

SOY 7-DAY HIGH PROTEIN DINNERS

meal plan + grocery list



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MONDAY Day 01	TUESDAY Day 02	WEDNESDAY Day 03	THURSDAY Day 04	FRIDAY Day 05	SATURDAY Day 06	SUNDAY Day 07
<u>Miso Salmon + Arugula Salad</u>	<u>Sweet and Sour Chicken</u>	<u>Crockpot Beef Ramen</u>	Leftovers	Baked (or Air Fryer) Asian Tofu Bowls	Leftovers or Takeout	Build Your Own Meal

GROCERY LIST

PROTEIN & DAIRY:

- 4 (4- to 5-ounce each) skin-on or skinless salmon fillets
- 1 lb boneless, skinless chicken breast
- 1 lb lean ground beef
- 1 lb extra firm tofu
- ½ cup shaved Parmesan cheese
- _____
- _____

PRODUCE (FRESH AND FROZEN):

- 1 lemon
- 1 (5-ounce) bag or carton fresh arugula
- 4 medium carrots + 2 cups shredded carrots
- 1 small shallot
- 1 small pack (0.5 ounce) fresh basil leaves
- 2 medium bell peppers, any color
- ½ medium yellow onion
- 1 bunch green onions
- 1 garlic bulb
- 1 (12-ounce) bag cole slaw mix
- 3 teaspoons freshly grated ginger
- 2 ⅓ cups shelled edamame, frozen
- 1 small (or ½ large) English cucumber
- _____
- _____

CANNED, DRIED & PANTRY STAPLES:

- Cooking spray
- Cooking oil of choice
- ¼ cup white miso paste
- ¼ cup + 2 teaspoons pure honey
- ½ cup rice vinegar
- ⅔ cup low-sodium soy sauce
- ½ teaspoon Dijon mustard
- ⅓ cup toasted sliced almonds
- 1 (14-ounce) can pineapple chunks in 100% juice
- ⅓ cup ketchup
- 6 cups cooked rice of choice (white, brown or cauliflower rice)
- 2 cups low-sodium chicken broth
- 2 tablespoons toasted sesame oil
- 3 (3-ounce) packages of ramen noodles
- 2 ½ teaspoons Sriracha (may substitute chile-garlic sauce or gochujang)
- ¼ cup mayonnaise (use vegan mayo for egg-free)
- 1 tablespoon cornstarch
- _____
- _____

SEASONINGS & SPICES:

- Fine salt and black pepper
- ½ teaspoon garlic powder
- ½ teaspoon ground ginger
- _____
- _____

OPTIONAL GARNISHES AND SUGGESTED SIDES:

- Sweet and Sour Chicken** - sliced green onions and/or sesame seeds
- Crockpot Beef Ramen** - fresh cilantro, sliced green onions, Sriracha, sesame seeds, chili crisp, hot honey, and/or red pepper flakes
- Tofu Bowls** - sesame seeds, red pepper flakes, and/or sliced green onions