



DINNER

MONDAY



CREAMY CAJUN CHICKEN PASTA

Super easy to make ahead of time, and perfect for doubling and saving leftovers for a quick lunch during the week!

Side dish ideas: [Garlic Bread](#), [Dinner Rolls](#)

TUESDAY



GREEK MEATBALLS & GREEK ORZO SALAD

These meatballs are stuffed with feta and paired with a vibrant Mediterranean orzo salad that also makes for a great lunch option!

Side dish ideas: Air Fryer [Broccoli](#) or [Cauliflower](#)

WEDNESDAY



VEGETARIAN PAD THAI

Layers of rice noodles, veggies, and tofu in a sweet, tangy, spicy sauce.

TIP: Prep your ingredients beforehand for a smoother cooking process. You can also sub the tofu for another plant-based protein, [shrimp](#), or [chicken](#)! Just adjust your grocery list as needed.

THURSDAY



SPINACH LASAGNA ROLL UPS

A classic cheesy ricotta filling rolled up in pasta and topped with marinara sauce and cheese. You can also add beef, chicken or veggies for a heartier meal.

Side dish ideas: [Caesar Salad with Kale](#), [Garlic Knots](#)

FRIDAY



CHICKEN AND RICE CASSEROLE

Batch cook this recipe for a great freezer meal option. Just thaw in the fridge the night before and bake the next day!

Side dish idea: [Green Beans](#)

BREAKFAST

PROTEIN BAKED OATS



Pick & choose which flavor oats you want to try! Just remember to adjust the grocery list, if needed!

SNACK/DESSERT

PEANUT BUTTER COOKIES



Just 3 simple ingredients!