



## DINNER

MONDAY



### CREAMY ROASTED RED PEPPER PASTA

Made with just 6 ingredients, this pasta is perfect for an easy weeknight meal. Pair with a protein or keep it simple and vegan.

**Side dish ideas:** [Wedge Salad with Blue Cheese](#), [Shrimp Skewers](#)

TUESDAY



### INSTANT POT CHICKEN & RICE

Don't have an Instant Pot? Try it on the stovetop instead! Follow the steps using a large pot. For step 3, simply cover the pot and simmer for 25-30 minutes until the rice and chicken are cooked through!

**TIP:** Rinse rice well to prevent clumping while cooking.

WEDNESDAY



### SPINACH TORTELLINI SOUP

Simple ingredients and easy make ahead soup base option. Freeze the base and add spinach and tortellini when ready to serve!

**Side dish ideas:** [Shredded Chicken](#), [Olive Oil Garlic Bread](#)

THURSDAY



### MEDITERRANEAN HUMMUS BOWL

A great healthy lunch or dinner option made with fresh and vibrant ingredients. Easy and quick to make and it's gluten-free.

**TIP:** Assemble salads just before serving for best texture.

FRIDAY



### SHRIMP & BROCCOLI STIR FRY

If you start your rice (or side of choice) first, this meal is ready in under 20 minutes with the best savory sauce! *Use storebought teriyaki sauce instead of making your own for less items to buy. \*see grocery list*

**Side dish ideas:** [Rice](#) (included on grocery list) or [Cauliflower Rice](#)

## BREAKFAST

### 2 INGREDIENT BAGELS



Mix up the toppings for a variety of bagels to enjoy for breakfast each day.

## SNACK/DESSERT

### PB OATMEAL COOKIES



Soft, chewy, and easy to make! Double the batch for cookies all week!