
LANA COVE

Life by the Shore

Weekly Meal Prep Kit

Your Complete 7-Day System for Effortless,
Coastal-Inspired Weeknight Dinners

7-Day Meal Plan Template

Smart Grocery List Builder

12 Signature Recipes

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Nutritional Information

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Welcome to Your New Kitchen Rhythm

If you have ever stared into your fridge at 6 PM wondering what on earth to make for dinner, this kit was designed specifically for you. The Weekly Meal Prep Kit is a complete system that transforms chaotic weeknights into something you actually look forward to.

Every recipe in this collection was developed in my own kitchen, tested multiple times, and refined until it hit that sweet spot: delicious enough for a dinner party, simple enough for a Tuesday. These are coastal-inspired dishes that celebrate fresh ingredients, bright flavors, and the Mediterranean philosophy that food should nourish both body and soul.

How to Use This Kit

Step 1 - Choose Your Week: Pick 5-7 recipes from the collection. I have included a suggested rotation, but mix and match based on your family's preferences.

Step 2 - Build Your List: Use the Smart Grocery List template (page 8) to compile ingredients. Most recipes share base ingredients, so your list will be shorter than you think.

Step 3 - Prep on Sunday: Follow the Sunday Prep-Day Timeline (page 6) to batch-prepare components. Two hours on Sunday saves you 5+ hours during the week.

Step 4 - Cook & Enjoy: Each weeknight, you will spend 15-25 minutes assembling dinner from your prepped components. That is it.

***Lana's Tip:** I recommend starting with just 3-4 recipes your first week. Build confidence before going all-in. The system works best when it feels easy, not overwhelming.*

Your 7-Day Meal Plan Template

Below is a sample week using the 12 recipes in this kit. Feel free to rearrange based on your schedule. I have marked which components can be prepped ahead on Sunday.

Day	Dinner	Prep Ahead?	Cook Time
Monday	Lemon Herb Salmon w/ Roasted Vegetables	Vegetables pre-roasted	20 min
Tuesday	Mediterranean Chicken Bowl	Chicken marinated, grains cooked	15 min
Wednesday	Shrimp Scampi with Garlic Bread	Shrimp cleaned, bread prepped	18 min
Thursday	Coastal Pesto Pasta w/ Cherry Tomatoes	Pesto made, pasta portioned	12 min
Friday	Grilled Fish Tacos w/ Mango Salsa	Salsa made, slaw prepped	20 min
Saturday	Slow-Roasted Chicken w/ Root Vegetables	Chicken marinated	25 min*
Sunday	Prep Day + Leftover Bowl or Light Soup	New week prep begins!	Varies

** Saturday is a longer cook but mostly hands-off roasting time.*

Customization Notes

This plan is designed for a household of 2-4 people. For larger families, simply scale the recipes by 1.5x. Most recipes produce enough for leftovers, which make excellent next-day lunches. If you are cooking for one, halve the recipes and freeze individual portions.

Sunday Prep-Day Timeline

This is the backbone of the entire system. Two focused hours on Sunday set you up for a week of nearly effortless dinners. Put on your favorite playlist, pour a glass of something lovely, and let us get into the flow.

10:00 AM	Mise en Place (15 min) Lay out all ingredients for the week. Check your grocery list is complete. Set up cutting boards, knives, mixing bowls, and storage containers. This step prevents frantic searching mid-prep.
10:15 AM	Start the Grains (5 min active) Put rice, quinoa, or farro on to cook. These run unattended while you work on everything else. Make a double batch for the week. Season the cooking water with a bay leaf and a pinch of salt.
10:20 AM	Protein Prep (25 min) Marinate the chicken for Mediterranean bowls (Tuesday) and Saturday's roast. Clean and devein shrimp for Wednesday. Portion and season the salmon fillets. Store each in labeled containers.
10:45 AM	Vegetable Prep (25 min) Wash all produce. Chop root vegetables for Monday's roast and Saturday's side. Shred cabbage for Friday's slaw. Dice onions, mince garlic, and prep any aromatics. Store in airtight containers with damp paper towels.
11:10 AM	Sauces & Dressings (15 min) Make the pesto (Thursday), mango salsa (Friday), and any vinaigrettes for the week. These all improve in the fridge as flavors meld together overnight.
11:25 AM	Roast & Bake (20 min active, then oven time) Toss Monday's vegetables with olive oil and seasoning, spread on sheet pans. While they roast, prep the garlic bread for Wednesday. Use this oven time to clean up your workspace.

