



MEAL PLAN WEEK 34

Recipe Ideas and Prep Instructions

MONDAY



OVEN BAKED CHICKEN BREAST

Follow 3 simple steps for the most tender, juicy, and flavorful oven baked chicken breast you'll want to eat with every meal!

TUESDAY



ITALIAN MEATBALLS

This is my favorite Italian meatball recipe — ready in just 30 minutes! They're tender, juicy, and mouthwateringly delicious.

WEDNESDAY



LEBANESE LENTIL SOUP

This Lebanese lentil soup (Shorbat Adas) is simple, hearty, and ready in under 30 minutes with just a few ingredients.

THURSDAY



AIR FRYER SHRIMP

This shrimp recipe cooks up in just 10 minutes! Tender, juicy, and perfectly seasoned, it's perfect as a main with veggies or added to salads and bowls for extra flavor!

FRIDAY



LENTIL SALAD

This simple lentil salad combines protein-dense green lentils with vegetables in a tangy lemon dressing. .

Bonus!



EASY PEEL HARD-BOILED EGGS

How to make perfectly cooked, easy-to-peel hard-boiled eggs every time with a simple, foolproof method and top tips.