



DINNER

MONDAY



SMASH FALAFEL PITA

The crispy thin layer of falafel is so satisfying and this method is much faster than the traditional falafel but with all the flavor!

Side dish ideas: Fattoush Salad, Tahini Pasta Salad

TUESDAY



VEGAN CAULIFLOWER PITA SANDWICH

This recipe is a great way to utilize any leftover ingredients, including tomatoes, lettuce and tahini sauce!

Side dish ideas: Baked Sweet Potato Chips, Tabbouleh Salad

WEDNESDAY



SALMON KABOBS

An easy go-to recipe for a quick, flavorful meal when you want to fire up the grill - made with a flavorful marinade and only 10 minutes to cook!

Side dish ideas: Grilled Pineapple, Veggie Kabobs, Saffron Rice

THURSDAY



GREEK ORZO SALAD

Made with fresh ingredients, feta, and a lemon vinaigrette, this orzo salad is perfect paired with any leftover mains from the week, including salmon chunks, cauliflower or falafel mixture!

Protein ideas: Grilled Chicken, Shrimp Skewers, Baked Tofu

FRIDAY



HOMEMADE HAMBURGERS

Wonderfully juicy and perfectly seasoned, they take minutes to make and are quick to grill on an outdoor grill or grill pan.

Side dish ideas: Baked French Fries, Red Cabbage Coleslaw

BREAKFAST

LEMON RICOTTA PANCAKES



So soft and fluffy with a hint of lemon zest for a bright and fresh flavor.

SNACK/DESSERT

VEGAN LEMON BARS



Perfect for summer parties and meal prep - make them ahead of time to enjoy all week long!