



DINNER

MONDAY



TOFU TACOS

Meatless Monday or Taco Tuesday? Whichever day you choose, these tacos are easy to make, served with a fresh and zingy cabbage slaw!

TIP: Don't forget to press the tofu thoroughly to remove excess water, ensuring crispy pieces.

TUESDAY



WEST AFRICAN BEEF KABOBS

Did you know peanut butter can be used for marinating? It's the secret ingredient for making the best juicy, spicy, and tender beef kabobs!

Side dish ideas: [Turmeric Rice](#), [Quick Pickled Red Onions](#)

WEDNESDAY



PESTO GRILLED CHICKEN

It's got herby goodness from pesto and tang from Greek yogurt, then grilled with those delicious, smoky char marks. So good!

Side dish ideas: [Grilled Vegetables](#), [Cheesy Lemon Orzo](#)

THURSDAY



BROCCOLI SHRIMP ALFREDO

This is such a great family week night meal. Perfectly creamy and ready to serve in 30 minutes, what's not to love?!

TIP: Reserve some of the pasta water to help thin the sauce if needed.

FRIDAY



QUINOA BURGERS

This vegan burger recipe is easy, healthy and packed with protein. There's no food processor required and it comes together in one bowl!

TIP: You'll love the crispy texture of pan frying these patties, but you can also oven bake them at 400°F for 20 minutes.

BREAKFAST

BANANA OAT PANCAKES



A simple flourless banana pancake recipe that's still airy, fluffy, and moist!

SNACK/DESSERT

WATERMELON PIZZA



A fresh and fun summer dessert topped with a sweet creamy icing and extra fruit toppings!