



DINNER

MONDAY



EASY BAKED SPAGHETTI

This is a budget-friendly big family meal that can easily be doubled! You can also add in some ground beef before baking for a heartier dish! Just remember to add any extra ingredients to your grocery list!

Side dish ideas: Garlic Cheese Bread, Kale Caesar Salad

TUESDAY



CREAMY CHICKEN BROCCOLI SOUP

When you're looking for a comforting weeknight dinner that's kid-friendly, hearty, and delicious, this one-pot soup has you covered!

TIP: Sauté the chicken first to add more flavor!

WEDNESDAY



CHICKPEA SHAWARMA

This vegan recipe is full of plant-based protein and delicious spices, and roast together on one pan! Serve over rice or another grain, or go the traditional shawarma route and stuff into pita!

Side dish ideas: Lebanese Rice, Tahini Sauce, Pickled Turnips

THURSDAY



BAKED RANCH CHICKEN

Keep it extra simple with a sheet pan bake chicken recipe with a homemade ranch seasoning, or a storebought mix!

Side dish ideas: Broccoli, Baked Potato Wedges

FRIDAY



LEMON HERB SHRIMP & RICE BOWL

A splash of citrus and full of herby goodness for a meal under \$15! Add in some extra veggies like broccoli or asparagus to bulk it up.

TIP: The residual heat from simmering the rice will cook the shrimp and makes this an easy one pan meal!

BREAKFAST

CINNAMON SWIRL BANANA BREAD



For the best, sweetest flavor, use extra ripe bananas! Black spots and all!

SNACK/DESSERT

CHOCOLATE COCONUT BALLS



Made with cashews, or swap for almonds/walnuts.