



### DINNER

MONDAY



#### 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!

TUESDAY



#### 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!

WEDNESDAY



#### 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!](#)

THURSDAY



#### 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](#)

FRIDAY



#### 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.*