

WEEK 1

DAY 01

ALL-DAY COOK · RECIPE 1 OF 7

Slow Cooker Korean Beef Bulgogi

TIME 15 min prep, 7–8 hrs slow cook | SERVES 4 servings | EST. COST $18.50

Ingredients

- [ ] **2 lbs** beef chuck roast, thinly sliced
- [ ] **1/3 cup** soy sauce (low-sodium)
- [ ] **2 tbsp** sesame oil
- [ ] **5** garlic cloves, minced
- [ ] **1 tbsp** fresh ginger, grated
- [ ] **4** green onions
- [ ] **1 tbsp** sesame seeds
- [ ] **1 head** cauliflower rice, for serving

Instructions

1. Whisk together soy sauce, sesame oil, garlic, ginger, and red pepper flakes.
2. Place sliced beef in the slow cooker and pour sauce over the top.
3. Cook on LOW for 7–8 hours or HIGH for 3–4 hours until beef is tender.
4. Meanwhile, rice the cauliflower and sauté in a dry pan over medium-high heat for 5–6 minutes.
5. Serve bulgogi over cauliflower rice, topped with green onions and sesame seeds.

Notes

- Spice level: medium — reduce red pepper flakes for mild
- Reheat in a skillet over medium heat with a splash of water
- Stores well in fridge for 4 days



WEEK 1

DAY 02

QUICK WEEKDAY · RECIPE 2 OF 7

Air Fryer Lemon Herb Chicken Thighs

TIME 10 min prep, 25 min cook

SERVES 4 servings

EST. COST $12.00

Ingredients

- **4** bone-in chicken thighs
- **1** lemon, zested and juiced
- **2 tbsp** olive oil
- **1 tsp** garlic powder
- **1 tsp** dried oregano
- **to taste** salt and black pepper
- **2 tbsp** fresh parsley, chopped

Instructions

1. Pat chicken thighs dry. Combine olive oil, lemon zest, lemon juice, garlic powder, oregano, salt, and pepper.
2. Coat chicken thighs thoroughly with the marinade.
3. Preheat air fryer to 400°F for 3 minutes.
4. Place chicken skin-side down in air fryer basket. Cook 12 minutes, flip, cook another 12–13 minutes until internal temp reaches 165°F.
5. Rest 5 minutes, garnish with parsley and serve.

Notes

- Spice level: mild
- Reheat in air fryer at 350°F for 5 minutes to retain crispiness



WEEK 1

DAY 03

PREP AHEAD · RECIPE 3 OF 7

Overnight Greek Egg Casserole

TIME 20 min prep (night before), 40 min bake

SERVES 6 servings

EST. COST $14.00

Ingredients

- [ ] **10** large eggs
- [ ] **3 cups** baby spinach
- [ ] **1 cup** cherry tomatoes, halved
- [ ] **1 cup** feta cheese, crumbled
- [ ] **1/4 cup** heavy cream
- [ ] **1 tsp** dried oregano
- [ ] **to taste** salt and pepper

Instructions

1. (Night before) Whisk eggs with heavy cream, salt, pepper, and oregano.
2. Spray a 9×13 baking dish. Layer in spinach, tomatoes, and half the feta. Pour egg mixture over. Scatter remaining feta. Cover and refrigerate overnight.
3. (Morning) Preheat oven to 375°F. Bake uncovered for 35–40 minutes until set.
4. Let cool 5 minutes, slice, and serve.

Notes

- Keeps in fridge up to 5 days — great for weekday breakfasts
- Reheat slices in microwave for 90 seconds



WEEK 1

DAY 04

SMOKER / GRILL · RECIPE 4 OF 7

Smoked Spatchcock Chicken

TIME 20 min prep, 3–4 hrs smoke | SERVES 6 servings | EST. COST $16.00

Ingredients

- [ ] **4–5 lbs** whole chicken
- [ ] **2 tsp** smoked paprika
- [ ] **1 tsp** garlic powder
- [ ] **2 tsp** kosher salt
- [ ] **1 tsp** black pepper
- [ ] **4 tbsp** butter, softened
- [ ] **2 cups** apple wood chips

Instructions

1. Spatchcock the chicken by removing the backbone with kitchen shears and pressing flat.
2. Mix butter with all dry spices. Rub under and over the skin generously.
3. Soak apple wood chips 30 minutes. Preheat smoker to 250°F.
4. Smoke chicken breast-side up for 3–4 hours until internal temp reaches 165°F.
5. Rest 15 minutes before carving.

