



DINNER

MONDAY



EASY CHICKEN LO MEIN

If you're a fan of Chinese takeout and want to get inspired at home, this recipe delivers the flavors you love in just 30 minutes!

TIP: Be sure to prep everything before you start so you can easily move through this quick-cooking meal.

TUESDAY



BROCCOLI MAC AND CHEESE

This healthier version of a family favorite is hearty and so comforting. Perfect for kids and adults! Add extra sides for a fuller meal.

Side dish ideas: [Roasted Carrots](#), [Beet Orange Salad](#)

WEDNESDAY



YOGURT MARINATED CHICKEN

Grill, bake, or air fry chicken with this delicious yogurt marinade. I used chicken breast, but you could also use boneless thighs or drumsticks!

Side dish ideas: [Greek Orzo Salad](#), [Yogurt Pasta](#), [Grilled Eggplant](#)

THURSDAY



GREEN GODDESS SALAD

Have leftover chicken? Slice it up and serve over this fresh and light salad with a cilantro yogurt dressing or grill it fresh!

TIP: Swap the chicken for another protein, like marinated [baked tofu](#), [boiled eggs](#), [shrimp](#), or [steak bites](#)!

FRIDAY



BLACKENED SALMON

Flaky, moist, and ready in under 20 minutes! You can use store bought seasoning or whip up your own with just a few spices.

Side dish ideas: [Basmati Rice](#), [Roasted Vegetables](#)

BREAKFAST

SHEET PAN EGGS



Feed a crowd or prep breakfast for school & work with your favorite add-ins!

SNACK/DESSERT

STRAWBERRY PARFAIT



A wonderful mini-sized treat that's great as a after school or easy dessert during the week!