



### DINNER

MONDAY



#### LEMON RICOTTA PASTA

It's ready in less than 30 minutes and has minimal ingredients and can be served as a vegetarian main dish or as a side with a protein!

**Protein Ideas:** [Lemon Garlic Shrimp](#), [Roasted Chicken](#), [Crispy Tofu](#)

TUESDAY



#### GRILLED FISH TACOS

Grill up seasoned white fish and build a taco bar with a crunchy slaw and all your favorite toppings for light, fun summer dinner idea!

**TIP:** Use a firm white fish like mahi mahi, cod, or halibut and choose thicker pieces to prevent them from falling apart while grilling.

WEDNESDAY



#### GREEN THAI CURRY

Made with chicken, vegetables, herbs, and a creamy, spicy coconut milk sauce, served over rice and perfect for a weeknight meal.

**Side dish ideas:** [Cauliflower Fried Rice](#), [Veggie Spring Rolls](#)

THURSDAY



#### HONEY LEMON SALMON

Pan-searing is an easy way to cook salmon quickly and perfectly, with a golden caramelized exterior and a tender, flaky interior.

**Side dish ideas:** [Green Beans](#), [Tangy Kale Salad](#), [Lemon Pasta](#)

FRIDAY



#### PAN SEARED STEAKS

With only 15 minutes cook time (for medium-rare), this steak is so quick and simple to make right on your stovetop!

**Side dish ideas:** [Baked Potato](#), [Asparagus](#), [Garden Salad](#)

### BREAKFAST

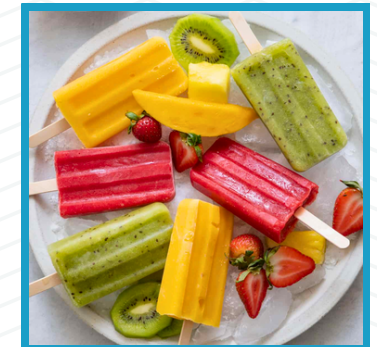
#### VEGGIE OMELET



Easy and customizable with veggies you already have on hand!

### SNACK/DESSERT

#### FROZEN POPSICLES



The grocery list includes all 3 flavors, but feel free to choose your favorite and update the list!