



MEAL PLAN WEEK 16

Recipe Ideas and Prep Instructions

MONDAY



EASY CHICKEN PICCATA

This recipe will give you a taste of Italy from the comfort of your home. This briny, slightly sweet dish is perfect for enjoying as an easy weekday meal.

Side dish ideas: pasta, roasted veggies, simple salad.

TUESDAY



KOREAN BEEF BULGOGI

Make this restaurant-quality, traditional Korean BBQ beef at home in under an hour (including the marinating time!). It's tender, juicy, and delicious.

Side dish ideas: rice, kimchi, pickled daikon radish.

WEDNESDAY



EASY LENTIL SOUP

Make this easy, thick, and comforting lentil soup with simple pantry ingredients. It's ready in under an hour. It's delicious when served with warm, crusty bread.

THURSDAY



SALTED COD SALAD (BULJOL)

This delicious Trini dish has all the incredible Caribbean flavors in one bowl. It's so easy to make with just a few simple ingredients!

Pair it with: coconut bake, boiled yucca/cassava.

FRIDAY



SHIRAZI SALAD

Make this simple Persian salad with cucumber, onion, and tomatoes. The fresh veggies are combined with olive oil, spices, verjuice or lemon.

Enjoy with: pita bread, falafel, or proteins.

Bonus!



BLUEBERRY COBBLER

Make this easy blueberry cobbler year-round with fresh or frozen blueberries! Combining a sweet-tart blueberry lemon filling with a fluffy, cakey topping.