



MEAL PLAN WEEK 25

Recipe Ideas and Prep Instructions

MONDAY



GRILLED CHICKEN BREAST

This lemon-herb-marinated chicken is bright, fresh, and works beautifully with the grill's smoky char. It becomes so juicy and delicious.

Side dish ideas: [cilantro lime rice](#), [grilled potatoes in foil](#), or keep leftovers to make [chicken Caesar salad](#).

TUESDAY



STEAK FAJITAS

For a richer flavor, use ribeye, but flank or skirt steak works just as well. The homemade seasoning mix adds depth and heat, and the quick marinade helps everything sear beautifully in one pan.

WEDNESDAY



EGGPLANT STEW

This hearty stew combines roasted eggplants with chickpeas, chopped tomatoes, aromatics, and flavorful spices. Serve hot or cold alone or with pita bread, great for meal prep!

THURSDAY



GRILLED SHRIMP SKEWERS

Juicy, zesty, and full of bright citrus and herb flavor. Easy to prep, totally addictive, and ready in under 20 minutes.

Side dish ideas: [cilantro lime rice](#), [lime crema](#), [grilled corn](#).

FRIDAY



MEXICAN STREET CORN SALAD

This salad recipe is smoky, creamy, tangy, and just a little spicy. You can use either grilled or skillet-charred corn, but the grilled version really shines. Enjoy it warm, at room temperature, or straight from the fridge.

Bonus!



BLACKBERRY COBBLER

Juicy berries, golden topping, and made with simple pantry ingredients. You can use fresh or frozen blackberries — both work beautifully, especially when they're ripe and in season.