



DINNER

MONDAY



LEBANESE CHICKEN FATTEH

This authentic Lebanese recipe is an amazing combination of yogurt, spiced shredded chicken, chickpeas, toasted pine nuts & pita bread!

Side dish ideas: [Vermicelli Rice](#), [Fattoush Salad](#)

TUESDAY



LEBANESE CRISPY FALAFEL

This recipe is super easy but does require soaking chickpeas, so plan ahead! Then blend everything in a food processor. After a short rest in the fridge, you can start frying them up! Or try my [Air Fryer Falafel](#).

Side dish ideas: [Pita Sandwich](#), [Kale Tabbouleh](#)

WEDNESDAY



PEAS AND CARROT STEW

Also called *Bazella w Riz*, is super hearty, nutritious, and comforting. It's full of flavor with 7 spice, chunks of beef, in a tomato-based sauce, all made in one pot.

TIP: Use frozen veggies for convenience!

THURSDAY

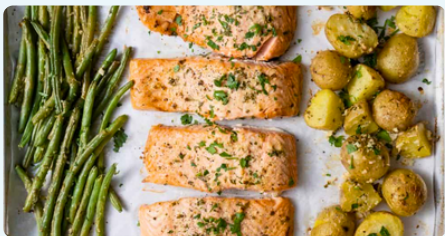


CHICKEN SHAWARMA SALAD

The marinated chicken cooks up in about 15 minutes and is the perfect addition to a crisp, light salad with tahini dressing!

TIP: Whip up a large batch of tahini dressing to serve with other meals this week! It last up to 2 weeks in the fridge.

FRIDAY



SHEET PAN LEMON GARLIC SALMON

If your observing Lent and avoiding red meat on Fridays, having an easy sheet pan fish recipe is a must! A whole meal on one pan!

TIP: If using frozen salmon, be sure to allow it to thaw completely and pat dry with paper towels to remove any extra moisture.

BREAKFAST FETA FRIED EGGS



Made 2 ways: with spicy harissa or pesto and served on a tortilla!

SNACK/DESSERT STUFFED DATES



The grocery list includes filling for the peanut butter & chocolate. Check out the full recipe for more fillings!