



DINNER

MONDAY



GARLIC BUTTER SHRIMP SPAGHETTI

An easy and quick dish for a weeknight dinner that comes together in 15 minutes!

TIP: For a creamier sauce, use milk instead of pasta water!

TUESDAY



EGG PLANT STEW

It's quick, easy, and ready in just 30 minutes! Pack up any leftovers for a quick lunch paired with a [light salad](#).

Side dish ideas: [Homemade Pita Bread](#), [Garlic Cheese Bread](#)

WEDNESDAY



UNSTUFFED PEPPERS

If you love [stuffed peppers](#), you'll love how quick and easy this recipe is made in one pot.

TIP: Skip the meat and use more veggies and/or chickpeas for a vegetarian meal!

THURSDAY



CHICKEN LETTUCE CUPS

Save leftovers for lunch and add some leftover harissa paste from the eggplant stew for added flavor. Try it in a wrap, on top of a salad, or a warm grain!

Side dish ideas: [Bulgur Pilaf](#), [Fried Rice](#)

FRIDAY



SHEET PAN LASANGA

All the cozy elements of traditional lasagna without the fuss! Perfect for busy days or when you just want a quick and tasty baked pasta.

TIP: Cook with extra veggies like zucchini, mushrooms, and peppers! Just be sure to add to your grocery list.

BREAKFAST

COFFEE SMOOTHIE



This recipe makes 2 smoothies, so be sure to update your grocery list if making more than once!

SNACK/DESSERT

DATE SNICKERS



Made with peanut butter, or swap with another nut butter.