



DINNER

MONDAY



SHRIMP PESTO PASTA

Make this meal in 30-ish mins in one pot! This pesto recipe uses almonds instead of pine nuts since I always have them on hand.

TIP: If you don't have almonds on hand, swap them out with walnuts, pine nuts, or even cashews.

TUESDAY



BBQ CHICKEN SANDWICH

Whenever I make shredded chicken, I always set aside enough to make other recipes. Just toss it in BBQ sauce, simmer & it's good to go!

Side dish ideas: Broccoli Salad, Mustard Potato Salad

WEDNESDAY



MEDITERRANEAN PASTA SALAD

This pasta salad is a summertime favorite that's quick and easy to make, loaded with vegetables and vibrant colors, and super filling!

Protein ideas: Crispy Chickpeas, Grilled Chicken, Grilled Shrimp

THURSDAY



GRILLED TURKEY BURGERS

These burgers are perfect for a summer BBQ! Celebrate the 4th of July with a lean and flavorful alternative burger recipe.

Side dish ideas: Lentil Salad, Cucumber Salad, Grilled Baby Potatoes
see also: What to Serve with Burgers

FRIDAY



GRILLED CHICKEN KABOBS

Mediterranean shish kebabs are threaded on skewers with fresh veggies, perfect for grilling. Serve with Pickled Turnips, Tzatziki Sauce

Side dish ideas: Lebanese Rice, Fattoush Salad, Classic Hummus

BREAKFAST

MANGO KIWI SMOOTHIE



Enjoy as a quick & easy breakfast, or as an energizing mid-day snack!

SNACK/DESSERT

PEACH CRISP



An easy summer dessert made with fresh peaches, a buttery crisp streusel, and perfect with ice cream!