



DINNER

MONDAY



LEMON GARLIC SHRIMP

This garlic shrimp recipe is so great for a quick entrée to serve with leftover sides like [alfredo pasta](#), [lemon rice](#), or [fresh salads](#).

TIP: Choose your preferred shrimp size and adjust the cooking time as needed. Don't forget to add your side option to the grocery list!

TUESDAY



BEEF TACOS

Such an easy meal to put together and perfect for meal prepping [taco salads](#) for lunch!

Side dish ideas: [Guacamole](#), [Refried Beans](#), [Cauliflower Rice](#)

WEDNESDAY



FETA SPAGHETTI SQUASH

Check out my [IG reel](#) to see this one in action! It's a low-carb twist on my viral [Baked Feta Pasta](#)! Double the recipe to serve 4!

Protein Ideas: [Baked Chicken](#), [Lemon Pepper Salmon](#), [Air Fryer Tofu](#)

THURSDAY



TERIYAKI BEEF STIR FRY

Made with flank (or skirt) steak, homemade teriyaki sauce, broccoli, onions, and red bell peppers and served over rice!

TIP: Bulk up leftovers with extra veggies for a hearty lunch.

FRIDAY



ROSEMARY WHOLE ROASTED CHICKEN

Let the oven do the work for you! Use leftover chicken to make [chicken soup](#), [chicken salad](#), or [chicken casserole](#).

Side dish ideas: [Garlic Mashed Potatoes](#), [Roasted Brussel Sprouts](#)

BREAKFAST

AVOCADO TOAST W/ EGGS



One avocado makes 4 toasts! Check out [how to cut avocado](#).

SNACK/DESSERT

STRAWBERRY CUPCAKES



Make at the beginning of the week and add the cream cheese frosting when you're ready to enjoy!