



# MEAL PLAN WEEK 9

Recipe Ideas and Prep Instructions

MONDAY



## ROAST CHICKEN

So simple to make, this roast chicken is wonderfully tender and juicy in the middle with a well-seasoned, lightly crispy skin.

**Side dish ideas:** mashed potatoes or roasted potatoes

TUESDAY



## THAI BASIL BEEF

Full of spicy and aromatic flavors, this authentic pad kra pao is a delicious stir fry dish – quick to make, but worth taking the time to enjoy!

**Side dish ideas:** jasmine rice and fried egg.

WEDNESDAY



## VEGETABLE CASSEROLE

This is a budget-friendly recipe that's easy to make and uses freezer staples for a buttery casserole with a deliciously crunchy topping.

THURSDAY



## GARLIC BUTTER SHRIMP

Make delicious garlic butter shrimp in 10 minutes with plump, juicy shrimp in a simple lemon, garlic, & parsley butter sauce.

**Side dish ideas:** lemon pasta, rice, quinoa.

FRIDAY



## KANI SALAD

This Japanese-inspired salad recipe is light, creamy, & refreshing – combining imitation crab with shredded cucumber & carrots tossed in a creamy mayo-based sauce.

Bonus!



## HOMEMADE DATE SNICKERS

These Snickers bars combine easy nougat, date-based caramel, crunchy peanuts, and chocolate. They're easy to make and perfect for satisfying a sweet tooth.