



DINNER

MONDAY



LENTIL SHEPHERD'S PIE

The perfect alternative to a meat-filled dish and just as hearty. Plus you can make it ahead of time and just pop it in the oven!

TIP: If you don't have an oven safe pan, transfer to a baking dish after making the lentil filling.

TUESDAY



PINK PASTA

This creamy beet pasta is the perfect way to celebrate Valentine's day throughout the week and so fun to share with the family!

Protein ideas: [Lemon Garlic Chicken](#), [Lemon Garlic Shrimp](#)

WEDNESDAY



CAST IRON SKILLET STEAK

Celebrate Valentine's day with a date night dinner for two, or something the whole family will enjoy! **grocery list serves 4*

Side dish ideas: [Air Fryer Broccoli](#), [Fondant Potatoes](#)

THURSDAY



INSTANT POT CHICKEN TORTILLA SOUP

The ultimate comfort food with a kick! Toss in some chicken, beans, and spices, and let your instant pot do the heavy lifting.

TIP: Cook on the stove instead. Simply follow the same basic instructions and allow the soup to simmer until the chicken is done.

FRIDAY



SHEET PAN PIZZA

Perfect for a Friday night in! It's made with a my [vegan pizza dough](#), or store-bought and topped with fresh ingredients

Side dish ideas: [Air Fryer Vegetables](#), [Baked Chicken Tenders](#)

BREAKFAST STRAWBERRY PANCAKES



Easy to make with simple pantry staples and fresh strawberries!

SNACK/DESSERT

FUDGY BROWNIES



Easy to make and cut out with a heart-shaped cookie cutter!