



MEAL PLAN WEEK 33

Recipe Ideas and Prep Instructions

MONDAY



BUTTER CHICKEN

A rich and creamy recipe made with marinated chicken and a velvety spiced tomato-cashew sauce — perfect with rice or naan.

TUESDAY



KOFTA KEBAB

This is the best authentic kofta kebab recipe, using ground meat, fresh herbs, and Lebanese spices.

WEDNESDAY



RED LENTIL DAL

This easy red lentil dal (tarka dal) recipe is a quick and easy meal for busy weeknights using just a handful of ingredients, 3 steps, and minimal hands-on prep.

THURSDAY



GRILLED TUNA STEAK

Seared to juicy perfection, this quick and easy tuna steak makes for a delicious, high-protein alternative to meaty weekday dinners..

FRIDAY



QUINOA SALAD

This salad is packed with versatile mixed veggies, chickpeas, and avocado in a zesty lemon-garlic dressing, for a delicious and nutritious side salad.

Bonus!



PROTEIN PANCAKES

Make perfectly light and fluffy protein pancakes in 15 minutes – combining oats, yogurt, & protein powder.