



DINNER

MONDAY



BLACK BEAN BURGER

Made with salsa, pantry staples, and Southwestern flare, these hearty burgers are perfect for a protein-packed meatless Monday dinner!

TIP: Add your favorite toppings and sides to the grocery list!

TUESDAY



MEDITERRANEAN CHICKEN SALAD

This fresh and vibrant salad is ready to serve in just 30 minutes and is perfect for summer with a bright, zingy dressing.

TIP: Get ahead of dinner this week by cooking the chicken for the pesto pasta below at the same time & follow the reheating instructions.

WEDNESDAY



SHRIMP FRIED RICE

Skip the takeout this week and make this healthier version at home!

TIP: If available, use day old rice. It separates more easily and cooks rapidly to achieve that burnt smoky flavor that you get at restaurants.

THURSDAY

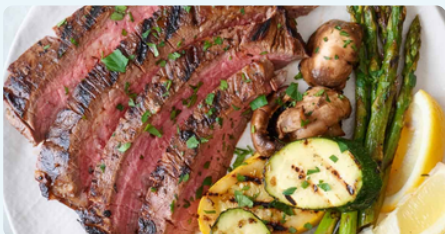


PESTO PASTA WITH CHICKEN

If you meal prepped the grilled chicken on Tuesday, this pasta will come together in MINUTES. A great go-to meal for busy weeknights!

Side dish ideas: [Sauteed Mushrooms](#), [Garlic Bread](#)

FRIDAY



GRILLED FLANK STEAK

Flank steak grills up fast, making it great for those nights when you want something off the grill without a long wait. Also, check out my [how to cut flank steak tutorial](#) to learn the secret to tender steak!

Side dish ideas: [Grilled Veggies](#), [Grilled Baked Potato](#), [Chimichurri](#)

BREAKFAST

SCRAMBLED COTTAGE CHEESE EGGS



An easy high-protein, low-carb breakfast option that is full of flavor and goodness!

SNACK/DESSERT

GRAPE SALAD



So refreshing and can be served as a sweet snack or a light dessert!