11:45 AM	Package & Store (15 min) Transfer all prepped items to labeled glass containers. Stack in the fridge in order of use: Monday items in front, Friday items in back. Take a photo of your fridge for motivation.
12:00 PM	You're Done! Clean up, admire your beautiful fridge, and enjoy the rest of your Sunday knowing that dinner is handled all week long.

***Lana's Tip:** Invest in a set of good glass storage containers with airtight lids. They keep food fresher, reheat beautifully, and you can see what is inside without opening them. I use a set of 10 from a restaurant supply store.*

Smart Grocery List Builder

Use this template each week. Check off items you already have, then shop for the rest. Organized by grocery store section so you only make one efficient pass through the store.

PRODUCE

- Lemons (4-6)
- Limes (3)
- Cherry tomatoes (2 pints)
- Roma tomatoes (4)
- Mixed greens (2 bags)
- Fresh herbs: basil, cilantro, parsley, dill
- Garlic (2 heads)
- Yellow onions (3)
- Red onion (1)
- Avocados (3-4)
- Sweet potatoes (3)
- Carrots (1 lb)
- Zucchini (2)
- Bell peppers (3 colors)
- Cabbage (1 small, for slaw)
- Mango (2, for salsa)
- Jalapeño (1-2)
- Scallions (1 bunch)
- Arugula (1 bag)
- Cucumber (1)

PROTEIN

- Salmon fillets (4, skin-on preferred)
- Chicken thighs, bone-in (6-8)
- Large shrimp (1.5 lbs, shell-on or peeled)
- White fish fillets (4, mahi-mahi or cod)
- Whole chicken (1, 4-5 lbs) for Saturday

PANTRY & GRAINS

- Olive oil, extra virgin (good quality)
- Pasta (1 lb, your favorite shape)
- Rice or quinoa (2 cups dry)
- Flour tortillas (8 count, small)
- Crusty bread (1 loaf, for garlic bread)
- Pine nuts or walnuts (1/4 cup, for pesto)
- Capers (1 small jar)
- Kalamata olives (1 small jar)
- Canned chickpeas (1 can)

- Chicken or vegetable broth (1 quart)
- White wine (1 cup, for cooking)
- Red wine vinegar

DAIRY & CHEESE

- Parmesan cheese (wedge, for grating)
- Feta cheese (4 oz block)
- Unsalted butter (1 stick)
- Greek yogurt (1 cup, for dressings)
- Fresh mozzarella (optional, for pasta)

SPICES & SEASONINGS

- Sea salt & black pepper (always stocked)
- Cumin (ground)
- Paprika (smoked preferred)
- Red pepper flakes
- Oregano (dried)
- Italian seasoning blend
- Bay leaves
- Honey (raw, local if possible)

Lana's Tip: Shop the perimeter of the grocery store first (produce, protein, dairy), then make one pass through the center aisles for pantry staples. This keeps your cart focused on whole, fresh foods.

The Recipes

12 Coastal-Inspired Signature Dishes

Every recipe here follows the same philosophy: fresh, seasonal ingredients prepared simply to let their natural flavors shine. These are the dishes I cook for my own family week after week. They are forgiving, flexible, and always satisfying.

