



DINNER

MONDAY



SKILLET CHICKEN WITH COUSCOUS

This is an easy dinner recipe for any night of the week. It's full of great flavor, very filling, and all made in one skillet!

TIP: Use a heavy bottom skillet for best results.

TUESDAY



SHEET PAN STEAK FAJITAS

Made in the oven in 12 minutes. Minimal cleaning & no fuss. An easy weeknight Tex-Mex dish!

Side dish ideas: [Guacamole](#), [Refried Beans](#), [Salsa](#), [Street Corn Salad](#)

WEDNESDAY



HIDDEN VEGGIE MAC & CHEESE

A classic comfort food with a twist. The cheese sauce is made with blended veggies and added nutrition.. but that's our secret!

TIP: Use a high speed or immersion blender for an ultra smooth sauce.

THURSDAY



ONE POT CHICKEN AND RICE

This is one of my go-to healthy recipes that my kids love. It's quick and easy to make with simple ingredients!

TIP: Use frozen, fresh or canned vegetables.

FRIDAY



SWEET POTATO CHILI

It takes less than an hour to make, is full of nutritious ingredients and robust flavors, and perfect for chilly weather.

Side dish ideas: [Vegan Cornbread](#)

BREAKFAST

BANANA PANCAKES



Easy to make, naturally sweet & freezer-friendly!

SNACK/DESSERT

DATE BARK



Dates with peanut butter, crunchy almonds, dark chocolate, and flaky sea salt.