



DINNER

MONDAY



SPAGHETTI SQUASH SHRIMP SCAMPI

April 29th is National Shrimp Scampi Day! This version of this classic comfort food is made without the carbs and tossed with spaghetti squash “noodles”. Easy, delicious, and so good!

TIP: Try one of my 4 methods for [cooking spaghetti squash!](#)

TUESDAY



TACO PASTA

Taco pasta combines two of my favorite dishes! Get the yummy Mexican flavors you love in a taco in a cheesy, creamy pasta dish.

Side dish ideas: [Garden Salad](#), [Mexican Corn Salad](#)

WEDNESDAY



MEXICAN CHOPPED SALAD

A light, healthy, and simple salad loaded with Tex Mex ingredients. Enjoy as a vegan meal or top with [cilantro chicken](#) or [ground beef](#).

TIP: The [dressing](#) lasts for weeks, so make a big batch! (adjust the grocery list as needed)

THURSDAY



SHEET PAN CHICKEN FAJITAS

These chicken fajitas are baked in the oven on a sheet pan for a fuss free family meal that is full of flavor.

Side dish ideas: [Refried Beans](#), [Black Bean Salsa](#), [Avocado Crema](#)

FRIDAY



ROASTED VEGETABLE QUINOA BOWL

Keep dinner light and veggie packed! This recipe is a delicious veggie forward dinner, makes great for leftovers and for meal prepping.

TIP: Use broth instead of water to make a more flavorful quinoa. If you made extra cilantro dressing earlier in the week, you can use it instead of tahini!

BREAKFAST

DATE BREAD



Moist, sweet, and so good, it's the perfect pick-me-up for any moment!

SNACK/DESSERT

CHOCOLATE CHIA PUDDING



Made with just 5 ingredients! You can swap out the coconut milk for milk of choice (*just update the grocery list as needed*)