



DINNER

MONDAY



MEDITERRANEAN RICE SALAD

This salad is all about fresh, bold flavors. It's just so refreshing and perfect for a light meal, full of cucumbers, tomatoes, and olives.

TIP: You can sub the rice for quinoa and add a protein such as grilled chicken tenders, lemon garlic shrimp, or roasted chickpeas.

TUESDAY



TOMATO POACHED FISH

We try to eat fish a few times a week because it's healthy, quick to make, and there are just so many ways to cook a fish!

Side dish ideas: Lebanese Rice, Cauliflower Mashed Potatoes, Broccoli

WEDNESDAY



SHRIMP ORZO SALAD

A vibrant summer salad filled with shrimp, orzo, fresh veggies and herbs. Serve right away or meal prep for an easy dinner option.

Side dish ideas: Caesar Salad, No-knead Olive Bread

THURSDAY



PAN SEARED CHICKEN BREASTS

Cook a batch and store extras for meal prep, whether for cold or hot dishes throughout the week.

Side dish ideas: Grilled Green Beans, Creamy Risotto, Garlic Bread

FRIDAY



EGGPLANT PIZZA

This gluten-free, low-carb, vegetarian pizza is a healthier way to enjoy one of your favorite foods.

TIP: Don't skip sweating the eggplant. This helps draw out moisture so your pizza base isn't soggy when roasted in the oven.

BREAKFAST

CHERRY SMOOTHIE



Deliciously sweet and full of protein from the Greek yogurt and almond butter!

SNACK/DESSERT

CHERRY PIE



This pie uses frozen cherries so you can enjoy it any time of year! Fresh works too!