



MEAL PLAN **WEEK 14**

Recipe Ideas and Prep Instructions

MONDAY



GRILLED CHICKEN THIGHS

Perfectly grilled bone-in chicken thighs – tender and juicy in the middle, packed with flavor, and perfectly charred outside with the BEST homemade marinade!

Side dish ideas: [grilled potatoes](#), [grilled corn](#).

TUESDAY



BEEF BARLEY SOUP

This beef barley soup is healthy, satisfying, flavorful, and easy to make with tender beef, nutty barley, and simple veggies. Serve with [garlic bread](#), [dinner rolls](#), [buttermilk biscuits](#), or a simple green salad.

WEDNESDAY



EASY LENTIL MEATBALLS

These meatballs are served in a simple tomato sauce and are vegan, dairy-free, and gluten-free. Perfect to serve with spaghetti, in a sub, and a variety of other dishes.

THURSDAY



AIR FRYER SHRIMP

This air fryer shrimp cooks up in just 10 minutes! Tender, juicy, and perfectly seasoned, it's perfect as a main with veggies or added to salads and bowls for extra flavor!

FRIDAY



ASIAN BROCCOLI SALAD

This cold salad combines freshly blanched broccoli with a few other ingredients and Asian-inspired sesame ginger dressing. It's a simple yet flavor-packed fresh and crunchy meal.

Bonus!



EASY PEACH CRUMBLE

This recipe is quick and easy, perfect for a last-minute dessert to enjoy with friends and family. With just three steps, it's easily adapted and added to – so you can customize it however you like!