Lemon Herb Salmon with Roasted Seasonal Vegetables

A weeknight staple that feels like a restaurant meal

Prep: 10 min

Cook: 20 min

Serves: 4

Cal/serving: ~420

Ingredients

- 4 salmon fillets (6 oz each), skin-on
- 2 lemons (1 juiced, 1 sliced into rounds)
- 3 tablespoons extra virgin olive oil, divided
- 2 cloves garlic, minced
- 1 tablespoon fresh dill, finely chopped
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon Dijon mustard
- 3 cups mixed seasonal vegetables (zucchini, bell pepper, cherry tomatoes)
- Sea salt and freshly ground black pepper
- Pinch of red pepper flakes (optional)

Instructions

1. Preheat your oven to 425 degrees F. If vegetables are pre-roasted from Sunday prep, skip to step 4.
2. Toss the seasonal vegetables with 1 tablespoon olive oil, salt, and pepper. Spread on a sheet pan in a single layer and roast for 15 minutes.
3. While vegetables roast, whisk together the lemon juice, remaining olive oil, garlic, dill, parsley, and Dijon mustard in a small bowl. Season with salt and pepper.
4. Pat salmon fillets dry with paper towels and season generously with salt and pepper. Place on the sheet pan with vegetables (or a second pan). Spoon half the lemon herb sauce over each fillet. Lay lemon rounds on top.
5. Roast for 12-15 minutes until salmon is just opaque in the center and flakes easily with a fork. The internal temperature should reach 145 degrees F.
6. Plate the salmon over the roasted vegetables. Drizzle with remaining sauce. Finish with a scattering of fresh dill and a squeeze of fresh lemon.

Lana's Tip: Do not overcook the salmon. It should still be slightly translucent in the very center when you pull it from the oven. It continues cooking from residual heat as it rests for 2-3 minutes.

Variations

- Swap salmon for arctic char or steelhead trout
- Use asparagus and cherry tomatoes in spring

Add a tahini drizzle for a Mediterranean twist

Mediterranean Chicken Bowl

Bright, protein-packed, and endlessly customizable

Prep: 15 min +
marinating

Cook: 15 min

Serves: 4

Cal/serving: ~480

Ingredients

1.5 lbs boneless chicken thighs
3 tablespoons olive oil, divided
2 tablespoons lemon juice
2 cloves garlic, minced
1 teaspoon dried oregano
1 teaspoon smoked paprika
2 cups cooked quinoa or rice (from Sunday prep)
1 can (15 oz) chickpeas, drained and rinsed
1 cup cherry tomatoes, halved
1 cucumber, diced
1/2 red onion, thinly sliced
4 oz feta cheese, crumbled
1/4 cup Kalamata olives, halved
Fresh parsley and mint for garnish
For the dressing: 1/2 cup Greek yogurt, 1 tablespoon lemon juice, 1 clove garlic, pinch of cumin

Instructions

1. If not already marinated from Sunday prep: combine chicken thighs with 2 tablespoons olive oil, lemon juice, garlic, oregano, and paprika. Let marinate at least 20 minutes (or overnight).
2. Heat a grill pan or skillet over medium-high heat. Cook chicken thighs for 5-6 minutes per side until golden and cooked through (165 degrees F internal). Let rest 5 minutes, then slice into strips.
3. While chicken rests, make the yogurt dressing by whisking together all dressing ingredients. Thin with a splash of water if needed. Season with salt.
4. Warm the pre-cooked grains if desired. Season chickpeas with a pinch of cumin and a drizzle of olive oil.
5. Assemble bowls: divide grains among 4 bowls. Arrange chicken, chickpeas, tomatoes, cucumber, red onion, feta, and olives in sections over the grains.
6. Drizzle generously with yogurt dressing. Finish with fresh herbs, a crack of black pepper, and a final drizzle of good olive oil.

Lana's Tip: The chicken thighs are non-negotiable here. Breasts dry out too quickly. Thighs stay juicy and flavorful even when reheated the next day as leftovers.

Variations

Make it vegetarian with roasted cauliflower steaks

Add roasted red peppers and artichoke hearts

Swap feta for goat cheese, add toasted pine nuts

Shrimp Scampi with Toasted Garlic Bread

15 minutes from pan to plate, and absolutely no compromise on flavor

Prep: 10 min

Cook: 8 min

Serves: 4

Cal/serving: ~390

Ingredients

1.5 lbs large shrimp, peeled and deveined

4 tablespoons unsalted butter

3 tablespoons extra virgin olive oil

6 cloves garlic, thinly sliced (not minced)

