



DINNER

MONDAY



ONE POT TURKEY PASTA

Super easy, packed with veggies, and made all in a single pot, it's the best kind of kid-friendly weeknight dinner!

TIP: Use a good quality marinara or make your own sauce!

TUESDAY



MEDITERRANEAN WHITE BEAN SOUP

This vegan soup will fill you up and is super easy to make with *no fancy ingredients!*

TIP: Make it creamy by stirring in some cashew milk! It adds a rich and creamy flavor while still keeping it vegan.

WEDNESDAY



SKILLET CILANTRO CHICKEN

Enjoy flavorful Marinated Lebanese Cilantro Chicken with garlic and lemon. Perfect for quick dinners, and freezer and meal prep friendly!

Side dish ideas: Fluffy Bulgur, Quinoa Avocado Salad

THURSDAY

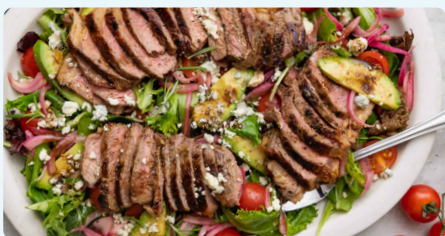


BAKED FETA SALMON

Multiply the recipe. This is written for one, but so easy to turn this into a family meal by scaling the recipe and using a bigger baking dish. The grocery list is for 4 servings!

Side dish ideas: Air Fryer Cauliflower, Turmeric Rice

FRIDAY



STEAK SALAD

This steakhouse Steak Salad is topped with blue cheese, avocados, tangy pickled onions, and a quick homemade balsamic dressing!

TIP: Cook steak to your preferred doneness. 2 minutes on each side for a rare, 3-4 minutes for med-rare, and 4-6 minutes for med-well.

BREAKFAST

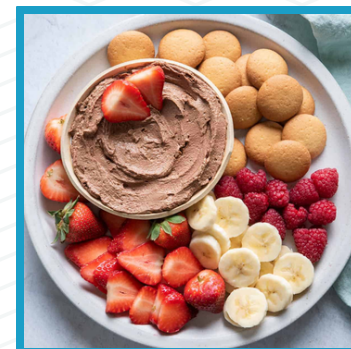
BRAN MUFFINS



Bake up a batch at the beginning of the week for breakfast each day!

SNACK/DESSERT

CHOCOLATE PB DIP



Only five ingredients in just 5 minutes. It's easy, healthy and great for dipping with fruits!