



3-Day Meal Plan: Salmon Edition

PlateMeHappy.com

Link: <https://platemehappy.com/3-day-meal-plan-salmon-edition/>

Shopping List

Protein:

- Salmon fillets – 12 (about 6 oz each)

Pantry:

- Honey – 3 tbsp
- Soy sauce – 2 tbsp
- Olive oil – ~9 tbsp
- Long grain rice – 1 cup
- Pasta (penne or linguine) – 12 oz
- Chicken or vegetable broth – 1 cup
- Garlic cloves – 8
- Salt
- Black pepper
- Dried Italian herbs – 1 tsp

Fresh Produce:

- Broccoli – 1 large head
- Lemon – 2
- Dill – 2 tbsp (fresh)
- Baby spinach – 4 cups
- Cucumber – 1
- Cherry tomatoes – 1 pint (optional for salad)
- Sweet potatoes – 2 medium
- Zucchini – 2 medium
- Red bell pepper – 1
- Yellow bell pepper – 1

Dairy:

- Heavy cream – ½ cup
- Parmesan cheese – ½ cup