



### DINNER

MONDAY



#### COTTAGE CHEESE TOMATO PASTA

In 20 minutes, you can have a protein-packed, meat-free meal with only 6 ingredients, a high-speed blender, and your favorite pasta!

**TIP:** Adding veggies can really bulk up your meal! Try sauteed spinach, zucchini, mushrooms, or any other veggies you like.

TUESDAY



#### OVEN BAKED CHICKEN TENDERS

These kid-friendly chicken tenders only take 30 minutes to make and come out of the oven perfectly crispy.

**Side dish ideas:** [Hidden Veggie Mac & Cheese](#), [Air Fried Vegetables](#)

WEDNESDAY



#### SESAME SHRIMP WITH BROCCOLI

An easy one pan meal perfect for weeknights. It's low-carb, quick and great with frozen shrimp!

**Side dish ideas:** [Cauliflower Fried Rice](#), [Asian Noodle Salad](#)

THURSDAY



#### VEGAN LENTIL CHILI

This chili is simple and quick to make in an Instant Pot! Loaded with healthy ingredients, it's great for meal prep and freezer meals.

**TIP:** Don't have an Instant Pot? I share how to make in on the stove in the FAQ's section plus freezing and make-ahead instructions!

FRIDAY



#### GARLIC BUTTER STEAK BITES

Garlic butter steak bites are juicy, tender, and easy to make in just 20 minutes! Add your favorite side dish ingredients to the grocery list!

**Side dish ideas:** [Baked Potato](#), [Roasted Carrots](#), [Chimichurri Sauce](#)

### BREAKFAST

#### COTTAGE CHEESE TOAST



Check out 4 topping ideas: avocado sesame, cucumber pesto, smoked salmon & dill, & tomatoes with za'atar!

### SNACK/DESSERT

#### CHOCOLATE MUG CAKE



Basic baking ingredients and just 5 minutes in the microwave!