



DINNER

MONDAY



QUINOA STUFFED ZUCCHINI BOATS

A light, wholesome, and easy to customize dinner with 10 grams of protein and 250 calories per serving (2 boats).

TIP: Use medium sized zucchinis for better texture that won't become soggy after baking.

TUESDAY



BEEF AND BROCCOLI STIR FRY

Skip the takeout with a simple and classic recipe that's easy to make and only requires a few staple ingredients to Chinese cuisine.

Side dish ideas: [White Rice](#) or a lighter option with [Cauliflower Rice](#)

WEDNESDAY



CHICKEN NOODLE SOUP

This is my all-time favorite winter soup, made with simple ingredients and stocked with nutrients for the cold season!

TIP: To avoid soggy pasta, keep the cooked pasta separate and add as needed when serving your chicken noodle soup.

THURSDAY



SPAGHETTI SQUASH LASAGNA

Think of the flavor of lasagna in a low-carb, gluten-free, diet-friendly disposable hot bowl of cheesy goodness!

Side dish ideas: [Garlic Cheese Bread](#), [Fresh Garden Salad](#)

FRIDAY



HARISSA GLAZED SALMON

This 5 ingredient salmon recipe is tender, flaky, and has the best sweet heat sauce with harissa paste and honey, ready in 10 minutes!

Side dish ideas: [Balsamic Brussel Sprouts](#) and [Quinoa](#)

BREAKFAST

AVOCADO SMOOTHIE



Toss [avocado](#) in the [freezer](#) for a quick grab and blend option!

SNACK/DESSERT

HEALTHY RICE KRISPIE TREATS



You can use regular rice krispie's or the brown rice cereal.