



DINNER

MONDAY

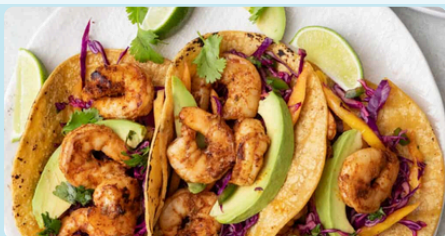


CHICKEN AND QUINOA BOWL

I love how quick and easy these loaded quinoa bowls with chicken are. Try swapping out the veggies for something different every time.

TIP: Save leftovers and meal prep lunch for the week!

TUESDAY



GRILLED SHRIMP TACOS

These tacos are super easy for a busy weeknight or perfect for a weekend get-together with a taco bar offering a variety of toppings!

Side dish ideas: [Street Corn Salad](#), [Black Bean Salsa](#), [Cilantro Lime Rice](#)

WEDNESDAY



ROASTED CHERRY TOMATO PASTA

This simple tomato pasta is ready in just 30 minutes for a light dinner. You can add protein like [shrimp](#), [chicken](#), or [chickpea balls](#).

TIP: Avoid overcrowding the pan so the tomatoes have room to blister and char.

THURSDAY



VEGETARIAN GYRO BOWL

These chickpea feta gyro bites are served with lettuce, pita, bell peppers and [creamy tzatziki](#)!

TIP: Make patties instead of bites. Take larger scoops of the chickpea mixture and form them into equal sized patties.

FRIDAY



GRILLED BEEF KABOBS

Kabobs are so fun and easy summer meal that you can make on a grill pan or outdoor grill!

Side dish ideas: [Tomato Avocado Cucumber Salad](#), [Crispy Persian Rice](#)

BREAKFAST

STRAWBERRY BANANA SMOOTHIE



Sweet, nutritious, and perfect for summer!

SNACK/DESSERT

STRAWBERRY PIE



A fresh strawberry dessert made without jello - a favorite on a hot day and a fun weekend treat!