1/2 cup dry white wine

Juice of 1 large lemon

1/4 teaspoon red pepper flakes

1/4 cup fresh parsley, roughly chopped

Sea salt and freshly ground black pepper

For the garlic bread: 1 baguette halved lengthwise, 3 tablespoons butter softened, 2 cloves garlic grated, parsley

Instructions

1. Prep the garlic bread: mix softened butter with grated garlic and parsley. Spread generously on baguette halves. If prepped from Sunday, pull from fridge now. Set aside.
2. Pat shrimp very dry with paper towels. This is the secret to getting a proper sear instead of steaming. Season with salt and pepper.
3. Heat a large skillet over medium-high heat. Add 1 tablespoon each of butter and olive oil. When butter foams, add shrimp in a single layer. Cook 1-2 minutes per side until pink and curled. Do not crowd the pan. Work in batches if needed. Remove to a plate.
4. Reduce heat to medium. Add remaining butter and olive oil. Add sliced garlic and red pepper flakes. Cook 30-60 seconds until garlic is golden and fragrant. Do not let it brown.
5. Pour in white wine and lemon juice. Let it bubble and reduce by half, about 2 minutes. Scrape up any browned bits from the bottom of the pan.
6. Return shrimp and any accumulated juices to the pan. Toss to coat in the sauce. Remove from heat immediately. Stir in parsley.
7. While the shrimp cook, broil the garlic bread until golden and crispy, about 2-3 minutes. Watch it closely.
8. Serve the scampi in shallow bowls with the garlic bread alongside for soaking up every drop of that sauce.

Lana's Tip: The key to perfect scampi is high heat, dry shrimp, and not overcooking. Shrimp go from perfect to rubbery in about 30 seconds. When in doubt, pull them early. They finish cooking in the hot sauce.

Coastal Pesto Pasta with Burst Cherry Tomatoes

The fastest dinner in the rotation, but nobody will know

Prep: 5 min

Cook: 12 min

Serves: 4

Cal/serving: ~450

Ingredients

1 lb pasta (orecchiette, gemelli, or rigatoni)

For the pesto: 2 cups fresh basil (packed), 1/3 cup pine nuts (toasted), 2 cloves garlic, 3/4 cup Parmesan (grated), 1/2 cup extra virgin olive oil, juice of half a lemon, salt to taste

2 pints cherry tomatoes

2 tablespoons olive oil

2 cloves garlic, smashed

Pinch of red pepper flakes

Fresh mozzarella, torn (optional)

Fresh basil leaves for garnish

Toasted pine nuts for garnish

Flaky sea salt

Instructions

1. If pesto was made during Sunday prep, bring it to room temperature. Otherwise: pulse basil, toasted pine nuts, and garlic in a food processor. With motor running, stream in olive oil. Stir in Parmesan and lemon juice by hand. Season with salt.
2. Cook pasta in well-salted boiling water (it should taste like the sea) until 1 minute short of al dente. Reserve 1 cup of pasta water before draining.
3. While pasta cooks, heat olive oil in a large skillet over medium-high heat. Add smashed garlic and cherry tomatoes. Season with salt and red pepper flakes. Cook undisturbed for 3-4 minutes until tomatoes begin to blister and burst. Shake the pan gently.
4. Add drained pasta directly to the skillet with the burst tomatoes. Add pesto and 1/4 cup reserved pasta water. Toss vigorously over medium heat for 1-2 minutes, adding more pasta water as needed until the sauce coats every piece of pasta with a glossy sheen.
5. Remove from heat. Tear fresh mozzarella over the top if using. Garnish with fresh basil, toasted pine nuts, and a generous crack of black pepper. Finish with flaky sea salt.

Lana's Tip: Always reserve pasta water before draining. That starchy, salty liquid is liquid gold for building silky sauces. Add it a splash at a time until the consistency is perfect.

