



DINNER

MONDAY



GROUND BEEF AND BROCCOLI

Swap the usual beef chunks for ground beef for an easy trade-off that cooks much faster. Serve it with [rice](#) to catch all that sauce.

TIP: Use a non-stick skillet to prevent the sugary-salty marinade from sticking and to simplify cleanup.

TUESDAY



TACO PASTA SALAD

Enjoy this pasta salad warm or cold, made with all your fave taco flavors including black beans, corn, avocado, and lime.

Protein ideas: [Grilled Shrimp](#), [Ground Beef](#)

WEDNESDAY



MEDITERRANEAN COUSCOUS WITH SHRIMP

A quick and easy summer recipe, made with shrimp, tomatoes, feta, olives and capers, all in one pot!

TIP: Cooking couscous is similar to quinoa or rice, but requires less water. Follow package instructions and check my [cooking tips](#).

THURSDAY



CHICKEN STUFFED ZUCCHINI BOATS

Stuffed with chicken tossed in marinara, and topped with cheese, they make a quick and simple meal that's low-carb but highly filling.

Side dish ideas: [Garlic Bread](#), [Cacio e Pepe](#), leftover pasta or couscous

FRIDAY



TUNA PASTA

This recipe uses canned tuna, fresh garlic, lemon, and capers all in an easy pan sauce. After the water starts boiling, it's ready in 10 minutes!

Side dish ideas: [Air Fryer Broccoli](#), [Roasted Green Beans](#)

BREAKFAST

CAULIFLOWER WAFFLES



Crispy, cheesy, & perfect with fried eggs! Double the batch to reheat for a quick breakfast throughout the week!

SNACK/DESSERT

OATMEAL CHOCOLATE CHIP RAISIN COOKIES



These cookies are chewy, sweet, and so good!