



MEAL PLAN **WEEK 13**

Recipe Ideas and Prep Instructions

MONDAY



CHINESE ORANGE CHICKEN

This restaurant-quality recipe is so much better than takeout – combining super tender yet crispy fried chicken in a sticky sweet and sour orange sauce.

Side dish ideas: [jasmine rice](#).

TUESDAY



PERFECTLY GRILLED BURGERS

Grilling burgers like a pro is surprisingly simple – and my easy guide will show you how to make delicious, juicy burgers on the grill that turn out perfect every time.

WEDNESDAY



MUSHROOM SOUP

Easy-to-make comfort food, this soup combines umami flavors with rich broth, white wine, and cream and is ready in about 30 minutes.

THURSDAY



LOX BAGEL

Make a delicious lox bagel in just 5 minutes! Layer your favorite bagel with cream cheese, silky salmon, crisp cucumbers, onions, fresh dill, and capers for a simple yet satisfying meal.

FRIDAY



PANZANELLA SALAD

This salad is simple, fresh, and summery, perfect for tomato season. It combines fresh, juicy tomatoes with toasted bread, mozzarella, and a simple salad dressing.

Bonus!



EASY SHAKSHUKA

Enjoy this authentic shakshuka recipe any time of the day. The combination of poached eggs, spiced tomato sauce, onion, and peppers will become your new favorite way to enjoy your eggs.