Grilled Fish Tacos with Mango Salsa

Friday night done right. Bright, fresh, and always a crowd-pleaser

Prep: 15 min

Cook: 10 min

Serves: 4 (2 tacos each)

Cal/serving: ~380

Ingredients

4 white fish fillets (mahi-mahi, cod, or snapper), about 6 oz each

2 tablespoons olive oil

1 teaspoon cumin

1 teaspoon smoked paprika

Juice of 1 lime

8 small flour tortillas, warmed

For the mango salsa: 2 ripe mangos (diced), 1/2 red onion (finely diced), 1 jalapeño (seeded and minced), juice of 2 limes, 1/4 cup fresh cilantro, pinch of salt

For the slaw: 2 cups shredded purple cabbage, juice of 1 lime, 1 tablespoon olive oil, pinch of salt

Sliced avocado for serving

Greek yogurt crema: 1/2 cup Greek yogurt, juice of 1 lime, pinch of cumin

Instructions

1. If mango salsa and slaw were prepped on Sunday, pull them from the fridge and let them come to room temperature. Otherwise, combine all salsa ingredients and toss slaw with lime, oil, and salt.
2. Pat fish fillets dry. Brush with olive oil and season with cumin, smoked paprika, salt, pepper, and lime juice.
3. Heat a grill pan or outdoor grill to medium-high. Cook fish 3-4 minutes per side, depending on thickness. Fish should flake easily with a fork but still be moist.
4. Make the crema by whisking together Greek yogurt, lime juice, and cumin.
5. Warm tortillas directly over a gas flame for 10-15 seconds per side (or in a dry skillet). Stack and wrap in a clean towel to keep warm.
6. Break the fish into large chunks. Build tacos: tortilla, a bed of slaw, chunks of fish, generous mango salsa, sliced avocado, and a drizzle of crema.

Lana's Tip: Mahi-mahi is my top choice for tacos because it is firm enough to grill without falling apart, mild enough to let the toppings shine, and sustainable when sourced responsibly. Ask your fishmonger.

Slow-Roasted Herb Chicken with Root Vegetables

Saturday's centerpiece. Fill the house with the best smell imaginable

Prep: 20 min

Cook: 1 hr 15 min

Serves: 4-6

Cal/serving: ~520

Ingredients

- 1 whole chicken (4-5 lbs), patted very dry
- 3 tablespoons butter, softened
- 4 cloves garlic, minced
- 2 tablespoons fresh thyme leaves
- 1 tablespoon fresh rosemary, finely chopped
- 1 lemon, halved
- 3 large carrots, cut into 2-inch pieces
- 4 medium Yukon Gold potatoes, quartered
- 2 parsnips, cut into 2-inch pieces
- 1 large onion, cut into wedges
- 3 tablespoons olive oil
- Sea salt and freshly ground black pepper
- 1/2 cup chicken broth or white wine (for deglazing)

Instructions

1. Remove chicken from the fridge 30 minutes before cooking. Preheat oven to 425 degrees F.
2. Mix softened butter with garlic, thyme, and rosemary. Gently loosen the skin over the chicken breast and thighs. Spread herb butter under and over the skin. Season the entire chicken generously with salt and pepper. Stuff the cavity with lemon halves.
3. Toss root vegetables with olive oil, salt, and pepper. Spread in a roasting pan or large cast-iron skillet. Create a bed for the chicken.
4. Place the chicken breast-side up on the vegetables. Tie the legs together with kitchen twine if you want a pretty presentation.
5. Roast for 1 hour and 15 minutes, or until a thermometer inserted in the thickest part of the thigh reads 165 degrees F and juices run clear. The skin should be deeply golden and crispy.
6. Transfer chicken to a cutting board and tent loosely with foil. Let rest at least 15 minutes. This is essential for juicy meat.
7. While chicken rests, place the roasting pan with vegetables on the stovetop over medium heat. Add broth or wine and scrape up all the caramelized bits. Let the pan sauce reduce slightly.
8. Carve the chicken and serve over the root vegetables, spooning the pan sauce generously over everything.

