



DINNER

MONDAY



BEEF STUFFED PEPPERS

A complete meal made with ground beef, rice, onions, tomato sauce & Mediterranean spices – an easy weeknight family dinner!

Side dish ideas: [Pear Salad](#), [Beet Orange Salad](#)

TUESDAY



ZUCCHINI ENCHILADAS

Made with “zucchini tortillas,” shredded chicken, enchilada sauce and cheese. It’s low carb, gluten-free, paleo-friendly and keto-friendly!

TIP: Make sure to press excess moisture out of zucchini and avoid overstuffing to prevent breaking while baking.

WEDNESDAY



MUSHROOM & PEA RISOTTO

This risotto recipe uses a quick method that doesn’t require constant stirring. It’s creamy, cheesy and perfectly flavored.

TIP: Soak the rice for a more hands off approach.

THURSDAY



AIR FRYER WHOLE CHICKEN

Don’t have an air fryer? No problem! You can roast your chicken in the oven following this recipe: [Roasted Whole Chicken](#), just use the same seasoning as the air fryer method or update the grocery list as needed

Side dish ideas: [Roasted Potatoes](#), [Cilantro Lime Rice](#), [Air Fried Veggies](#)

FRIDAY



CAULIFLOWER ALFREDO

Have leftover chicken from the night before? Shred it and toss into this healthy pasta, or serve it as is for a delicious vegetarian meal!

Side dish ideas: [Broccoli](#), [Cheese Bread](#), [Ground Beef](#)

BREAKFAST

EGG WHITE BITES



An on-the-go protein-packed breakfast with cottage cheese, mozzarella, feta, and spinach.

SNACK/DESSERT

YOGURT BANANA BREAD



A great way to use up bananas and add a punch of protein for a yummy snack throughout the week.