



MEAL PLAN WEEK 2

Recipe Ideas and Prep Instructions

MONDAY



ONE-PAN CHICKEN AND POTATOES

This is the perfect quick dinner of juicy chicken and crispy potatoes – a must-have for busy weekday nights. It's ready to serve as soon as it comes out of the oven.

TUESDAY



GARLIC BUTTER STEAK BITES

Tender, juicy steak pieces cooked in buttery garlic sauce and fresh parsley – they are ready in 10 minutes and are super easy to make.

Side dish ideas: Salad, pasta, or potatoes.

WEDNESDAY



CHANA MASALA

This is a delicious vegan curry, high in plant-based protein. Plus, it is ready to serve in 30 minutes!

Side dish ideas: Enjoy it with naan, rice, or roti.

THURSDAY



TERIYAKI SALMON

This tender and flaky baked salmon is ready in just 15 minutes with a sticky sweet homemade teriyaki sauce.

Side dish ideas: brown rice, Jasmine rice, noodles, or cooked vegetables.

FRIDAY



PASTA SALAD

This easy pasta salad combines pasta, fresh vegetables, briny olives, creamy avocado, and tangy feta. Chop the veggies while the pasta cooks and voila - dinner is ready!

Bonus!



NO-BAKE BROWNIES

Rich, dense, and satisfying, these brownies take less than 15 minutes to make. And you don't even have to turn the oven on.