#### **DINNER**



#### **VEGETABLE STEW**

This easy stew is so comforting and hearty, perfect for a weeknight dinner. Each bite is chock full of chunky veggies in a robust savory broth.

TIP: Add chickpeas or lentils for added protein and fiber!



### **CHICKEN BURRITO PROTEIN BOWL**

This Chipotle-inspired burrito bowl is bursting with color, flavor, and nutrients. And it's easily customizable!

TIP: Meal prep your bowls for a quick and easy lunch option!



# **QUINOA STUFFED PEPPERS**

Made with plant-based protein including quinoa and beans for a healthy, hearty and delicious meal that even non-vegetarians will love!

TIP: If you're a meat-lover, you can try my beef stuffed peppers!



### **ALMOND CRUSTED CHICKEN**

It's crunchy and juicy, ready in 30 minutes with only a few ingredients. If you haven't tried nuts for coating your chicken, It's a must-have!

Side dish ideas: Air Fryer Green Beans, Creamy Risotto

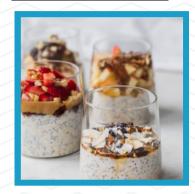


# **EASY SKILLET SHRIMP FAJITAS**

This shrimp recipe is a quick and easy meal you can whip up in one pan in under 20 minutes; includes a flavorful avocado tomato salsa!

Side dish ideas: Guacamole, Refried Beans, Cauliflower Rice

## BREAKFAST OVERNIGHT OATS



There are 6 topping ideas to choose from! Adjust grocery list as needed.

# SNACK/DESSERT CHIA JELLO



There are 4 flavor options to choose from! Adjust grocery list as needed.