ginger (½ inch)

#### SEAFOOD

- Salmon (1 lb)

#### DAIRY

- Ricotta (1 cup)
- Parmesan cheese (½ cup + 1 tbsp)
- Mozzarella cheese (1 cup)
- Butter (¼ cup + 3 ½ tbsp)

#### MISC.

- Egg (1)

#### PANTRY

- Olive oil (¼ cup + 2 tbsp)
- Tomato sauce (2 cups)
- Flour (¼ cup)
- Brown sugar (1 tbsp)
- Soy sauce (½ cup + 1 tbsp)
- Honey (⅓ cup)
- Cornstarch (1 tbsp)

#### SPICES

- Salt and black pepper
- Garlic powder (1 ¼ tsp)
- Onion powder (½ tsp)
- Paprika (½ tsp)
- Smoked paprika (¼ tsp)
- Red pepper flakes (½ tsp)
- Dried parsley (½ tsp)
- Dried oregano (½ tsp)
- Dried basil (½ tsp)
- Dried thyme (½ tsp)

#### MENU

**Monday:** [Eggplant rollatini](#)

Tip: Add ground meat or plant-based meat for a protein boost.

**Tuesday:** [Filet Mignon](#)

Optional side: [Air fryer carrots](#)

**Wednesday:** [Pan fried chicken breast](#)

Tip: Use boneless chicken thighs for a different texture, but extend the cooking time by at least 5 minutes.

**Thursday:** [Grilled pork tenderloin](#)

Optional side: [Grilled potatoes](#)

**Friday:** [Air fryer salmon bites](#)

Optional side: [Instant pot sushi](#)

**Breakfast:** [Sweet potato muffins](#)

**Snack:** [Curry egg salad](#)

**Dessert:** [Hazelnut cookies](#)