



DINNER

MONDAY



LEBANESE CRUSHED LENTIL SOUP

Lentils, rice, and carrots are blended together into a creamy soup that is filling and easy to make for a quick dinner.

TIP: Use red or yellow lentils for a smooth, creamy consistency

TUESDAY



LEBANESE GREEN BEAN STEW

A one-pot chicken and green bean stew in a tomato-based sauce, perfect for leftovers and full of aromatic flavors.

Side dish ideas: [Cauliflower Rice](#)

WEDNESDAY



HUMMUS WITH GROUND BEEF

This popular Lebanese dish combines creamy hummus with ground beef (hasweh) and pine nuts and served with [pita chips](#)!

TIP: Hummus lasts for a week in the fridge and can be made ahead of time! *Double the recipe to serve 4 for dinner (as listed in grocery list)*

THURSDAY



MEDITERRANEAN KALE & FARRO SALAD

Serve this salad cold or warm with just 5 main ingredients! Perfect on its own, or serve it with a protein like [Shish Tawook](#) or Grilled Shrimp!

TIP: Massage the kale with the dressing to tenderize the leaves for a more pleasant bite.

FRIDAY



STUFFED SALMON

Come cook this recipe with me!

Stuffed with Greek yogurt and Mediterranean flavors, this recipe only takes 20 minutes to make, perfect during [Ramadan](#)!

Side dish ideas: [Air Fryer Asparagus](#), [Spicy Potatoes \(Batata Harra\)](#).

BREAKFAST

SHAKSHUKA WITH FETA



You can make extra sauce without eggs & store in the fridge. Reheat it with fresh eggs for a quick breakfast.

SNACK/DESSERT

LEBANESE RICE PUDDING



Have fun with the toppings with different nuts, shredded coconut, fruit, or cinnamon!