



DINNER

MONDAY



GRILLED BBQ SHRIMP

This recipe is perfect for cookouts and summer grilling! Marinated in a smoky bbq seasoning blend and skewered for easy cooking!

Side dish ideas: [Macaroni Salad](#), [Red Cabbage Slaw](#), [Grilled Green Beans](#)

TUESDAY



CHICKPEA BURGER

These chickpea patties are a great meat-free alternative, loaded with fresh Mediterranean flavors, perfect for burger night!

Side dish ideas: [Healthy Coleslaw](#), [Italian Pasta Salad](#)
see also: [What to Serve with Burgers](#)

WEDNESDAY



BROCCOLI CHICKEN ALFREDO

The alfredo sauce is simple to make and everything comes together quickly. If you double the recipe, it's also perfect for meal prepping!

TIP: Let the pasta rest after mixing so the sauce can thicken.

THURSDAY



QUINOA BUDDHA BOWL

This is the type of meal that's so nourishing without sacrificing any taste! The tahini dressing is what brings it all together.

TIP: Use up leftovers in your fridge and you can try adding in cooked spinach, red bell pepper or mushrooms.

FRIDAY



GRILLED COD

It's so easy to cook cod on a grill during warmer months with any seasoning you want and just about 5 minutes on the grill.

Side dish ideas: [Tomato Rice Pilaf](#), [Grilled Tomatoes](#), [Grilled Potatoes](#)

BREAKFAST

STRAWBERRY MUFFINS



Enjoy the taste of summer with these fresh strawberry muffins - perfect for breakfast or a snack!

SNACK/DESSERT

NO-BAKE PEANUT BUTTER PIE



Cool, creamy, & assembled in just 15 minutes, this deliciously simple dessert is perfect for summer!