



DINNER

MONDAY



BEEF STROGANOFF

This recipe only requires about 20 minutes of cooking on the stove before finishing in the oven and then serving over egg noodles.

TIP: Skip the oven and simmer on the stove until fork tender.

TUESDAY



VEGETARIAN BURRITO BOWL

Enjoy the lighter side of taco Tuesdays with a fiesta of beans, corn, sweet potatoes, and cilantro lime rice with all your favorite toppings.

TIP: This recipe is PERFECT for meal prepping and keeps its deliciousness throughout the week!

WEDNESDAY



LEMON PEPPER SALMON

This salmon is perfect for an easy weeknight meal that's baked in the oven and ready in under 20 minutes!

Side dish ideas: [Lemon Pasta](#), [Broccoli](#), [Roasted Vegetables](#)

THURSDAY



PASTA WITH CHERRY TOMATOES

One of my favorite easy weeknight meals and a great way to use up a lot of tomatoes! Serve as is or add a protein.

Protein Ideas: [Vegan Meatballs](#), [Baked Chicken](#), [Garlic Shrimp](#)

FRIDAY



ONE PAN CHICKEN AND POTATOES

Seasoned chicken thighs and drumsticks roasted with potatoes in one pan for easy clean up. A great go-to for a simple family meal!

Let's cook this one together with my [YouTube recipe video!](#)

BREAKFAST

OATMEAL BREAKFAST BARS



Use any add-ins you like!
Try another nut, dried fruits, chocolates, or seeds!

SNACK/DESSERT

CHIA PUDDING



A healthy snack loaded with protein, fiber and healthy fats!