



MEAL PLAN **WEEK 12**

Recipe Ideas and Prep Instructions

MONDAY



CHICKEN CASSEROLE

This Million Dollar chicken casserole is the ultimate easy comfort food, combining chicken smothered in a rich and creamy sauce topped with buttery Ritz cracker crumbs.

TUESDAY



HAMBURGER HELPER

This one-pot recipe combines lean ground beef and macaroni in a cheesy, tomato-based sauce for a satisfying dinner ready in under 30 minutes!

WEDNESDAY



VEGAN GREEN CURRY

Warm, comforting, and packed full of delicious spice, this green curry is ready in less than 30 minutes. The perfect comfort food.

Side dish ideas: [jasmine](#), [cilantro lime](#), or [coconut rice](#).

THURSDAY



BANG BANG SHRIMP

Perfectly crispy and tossed in a delicious creamy sweet and spicy sauce, this bang bang shrimp is easy to make. Make sure to serve it with extra Bang Bang sauce.

Side dish ideas: leftover rice, [vegetable stir fry](#).

FRIDAY



BIG MAC SALAD

This 20-minute Big Mac Salad lets you enjoy the meat and all the fixings without the bun. It's a super simple and delicious salad!

Bonus!



HOMEMADE GRANOLA

Make the best granola following a simple formula with endless variations. Perfect for breakfast, snacks, trail mixes, and more!