Lana's Tip: *The most important step is patting the chicken completely dry before seasoning. Dry skin equals crispy skin. I pat mine dry, then let it sit uncovered in the fridge overnight on a rack. Game changer.*

Golden Turmeric Rice Bowls with Crispy Chickpeas

A hearty, plant-forward bowl that satisfies even devoted meat-eaters

Prep: 10 min	Cook: 25 min	Serves: 4	Cal/serving: ~410
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Ingredients

- 2 cups basmati rice
- 1 teaspoon ground turmeric
- 1/2 teaspoon cumin
- 1 can (15 oz) chickpeas, drained, rinsed, and patted very dry
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1 1/2 cups vegetable broth (opt /Fal, 1/2 cup vinegar, 1 tablespoon sugar, 1/2 teaspoon salt)
- 2 cups baby spinach or arugula
- 1 avocado, sliced
- Quick-pickled red onions (1 red onion, 1/2 cup vinegar, 1 tablespoon sugar, 1 teaspoon salt)

Honey Garlic Glazed Salmon Bites with Sesame Rice

An Asian-inspired twist for when you want something a little different

Prep: 10 min

Cook: 12 min

Serves: 4

Cal/serving: ~440

Ingredients

- 1.5 lbs salmon fillet, cut into 1.5-inch cubes
- 2 tablespoons soy sauce (or tamari for gluten-free)
- 2 tablespoons honey
- 1 tablespoon rice vinegar
- 3 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 2 cups cooked jasmine rice
- 1 tablespoon sesame seeds (black and white mix)
- 2 scallions, thinly sliced
- Steamed broccoli or bok choy for serving

Instructions

1. Whisk together soy sauce, honey, rice vinegar, garlic, ginger, and sesame oil in a bowl. Reserve half the sauce for glazing after cooking.
2. Toss salmon cubes gently in the remaining half of the sauce. Let marinate while you prep everything else, at least 5 minutes.
3. Heat olive oil in a large nonstick skillet over medium-high heat. Add salmon cubes in a single layer, leaving space between each. Cook 2 minutes per side until golden on all four sides, about 8 minutes total.
4. Pour the reserved glaze over the salmon in the last minute of cooking. Toss gently to coat as the glaze thickens and becomes sticky.
5. Serve over jasmine rice. Sprinkle with sesame seeds and scallions. Add steamed broccoli or bok choy alongside.

Lana's Tip: Cut the salmon into uniform cubes so they cook at the same rate. A sharp knife and cold salmon make this much easier. Remove any pin bones first.

Caprese Flatbread with Balsamic Glaze

When you need dinner on the tableesGlaad with Balsamic Glaze

One-Pan Lemon Butter Cod with Asparagus

Elegant simplicity. One pan, minimal cleanup, maximum flavor

Prep: 5 min

Cook: 18 min

Serves: 4

Cal/serving: ~340

Ingredients

- 4 cod fillets (6 oz each)
- 1 bunch asparagus, trimmed
- 3 tablespoons butter
- 3 cloves garlic, minced
- Juice of 1.5 lemons
- 2 tablespoons capers, drained
- Fresh dill and parsley
- Sea salt, pepper, pinch of paprika

Instructions

1. Preheat oven to 400 degrees F. Arrange asparagus on a sheet pan, drizzle with olive oil, and season. Roast for 8 minutes to get a head start.
2. Season cod fillets with salt, pepper, and paprika. Nestle them among the asparagus on the pan.
3. Melt butter in a small saucepan. Add garlic and cook 30 seconds. Stir in lemon juice and capers.
4. Spoon the lemon butter sauce over each cod fillet. Return pan to oven for 10-12 minutes until cod flakes easily.
5. Garnish with fresh dill and parsley. Serve with crusty bread to soak up the sauce.

Lana's Tip: Cod is incredibly forgiving. It stays moist even if you cook it a minute or two longer than ideal. Perfect for weeknight cooking when your attention is divided.

Tuscan White Bean and Kale Soup

The comfort food hug you need on cooler evenings

Prep: 10 min

Cook: 25 min

Serves: 6

Cal/serving: ~280

Ingredients

- 2 cans (15 oz each) cannellini beans, drained
- 1 bunch lacinato kale, stems removed, roughly chopped
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 1 can (14 oz) diced tomatoes
- 6 cups chicken or vegetable broth
- 2 tablespoons olive oil + more for drizzling
- 1 teaspoon Italian seasoning
- Parmesan rind (if you have one) and grated Parmesan for serving
- Crusty bread for serving

Instructions

1. Heat olive oil in a large Dutch oven over medium heat. Add onion, carrots, and celery. Cook 5-6 minutes until softened.
2. Add garlic and Italian seasoning. Cook 1 minute until fragrant.
3. Pour in broth and diced tomatoes. Add beans and Parmesan rind if using. Bring to a simmer.
4. Cook for 15 minutes until vegetables are tender and flavors have melded together.
5. Add kale and stir until wilted, about 2-3 minutes. Season generously with salt and pepper.
6. Ladle into bowls. Top with grated Parmesan, a drizzle of your best olive oil, and serve with thick slices of crusty bread.

