

	BREAKFAST	DINNER
DAY 1	 222 Perfect Cast-Iron Steak	 206 Oven-Baked Brisket
DAY 2	 190 Meatball Soup	 LEFTOVER Leftover Brisket
DAY 3	 128 Air Fryer Steak Bites	 234 Slow Cooker Leg of Lamb
DAY 4	 160 Meatballs and Gravy	 LEFTOVER Leftover Leg of Lamb

	BREAKFAST	DINNER
DAY 5	 LEFTOVER Leftover Brisket	 230 Oven-Braised Short Ribs
DAY 6	 LEFTOVER Leftover Short Ribs	 202 Hearty Beef Stew
DAY 7	 LEFTOVER Leftover Beef Stew	 244 Braised Beef Shanks