

MEAL PLAN 65

Recipes and Prep Instructions



DINNER

BREAKFAST



Air Fryer Cinnamon Rolls

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

SNACKS



Air Fryer Pizza Rolls

Made entirely from scratch!
(Adjust grocery list as needed)

DESSERT



Biscoff Cake

Made with real Biscoff butter!
(Adjust grocery list as needed)

MONDAY



Grilled Chuck Roast

When we're craving a juicy hunk of steak, but we're on a budget, my mind instantly goes to this chuck roast. It's fast, simple, and you're guaranteed a tender, perfectly cooked steak every time!

Optional side: [Cheese biscuits](#)

TUESDAY



Vegetable Korma

We love recreating Indian dishes at home, and this veggie korma recipe is a family favorite. Featuring tender veggies swimming in a golden curry sauce, you won't even miss the meat!

Tip: Add [pan fried tofu](#) or prawns for extra protein!

WEDNESDAY



Air Fryer Fish Tacos

Featuring lightly breaded and air fried fish piled high on tacos with your favorite fixings, this has become our weeknight staple. Plus, everyone gets to pick their toppings!

Optional side: [Air fryer French fries](#)

THURSDAY



Roasted Boneless Turkey Breast

Come Friday night, we rarely feel like cooking. That's why having an effortless turkey roast is a no-brainer!

Tip: Marinate the turkey the night before in my [4-ingredient chicken marinade](#) for even more flavor.

FRIDAY



Oxtail Soup

My one pot oxtail soup features fall-apart meat simmered in a rich broth with tender veggies. It's aromatic, comforting, and the leftovers are to die for!

Optional side: [Pizza dough garlic knots](#)

MEAL PLAN 65

Grocery List



MEAT

- Beef chuck roast (2-3 lbs)
- Boneless turkey breast (1.5-2 lbs)
- Oxtails (3 lbs)

PRODUCE

- Fresh thyme (3 tsp)
- Fresh parsley (1/4 cup)
- Coriander, chopped (1 tbsp)
- Garlic (1 head)
- Ginger (1 inch)
- Onion (1)
- Carrots (2)
- Celery stalk (1)
- Cauliflower (1/2)
- Bell pepper (1)
- Potatoes (2)
- Chili (1)
- Lime (1)

SEAFOOD

- White fish fillets (4)

DAIRY

- Greek yogurt (3/4 cup)

MISC.

- Frozen peas (2 cups)
- Egg white (1)

PANTRY

- Olive oil (5 tbsp)
- Oil (1/4 cup)
- All-purpose flour (1/3 cup + 1 tbsp)
- Panko breadcrumbs (1/2 cup)
- Tomato paste (2 tbsp)
- Curry paste (3 tbsp)
- Coconut milk, full-fat (13.5 oz)
- Red wine or beef broth (1/2 cup)
- Beef broth (8 cups)
- Chopped green chiles, canned (4 oz)
- Worcestershire sauce (1 tbsp)

SPICES

- Salt and black pepper
- Dried thyme (2 tsp)
- Italian seasoning (1 1/2 tsp)
- Bay leaves (2)
- Star anise (1)

MENU

Monday: [Grilled chuck roast](#)
Optional side: [Cheese biscuits](#)

Tuesday: [Vegetable Korma](#)
Tip: Add [pan fried tofu](#) or prawns for extra protein!

Wednesday: [Air fryer fish tacos](#)
Optional side: [Air fryer French fries](#)

Thursday: [Roasted boneless turkey breast](#)
Tip: Marinate the turkey the night before in my [4-ingredient chicken marinade](#) for even more flavor.

Friday: [Oxtail soup](#)
Optional side: [Pizza dough garlic knots](#)

Breakfast: [Air fryer cinnamon rolls](#)

Snack: [Air fryer pizza rolls](#)

Dessert: [Biscoff cake](#)