



MEAL PLAN WEEK 18

Recipe Ideas and Prep Instructions

MONDAY



CHICKEN ALFREDO

Make an easy chicken Alfredo recipe with a silky smooth cream sauce, golden-brown chicken, and tender pasta! Garnish with parsley and extra grated Parmesan cheese!

TUESDAY



SLOW COOKER BEEF BRISKET

Make a perfectly cooked beef brisket - it is appetizingly spiced, succulent, and melt-in-the-mouth tender, smothered in a flavor-packed homemade BBQ sauce. Serve with mashed potatoes or veggies.

WEDNESDAY



VEGETARIAN BUTTER CHICKEN

Make this recipe either using tofu or paneer. It is a delicious, wholesome, comforting mid-week meal that pairs perfectly with jasmine rice.

THURSDAY



GRILLED SALMON

Make this easy grilled salmon recipe with just 2 ingredients. It's ready in minutes, and you can pair it with your favorite grilled vegetables for a simple, healthy meal.

FRIDAY



CAESAR SALAD

Make this recipe with crisp romaine lettuce, parmesan cheese, a rich and creamy homemade dressing, and crunchy flavor-packed homemade croutons!

Bonus!



FRUIT SALAD

Toss mixed fresh fruit in a sweet honey lime dressing for a bright, vibrant, delicious homemade fruit salad! A perfect side dish, dessert, or afternoon pick-me-up.