



DINNER

MONDAY



PASTA IN YOGURT SAUCE

This vegetarian pasta is like a thick Lebanese alfredo with toasted pine nuts, Save some pasta water to thin down the sauce if needed

Side dish ideas: [Hashweh](#), [Chicken Kabob](#), [Roasted Vegetables](#)

TUESDAY



SHISH TAWOOK

An authentic recipe for juicy chicken marinated in yogurt, lemon, and garlic and cooked on a skewer! Serve in a warm pita with [garlic toum](#) sauce and light [Fattoush salad](#)!

TIP: Marinate the chicken for at least 4 hours for the best flavor and juiciest chicken! **Come [cook this recipe with me!](#)**

WEDNESDAY



MEDITERRANEAN COUSCOUS WITH SHRIMP

A healthy and easy one-pot weeknight meal that's also meal prep friendly whether you're making ahead of time or reusing leftovers!

TIP: Check out my tips on [how to cook three types of couscous](#).

THURSDAY



EASY STOVETOP BEEF STEW

This one-pot recipe is full of tender and flavorful beef, requiring minimal prep. It's a comforting and delicious family meal.

TIP: Be sure to coat the beef in flour before browning to provide a flavorful crust and help thicken the stew.

FRIDAY



SAYADIEH (FISH & RICE)

Deeply spiced rice, caramelized onions, and golden flaky cod—all topped with crunchy toasted almonds. So easy, so good!

Side dish ideas: [Tahini Sauce](#), [Lebanese Cabbage Salad](#)

BREAKFAST

DATE SHAKE



Naturally sweet and easy to whip up in a high-speed blender!

SNACK/DESSERT

LEBANESE KNAFEH



An authentic Lebanese recipe made with just a handful of ingredients!