



DINNER

MONDAY



CHILI LIME SHRIMP

Marinated shrimp pan seared in minutes! Keep your Monday night dinner super simple but loaded with flavor!

Side dish ideas: [Cauliflower Rice](#), [Lemon Pasta](#), [Broccoli](#)

TUESDAY



LEMON GARLIC CHICKEN

I have two methods for cooking this easy chicken recipe: on the stove or in the oven! Make extra to use in the Fajita Pasta below!

Side dish ideas: [Lebanese Rice](#), [Greek Orzo Salad](#), [Cottage Cheese Alfredo Pasta](#)

WEDNESDAY



POTATO TUNA CAKES

Whip up these crispy cakes with a few basic pantry staples, one bowl, and either pan fry or bake. Serve over a salad or with some veggies!

Side dish ideas: [Roasted Beet Salad](#), [Lebanese Slaw](#), [Air Fried Veggies](#)

THURSDAY



CHICKEN FAJITA PASTA

This pasta is such an easy, flavorful, 30-minute meal that the whole family will love!

TIP: If you cooked up extra chicken earlier in the week, just slice it up and add to the pan with seasonings after cooking the veggies!

FRIDAY



LAMB BURGER

Seasoned with mint, cumin, and cinnamon. Perfect for the grill and served with [tzatziki](#), [pickled onions](#), and cucumber slices.

Side dish ideas: [Zucchini Fries](#), [Lebanese Spicy Potatoes](#)

BREAKFAST

EGG WRAP



This crepe-like egg wrap is super flavorful with a Mediterranean flare!

SNACK/DESSERT

OATMEAL COOKIES



Made with rolled oats, a hint of cinnamon & brown sugar. It's the best, simple oatmeal cookie recipe!