

# MEAL PLAN 64

## Recipes and Prep Instructions



DINNER

BREAKFAST



### Smoked Salmon Bagel

Easy to customize!  
(Adjust grocery list as needed)

SNACKS



### Cottage Cheese Chips

Protein-packed and low-carb!  
(Adjust grocery list as needed)

DESSERT



### Air Fryer Donuts

No yeast, rising, or frying  
needed!  
(Adjust grocery list as needed)

MONDAY



### Protein Pasta

If you're on a protein kick, this pasta recipe is a must. It features tender, high-protein pasta noodles baked in a savory meat sauce and topped with heaps of melty cheese. Yum!

Tip: Add even more protein with my [cottage cheese pasta sauce](#)!

TUESDAY



### Turkey Cutlets

Featuring crispy, panko-breaded turkey cutlets pan fried until golden, this is one of my family's weeknight staples. Plus, the leftovers make for easy meal-prep!

Optional side: [Air fryer eggplant](#)

WEDNESDAY

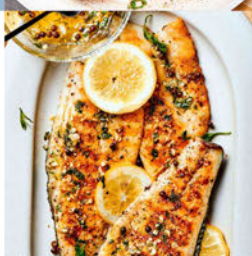


### Shoulder Steak

Instantly elevate a lean cut of steak into something special using my foolproof steak recipe. There's no marinating, and you can use the grill OR the skillet.

Optional side: [Fire roasted tomatoes](#)

THURSDAY



### Grilled Branzino

On those nights when we're craving something light and fresh, I opt for branzino. It's quick to cook, simple to season, and the lemon-peppercorn sauce takes it over the top.

Optional side: [Microwave baked potatoes](#)

FRIDAY



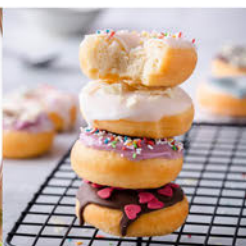
### Crispy Pork Belly

If your family is obsessed with pork belly (like mine), you have GOT to make my crispy pork belly. It's deceptively simple, and the results are crackling, juicy pork belly every time.

Tip: Short on time? Try my [air fryer pork belly](#) instead!



## MEAL PLAN 64 Grocery List



### MEAT

- Lean ground beef (1 lb)
- Turkey cutlets (1 lb)
- Beef shoulder steaks (4, 5-6 oz each)
- Pork belly (2 lbs)

### PRODUCE

- Garlic (1 head)
- Onion (1)
- Parsley (1 bunch)
- Rosemary (1 bunch)
- Lemon (2 tbsp)
- Shallots (1)

### DAIRY

- Greek yogurt (½ cup)
- Parmesan cheese (1 ¼ cup)
- Cottage cheese (1 lb)
- Mozzarella cheese (1 cup)
- Butter (¼ cup + 1 tbsp)

### PANTRY

- Protein pasta (14.5 oz)
- Olive oil (¼ cup)
- Marinara sauce (24 oz)
- All-purpose flour (½ cup)
- Panko breadcrumbs (1 cup)
- Olive oil (½ cup)
- Red wine vinegar (2 tbsp)

### SPICES

- Salt and black pepper
- Italian seasoning (1 tbsp)
- Dried oregano (½ tsp)
- Black peppercorns (1 tsp)
- Sugar (1 tbsp)

### SEAFOOD

- Branzino fillets (4)

### MISC.

- Egg (4)

### MENU

**Monday:** [Protein pasta](#)

Tip: Add even more protein with my [cottage cheese pasta sauce!](#)

**Tuesday:** [Turkey cutlets](#)

Optional side: [Air fryer eggplant](#)

**Wednesday:** [Shoulder steak](#)

Optional side: [Fire roasted tomatoes](#)

**Thursday:** [Grilled Branzino](#)

Optional side: [Microwave baked potatoes](#)

**Friday:** [Crispy pork belly](#)

Tip: Short on time? Try my [air fryer pork belly instead!](#)

**Breakfast:** [Smoked salmon bagel](#)

**Snack:** [Cottage cheese chips](#)

**Dessert:** [Air fryer donuts](#)