



MEAL PLAN WEEK 37

Recipe Ideas and Prep Instructions

MONDAY



BAKED BBQ CHICKEN BREAST

Perfectly caramelized outsides and tender, juicy insides, this chicken breast is big on summery barbeque flavors and makes the perfect midweek meal.

TUESDAY



KOREAN GROUND BEEF

This comforting recipe is sweet, savory, and just a little spicy — ready in under 10 minutes! Serve it over jasmine rice for a quick, high-protein meal the whole family will love.

WEDNESDAY



MOM'S BEST HUMMUS

My mom's hummus recipe uses chickpeas (canned or dried), tahini, and lemon juice or citric acid. It's perfect with veggies or pita.

THURSDAY



SHRIMP FAJITAS

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

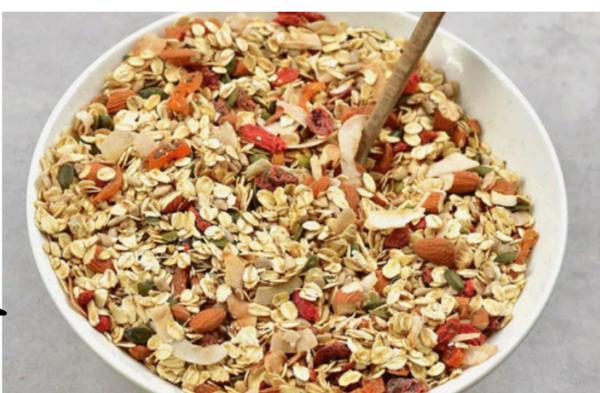
FRIDAY



PASTA SALAD

A colorful and nutritious pasta salad made with fresh vegetables, beans, feta, and a zesty lemon dressing.

Bonus!



HOMEMADE MUESLI

This homemade muesli is a delicious, protein-packed vegan breakfast made with nuts, seeds, and dried fruit — gluten-free, sugar-free, and fully customizable.