



MEAL PLAN **WEEK 17**

Recipe Ideas and Prep Instructions

MONDAY



CROCKPOT CHICKEN ENCHILADAS

These 5-ingredient enchiladas are made with tender, juicy shredded chicken in enchilada sauce with beans and plenty of cheese! Serve with your favorite toppings like sour cream, cilantro, chopped onion, and avocado.

TUESDAY



HOMEMADE STEAK

Tenderize and infuse steaks with mouth-wateringly delicious flavor with this steak marinade! It's savory, tangy, herby, bright, and produces steakhouse-quality results! Serve the steak with potatoes or veggies.

WEDNESDAY



VEGETABLE LASAGNA

Make this mixed veggie lasagna as a hearty, wholesome, comforting evening meal. It is simple to make and can be made entirely from scratch or with a few cheats!

THURSDAY



AIR FRYER FISH

Crispy, crunchy, and so easy to make, this flaky air fryer fish recipe is the perfect option for a flavorful mid-week meal. Serve with [tartar sauce](#), [tomato cucumber salad](#), or [French fries](#).

FRIDAY



BULGUR WHEAT SALAD

This bulgur wheat salad is a delicious, nutritious, filling recipe. A healthy, earthy dish that gets its spice and flavor from the green bulgur mix. Serve with [pita bread](#), radish, cucumber, or even pickles.

Bonus!



RICE PUDDING

Make a classic, creamy rice pudding by simmering rice, milk, and sugar, then adding raisins, vanilla, and cinnamon. Everyone will love this treat year-round!