



MEAL PLAN WEEK 3

Recipe Ideas and Prep Instructions

MONDAY



STUFFED CHICKEN BREAST

Packed with a creamy spinach and cheese filling, these delicious stuffed chicken breasts make an impressive and super easy mid-week dinner.

Side dish ideas: Simple salad or sautéed veggies.

TUESDAY



SLOW-COOKED BEEF STEW

This comforting, traditional easy slow cooker beef stew recipe combines tender beef with hearty root vegetables in a rich red wine gravy.

Side dish ideas: dinner rolls, garlic bread, or more veg.

WEDNESDAY



MINISTRONE SOUP

This is a hearty, flexible, beans and veggie-packed, budget-friendly minestrone soup. It is ready in under 30 minutes!

Side dish ideas: garlic bread, naan, focaccia

THURSDAY



BAKED COD

This tender and flaky cod is ready in just 15 minutes with just a handful of ingredients. You can even use frozen cod fillets.

Side dish ideas: sauteed green peas, snow peas, etc.

FRIDAY



QUINOA SALAD

This quinoa salad is packed with mixed veggies, chickpeas, and avocado in a zesty lemon-garlic dressing.

Bonus!



NO BAKE PROTEIN BALLS

These cacao and almond no-bake protein balls, sweetened with dates, are quick and simple to make. With just a few ingredients and 10 minutes, you can create a tasty, healthy snack for the whole family.