



DINNER

MONDAY



CHICKEN BROCCOLI CASSEROLE

A balanced weeknight meal full of protein, wholesome vegetables and hearty grains - just 10 minutes of prep then pop it in the oven to bake!

TIP: Rinse your quinoa well to remove any bitterness. You can also swap the cheeses, just remember to update the grocery list.

TUESDAY



SHRIMP FAJITA BOWLS

A Mexican-inspired dish with stir-fried onions and peppers served over cilantro lime rice. It's perfect for a main meal or meal prep.

Topping ideas: [Salsa](#), [Guacamole](#), [Avocado Crema](#)

WEDNESDAY



LASAGNA SOUP

It's literally lasagna in a bowl, and my family goes crazy for it. If you love my [homemade lasagna](#) recipe, you're going to love this soup!

Side dish ideas: [Croutons](#), [Garlic Knots](#), [Garlic Cheese Bread](#)

THURSDAY



BAKED CHICKEN MEATBALLS

Juicy, tender, and full of garlicky flavor - these meatballs are a delicious addition to pasta and sides for a rounded dinner!

Side dish ideas: [Cacio e Pepe](#), [Pasta with Cherry Tomatoes](#)

FRIDAY



PAN SEARED SALMON

Cook a special dinner for Mother's day or enjoy a simple dinner that's ready in about 10 minutes with the best flaky fish and crispy skin!

Side dish ideas: [Creamy Risotto](#), [Parmesan Brussel Sprouts](#), [Focaccia](#)

BREAKFAST

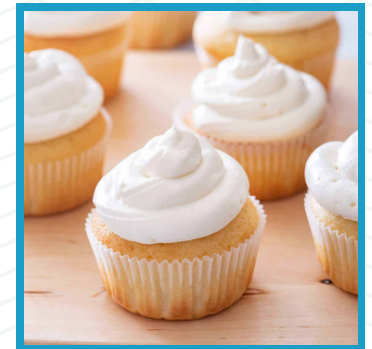
SHEET PAN PANCAKES



All the flavor of traditional fluffy pancakes without all the work!

SNACK/DESSERT

VANILLA CUPCAKES



Topped with a simple cream cheese frosting, these are perfect for any occasion!