



DINNER

MONDAY



AIR FRYER CHICKEN TENDERS (OR BAKED)

Chicken strips are perfect for those nights when you want something that's quick to prepare and they pair well with just about anything!

Side dish ideas: [French Fries](#), [Mac & Cheese](#), [Kale & Farro Salad](#)

TUESDAY



ZUCCHINI SOUP

A bowl full of veggies and fiber-packed goodness—one even my kids will happily eat. It's made with zero cream and actually gets its creaminess from cannellini beans!

TIP: [Clean the leeks](#) really well as they tend to be very sandy.

WEDNESDAY



GRILLED CHICKEN BURGER W/ YOGURT

Yogurt helps bind the patty mixture, adds a little tang, and keeps each burger super moist without drying out. Grill outside or on a grill pan!

Side dish ideas: [Potato Salad](#), [Tahini Salad](#), [Sweet Potato Wedges](#)

THURSDAY



ARRABIATA PASTA WITH SHRIMP

Made with penne pasta, shrimp and a simple but absolutely delicious tomato and garlic sauce..so good and ready in under 30 minutes!

TIP: Reserve 1/2 a cup of pasta water for a silky sauce that clings to the pasta.

FRIDAY



CHICKEN SHAWARMA PITA PIZZA

This Lebanese style pizza is made on grilled pita bread and topped with juicy, tender chicken thighs and [tahini sauce](#).

TIP: Use thin pita, such as authentic Arabic bread, that is thinner than the Greek style pita.

BREAKFAST

CINNAMON WAFFLES



So much better than store bought! Make a batch ahead of time & freeze for a quick breakfast.

SNACK/DESSERT

CHOCOLATE PRETZELS



Easy to make and a great snack for a lunch box, after school, or mid day treat.