



MEAL PLAN WEEK 26

Recipe Ideas and Prep Instructions

MONDAY



CASHEW CHICKEN

A quick, stir-fried recipe with tender marinated chicken, colorful bell peppers, and a rich, glossy sauce — perfect with jasmine rice for a better-than-takeout dinner at home.

TUESDAY



GRILLED STEAK

This simple method with garlic herb butter works every time and brings out the best in your steak, whatever cut you choose.

WEDNESDAY



CHICKPEA SOUP

Make a comforting soup, and enjoy a warming bowl with crusty bread. It is the perfect meal for a cold night.

THURSDAY



SHRIMP FAJITAS

Quick, flavorful recipe made with homemade seasoning, bell peppers, and onions — all in one skillet and ready in just 15 minutes.

Topping ideas: pico de gallo, guacamole, or salsa roja.

FRIDAY



WATERMELON SALAD

This salad is sweet, salty, creamy, and crisp. Perfect for BBQs, potlucks, or light lunches.

Bonus!



STRAWBERRY PRETZEL SALAD

Sweet, salty, creamy, and crunchy — buttery pretzel crust, light cheesecake cream, and glossy strawberry topping. A retro summer favorite for gatherings.