



### DINNER

MONDAY



#### RATATOUILLE

My kids love the movie and get such a kick out of seeing the same dish that Remy made right on our dinner table.

**Protein ideas:** [Quinoa Patties](#), [Lemon Garlic Shrimp](#)

TUESDAY



#### QUINOA BURGER

This vegan quinoa burger recipe is easy, healthy, and packed with protein... no food processor required!

**TIP:** Rinse and dry the beans well so the burger mixture isn't soggy. **Here are some [burger side ideas!](#)**

WEDNESDAY



#### AIR FRYER COCONUT SHRIMP

Any time I can skip frying, I use the air fryer instead! These shrimp turn out so crispy. No air fryer? Bake them or try this [shrimp recipe!](#)

**Side dish ideas:** [Sweet Potato Fries](#), [Broccoli Salad](#)

THURSDAY



#### CAULIFLOWER FRIED RICE

This low carb meal comes together fast with whatever plant-based or seafood protein I have on hand. So simple and better than takeout!

**Protein ideas:** [Salmon Bites](#), [Crispy Tofu Bites](#)

FRIDAY



#### SALMON PATTIES

These fish patties are made with canned salmon, pan seared with a crispy breadcrumb coating, and ready in 20 minutes!

**Side dish ideas:** [Saffron Rice](#), [Grilled Veggies](#)

### BREAKFAST

#### MIXED BERRY SMOOTHIE



My kids go-to smoothie! just 5 ingredients and 9 grams of protein per serving.

### SNACK/DESSERT

#### DATE SNICKERS



Sweet, salty, crunchy and chocolatey. Great for snacking and packing in a lunch box!