Notes

- For crispy skin, raise smoker to 400°F the last 10 minutes
- Reheat loosely covered in foil at 325°F for 15 minutes



WEEK 1

DAY 05

QUICK WEEKDAY · RECIPE 5 OF 7

Instant Pot Thai Green Curry with Shrimp

TIME 10 min prep, 20 min cook

SERVES 4 servings

EST. COST $20.00

Ingredients

- [ ] **1.5 lbs** large shrimp, peeled and deveined
- [ ] **2 cans** coconut milk (full fat)
- [ ] **3 tbsp** green curry paste
- [ ] **2** zucchini, sliced
- [ ] **2 tbsp** fish sauce
- [ ] **1** lime, juiced
- [ ] **1/2 cup** fresh basil leaves

Instructions

1. Set Instant Pot to Sauté. Add curry paste and stir 2 minutes.
2. Pour in coconut milk and fish sauce. Add zucchini.
3. Seal lid. Pressure cook on HIGH for 2 minutes. Quick release.
4. Switch back to Sauté. Add shrimp and cook 3–4 minutes until pink.
5. Stir in lime juice and basil. Serve over cauliflower rice.

Notes

- Spice level: medium-hot — use 2 tbsp curry paste for milder version
- Reheat gently on stovetop over low heat; do not overcook shrimp



WEEK 1

DAY 06

PREP AHEAD · RECIPE 6 OF 7

Carne Asada Salad with Avocado Crema

TIME 15 min prep (marinate overnight), 15 min cook

SERVES 4 servings

EST. COST $22.00

Ingredients

- [ ] **1.5 lbs** flank steak
- [ ] **1/4 cup** lime juice
- [ ] **1 tsp** cumin
- [ ] **1 tsp** chili powder
- [ ] **1 large head** romaine lettuce, chopped
- [ ] **2** avocados, ripe
- [ ] **1/4 cup** sour cream
- [ ] **1/4 cup** cotija cheese

Instructions

1. (Night before) Combine lime juice, cumin, chili powder, garlic, salt. Marinate steak overnight.
2. Blend avocado, sour cream, lime juice, and salt until smooth for the crema.
3. Grill or sear steak on high heat, 4–5 minutes per side for medium-rare. Rest 10 minutes.
4. Slice steak thinly against the grain.
5. Assemble salad with romaine, steak slices, cotija, and avocado crema.

Notes

• Store steak and salad separately; reheat steak in skillet 2 min



DAY 07

QUICK WEEKDAY · RECIPE 7 OF 7

Tuscan Garlic Butter Salmon

TIME 10 min prep, 20 min cook | SERVES 4 servings | EST. COST $28.00

Ingredients

- [ ] **4 (6 oz each)** salmon fillets
- [ ] **4 tbsp** butter
- [ ] **5** garlic cloves, minced
- [ ] **1/3 cup** sun-dried tomatoes, chopped
- [ ] **3 cups** baby spinach
- [ ] **1/2 cup** heavy cream
- [ ] **1/3 cup** parmesan, grated

Instructions

1. Season salmon with salt, pepper, and Italian seasoning.
2. Sear salmon in butter 3 minutes per side. Remove and set aside.
3. In same skillet, sauté garlic. Add sun-dried tomatoes, heavy cream, and parmesan; simmer 2 minutes.
4. Stir in spinach until wilted. Return salmon to pan.
5. Finish under broiler 2–3 minutes.

Notes

• Reheat gently on stovetop over low heat to avoid overcooking salmon