Lana's Tip: *This soup tastes even better the next day. Make a double batch on Sunday and portion it for lunches all week. It freezes beautifully for up to 3 months.*

Coastal Cobb Salad with Herb Vinaigrette

A salad substantial enough to be dinner. This is not rabbit food

Prep: 15 min

Cook: 15 min

Serves: 4

Cal/serving: ~460

Ingredients

2 large chicken breasts (or leftover rotisserie chicken)
8 cups mixed greens (romaine, arugula, butter lettuce)
4 strips thick-cut bacon, cooked and crumbled
2 hard-boiled eggs, quartered
1 avocado, sliced
1 cup cherry tomatoes, halved
4 oz blue cheese or feta, crumbled
1/4 cup toasted pecans or walnuts
For the vinaigrette: 1/3 cup olive oil, 2 tablespoons red wine vinegar, 1 tablespoon Dijon, 1 tablespoon honey, fresh herbs (basil, chives, dill), salt and pepper

Instructions

1. If using raw chicken, season breasts with salt, pepper, and a drizzle of olive oil. Cook in a hot skillet 6-7 minutes per side until golden and cooked through. Let rest, then slice.
2. Whisk together all vinaigrette ingredients. Taste and adjust the balance of acid, sweet, and salt.
3. Arrange greens on a large platter or divide among individual plates.
4. Arrange chicken, bacon, eggs, avocado, tomatoes, cheese, and nuts in rows or sections over the greens.
5. Drizzle the herb vinaigrette generously over everything just before serving.
6. Toss at the table or let everyone compose their own plate.

Lana's Tip: Arrange the toppings in beautiful rows for a presentation that looks like you spent hours. The secret? Everything can be prepped ahead. Hard-boil eggs on Sunday, cook bacon, and make the vinaigrette. Assembly takes 5 minutes.

Storage & Reheat Guide

Proper storage is the difference between leftover food that tastes fresh and food that tastes like an afterthought. Follow these guidelines to keep everything at peak quality.

Item	Fridge Life	Freezable?	Reheat Method
Cooked grains	5 days	Yes (3 months)	Microwave with splash of water
Cooked chicken	4 days	Yes (3 months)	Oven 350F, 10 min or skillet
Cooked salmon	3 days	Not recommended	Room temp or gentle oven 275F
Roasted vegetables	5 days	Yes (2 months)	Oven 400F, 8-10 min
Pesto	7 days	Yes (6 months)	Room temperature
Mango salsa	3 days	No	Room temperature
Soups	5 days	Yes (3 months)	Stovetop, low and slow
Cooked shrimp	3 days	Not ideal	Quick sauté or room temp

Golden Rules of Food Storage

Always let food cool completely before refrigerating. Hot food in a closed container creates condensation that leads to soggy, bacteria-friendly conditions.

Use glass containers with airtight lids. They do not absorb odors, stain, or leach chemicals. Worth every penny of the investment.

Label everything with the date it was made. Use painter's tape and a marker. Your future self will thank you.

Store raw proteins on the lowest shelf of your fridge to prevent any drips from contaminating other foods.

When freezing, remove as much air as possible from containers or bags. Air is the enemy of frozen food quality.

You've Got This

Remember: the goal is not perfection. The goal is having a system that makes feeding yourself and the people you love feel like an act of joy rather than a chore. Some weeks you will follow this plan to the letter. Other weeks you will improvise, swap things around, or throw together a simple bowl with whatever is in the fridge. Both are victories.

The most important meal is the one you actually make. Start where you are, use what you have, and trust that it gets easier and more intuitive every single week.

With love from my kitchen to yours,

Lana

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