



DINNER

MONDAY



HUMMUS PASTA

A healthy Mediterranean inspired recipe! It's all made in one pot and ready in 15 minutes - perfect for a weeknight meal!

Side dish ideas: [Fattoush Salad](#), [Air Fryer Brussels Sprouts](#)

TUESDAY



PAN SEARED HALIBUT

If you loved my [pan seared salmon](#) recipe, this version uses the same technique but with a mild flakey white fish instead.

TIP or Side dish ideas: [Green Beans with Almonds](#), [Air Fryer Potatoes](#)

WEDNESDAY



BBQ CHICKEN PIZZA

With only a few simple ingredients, including store-bought pizza dough, you will love how easy it is to make!

TIP: Use your favorite bbq sauce and toppings!

THURSDAY



GROUND BEEF CASSEROLE

Toss everything together and bake until the cheese is golden and bubbly. You can make ahead of time and freeze for a quick meal that's ready to heat up on busy nights.

TIP: Make it vegetarian by swapping the beef for lentils or chickpeas.

FRIDAY



RED CURRY SHRIMP WITH COCONUT

Another quick and easy one pot recipe with big flavor! You'll have dinner on the table in just 30 minutes!

Side dish ideas: [White Rice](#), [Cauliflower Rice](#), [Quinoa](#)

BREAKFAST BREAKFAST TACOS



The ingredient list is short and it only takes 20 minutes to make!

SNACK/DESSERT ORANGE CAKE



Sweet, citrusy, and so good! If you don't have a stand mixer you can easily swap for a bowl and hand mixer!