



MEAL PLAN WEEK 27

Recipe Ideas and Prep Instructions

MONDAY



CHICKEN ALFREDO

Make this easy recipe with a few simple steps and ingredients, for a silky smooth cream sauce, golden-brown chicken, and tender pasta!

TUESDAY



HOMEMADE CHILI

Make the BEST homemade chili recipe with a few simple pantry ingredients. It's packed with flavor, protein, & fiber for a cozy, comforting, satisfying meal!

Serve with your favorite toppings.

WEDNESDAY



VEGETABLE SOUP

Make this delicious and nutritious meat-free soup in the Instant Pot or on the stovetop. It's hearty, healthy, and packed with vegetables.

Serve with a crusty loaf or garlic bread,

THURSDAY



SHRIMP SCAMPI

This recipe is fast (just 10 minutes!), garlicky, and impossibly satisfying. The shrimp stay tender, the garlic butter sauce is balanced with a splash of white wine, and fresh lemon keeps it bright.

FRIDAY



CHICKEN SALAD

This easy classic recipe is fresh, creamy, bright, perfectly chilled, bursting with flavor, and quick and easy to make. Enjoy as a satisfying salad, over toast, in wraps, with crackers, and more!

Bonus!



BANANA BREAD

This naturally sweetened banana bread recipe contains no added sugar, using date paste instead, and combines bananas and walnuts for a delicious treat!