

MONDAY



Honey Garlic Salmon

- 34 grams protein per 6 oz. serving of salmon.
- Serve with quinoa (4 grams protein per ½ cup) and steamed broccoli, if desired.

TUESDAY



Garlic Butter Steak Bites with Israeli Couscous Salad

- 38 grams protein per 6 oz. serving steak, 19 grams protein 1 ½ cups salad.
- To add more protein to your meal, add a can of drained garbanzo beans or cannellini beans to the salad (½ cup 7 grams protein). Make sure to add them to the grocery list!

WEDNESDAY



Pork Chops with Balsamic Caramelized Onions

- 38 grams protein per serving (1 pork chop with onions).
- I like to serve this meal with mashed potatoes or noodles to soak up the extra sauce. Add a vegetable or salad of your choice to round out the meal. Be sure to add your choices to the grocery list.

THURSDAY



Chicken Cacciatore

- 42 grams protein per serving (1 chicken thigh with vegetables).
- Serve with polenta (11 grams protein per cup), mashed potatoes, pasta, or fresh bread. Add choice to grocery list.

FRIDAY



Beef Nachos

- 49 grams protein per serving.
- Serve the nachos with easy crocpot refried beans (8 grams protein per ½ cup). The recipe makes a big batch but they freeze well. I like to freeze them in serving-sized containers. Ingredients are already on the grocery list.

BONUS



Chocolate Protein Pancakes

- 12 grams protein (2 pancakes).
- Top the pancakes with greek yogurt for added protein, or serve with eggs.

NOTES

- Cooking Quote of the Week: “Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors—it’s how you combine them that sets you apart.” – Wolfgang Puck



GROCERY LIST FOR MEAL PLAN #99

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- red onion (1) - *Tu*
- large sweet onions (2) - *W*
- yellow cooking onions (3) - *Th/F*
- garlic (17 cloves or two heads) - *M/Tu/W/Th/F*
- grape tomatoes (1 c) - *Tu*
- red bell pepper (1) - *Th*
- green bell peppers (2) - *Th/F*
- white mushrooms (8 oz) - *Th*
- parsley (1 bunch) - *M/Tu/Th*
- basil (1 c) - *Tu*
- lemon (1) - *M*
- vegetable of choice to serve with salmon, such as broccoli - *M*

DAIRY / REFRIGERATED

- butter (4 T) - *Tu*
- fresh mozzarella balls (8 oz) - *Tu*
- shredded cheddar cheese (1½ c) - *F*
- shredded Monterey Jack cheese (1½ c) - *F*
- eggs (4) - *Bonus*
- low-fat cottage cheese (1 c) - *Bonus*
- skim milk (1¾ c) - *Bonus*
- Greek yogurt for topping pancakes (optional) - *Bonus*

PANTRY

- honey (¼ c) - *M*
- soy sauce - *M*
- balsamic vinegar - *Tu/W*
- Dijon mustard - *W*
- all-purpose flour - *Th*
- canola oil - *Bonus*
- vanilla extract - *Bonus*
- pure maple syrup - *Bonus*
- whole wheat flour - *Bonus, see note*
- unsweetened cocoa powder - *Bonus*
- baking powder - *Bonus*

MEAT / FISH / PROTEIN

- 6 oz salmon fillets (4, or about 24 oz total) - *M*
- sirloin steak (1½ lb) - *Tu*
- ¾ to 1-inch thick boneless pork chops (4, or 1½ lb total) - *W*
- chicken thighs (6, or 2½ to 3 lb) - *Th*
- lean ground beef (1 lb) - *F*

BREAD / PASTA / GRAINS

- quinoa to serve with salmon - *M*
- pearl couscous (1 c uncooked) - *Tu*
- dried pinto beans (2 lb or 4 c) - *F*

OTHER

- sides to serve with pork chops (we recommend mashed potatoes and a vegetable or salad of your choice) - *W*
- sides to serve with chicken, such as polenta - *Th*
- dry white wine (¾ c) - *Th*
- tortilla chips (8-10 oz bag) - *F*
- cilantro, sour cream, salsa, guacamole, tomatoes, and/or pickled jalapeños for serving nachos - *F*
- chocolate protein powder - *Bonus*

CANNED GOODS

- chicken broth (½ c) - *W*
- 28 oz can crushed tomatoes (1) - *Th*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- paprika - *M*
- smoked paprika - *F*
- red pepper flakes - *M/Th/F*
- dried crushed rosemary - *Tu*
- dried thyme - *W/Th*
- dried oregano - *Th*
- ground cumin - *F*
- taco seasoning (2 T or 1.25 oz package) - *F*

NOTES

- All-purpose flour can be substituted for whole wheat flour (*Bonus*).

