



DINNER

MONDAY



BROWNED BUTTER HONEY CHICKEN THIGHS

This chicken thigh recipe moves from stovetop to oven for the crispiest, most flavorful chicken skin and easier cleanup!

Side dish ideas: [Roasted Parmesan Potatoes](#), [Green Beans](#)

TUESDAY



SALMON LETTUCE WRAPS

Tender, marinated Asian-inspired salmon is ready in just 20 minutes; perfect for a busy weeknight! Serve with a grain, veggie, or whatever you have on hand!

Side dish ideas: [Brown rice](#) or [Cauliflower rice](#), [Spring Rolls](#)

WEDNESDAY



CREAMY CASHEW TOMATO PASTA

This creamy tomato sauce involves soaking cashews and blending them with water until creamy. Add mushrooms or spinach for a heartier pasta, and protein!

Protein ideas: [Vegan Meatballs](#), [Chicken Meatballs](#), [Beef Meatballs](#)

THURSDAY



PEACH SALAD

Quick to make with fresh ingredients, this salad is a tasty summertime recipe and perfect for pairing with your favorite main!

Protein ideas: Leftover Salmon (from wraps above), [Grilled Eggplant](#), [Chili Lime Shrimp](#), or [Ground Chicken Burgers](#)

FRIDAY



CHICKEN TERIYAKI BOWL

This balanced weeknight meal is filling, nourishing, & so good! Served with broccoli, rice (or your favorite grain) for a hearty power bowl.

TIP: You can adjust the spiciness level of the teriyaki sauce by adding more or omitting the sriracha, based on your preference.

BREAKFAST

SCRAMBLED OATS



A customizable, fiber & protein-packed breakfast. Serve sweet or savory!

SNACK/DESSERT

MINI BANANA MUFFINS



These mini muffins are the perfect size for snacking, packing in lunch boxes, and as after-school treats.