



DINNER

MONDAY



SPINACH FETA STUFFED CHICKEN

stuffing a chicken breast with a blend of cheese, veggies, and spices takes chicken to the ultimate way to load it up with more flavor!

Side dish ideas: [Garlic Roasted Potatoes](#), [Fattoush Salad](#)

TUESDAY

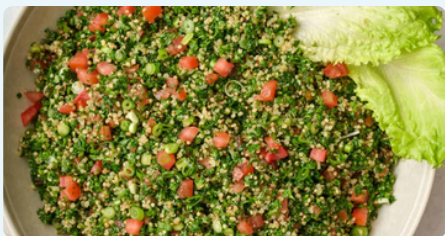


MEDITERRANEAN GROUND BEEF AND RICE

Ground beef, rice, and chickpeas full of flavor. It's a quick, easy-to-make one pot meal the whole family will love!

Side dish ideas: [Broccoli](#), [Roasted Cauliflower](#)

WEDNESDAY



QUINOA TABBULEH + GRILLED LEMON CHICKEN

This classic Lebanese salad swaps out bulgur for quinoa, full of fresh herbs, tomatoes and paired with a super easy lemon chicken recipe.

TIP: Mix the salad just before serving.

THURSDAY



MACARONA BECHAMEL

There are a few steps before assembling and baking, such as cooking pasta and sauce, but they are all quick and easy!

TIP: Make the meat sauce ahead of time, or the whole dish and store in the fridge until ready to bake.

FRIDAY



ONE PAN SHRIMP AND RICE

Ready in 30 minutes with just a few simple ingredients!

TIP: If you've seen my [rice cooking tutorial](#), I recommend a 2:1 water to rice ratio, but with the vegetables, you'll need less water.

BREAKFAST EGG WRAP



This breakfast burrito is full of Mediterranean flavors. The grocery list is for 4 egg wraps!

SNACK/DESSERT GHRAYBEH COOKIES



Made with rosewater and filled with jam for a tasty treat.