



MEAL PLAN WEEK 20

Recipe Ideas and Prep Instructions

MONDAY



BEST CHICKEN SOUP

This is the best soup recipe for winter—tender chicken and hearty vegetables simmered in a light, flavorful broth that will warm and comfort you.

TUESDAY



SLOW COOKER BEEF STROGANOFF

Wonderfully creamy and tender, this simple recipe gets your crock pot to do all the hard work and makes the perfect comfort food on colder nights.

WEDNESDAY



LEBANESE GREEN BEANS

Lebanese green beans, aka Loubieh Bi Zeit, is a simple and flavorful dish made with green beans braised in a delicious tomato sauce.

THURSDAY



SHRIMP STIR FRY

Quick shrimp stir fry with juicy shrimp, crisp veggies, and garlicky sauce—ready in 20 minutes.

FRIDAY



TOMATO MOZZARELLA SALAD

A fresh Italian classic made with layers of juicy tomatoes, creamy mozzarella, fresh basil, and a drizzle of olive oil.

Bonus!



LEMON RICOTTA PANCAKES

These light and fluffy pancakes are made with pantry ingredients and are bursting with flavor. Plus, they're protein-rich and perfect for breakfast, brunch, or even dessert.