



DINNER

MONDAY



GROUND BEEF AND CABBAGE

25g

This ground beef and cabbage recipe is easy and reminds of me stuffed cabbage rolls but cooks in one skillet in just 30 minutes.

Side dish ideas: [White Rice](#), [Pita Bread](#)

TUESDAY



PESTO PASTA WITH CHICKEN

20g

This is a quick meal for busy nights when short on time yet wanting something tasty and satisfying.

TIP: Make extra chicken tonight to use for the panini sandwich later in the week, and use up any leftover pesto!

WEDNESDAY



AIR FRYER SALMON

34g

A reader favorite one the site, salmon cooked in the air fryer is a game changer - you get seared edges and flaky centers under 10 minutes!

Side dish ideas: [Corn Tomato Avocado Salad](#), [Cauliflower Rice](#)

THURSDAY



CHICKEN CAPRESE PESTO PANINI

53g

Made with chicken, pesto, mozzarella, basil, and tomatoes pressed between sourdough bread. Panini press optional!

TIP: If cooking in a pan, use a second heavy skillet weighted with few cans to simulate the panini press top and flip halfway.

FRIDAY



BEEF STUFFED SHELLS

37g

Jumbo stuffed shells filled with cheese baked in a ground beef sauce with fresh basil and a salty, smooth combo of ricotta and parmesan.

Side dish ideas: [Kale Caesar Salad](#), [Sautéed Spinach](#), [Garlic Knots](#)

BREAKFAST

BREAKFAST TACOS



17g

These come together so fast that you can make them any day of the week!

SNACK/DESSERT

COTTAGE CHEESE COOKIES



12g

Just 3 cookies pack in 12g of protein! Tip: Pack the almond flour well & add more if needed until you reach a muffin batter consistency.