



DINNER

MONDAY



AVOCADO BURGER

Cooking out for Labor Day? Try this avocado filled burger patty with extra crema on top! Great to throw on the grill or cook on a grill pan.

Side dish ideas: Check out my full list of [burger side ideas!](#)

TUESDAY



SUN-DRIED TOMATO PASTA SALAD

This 30 minute vegetarian pasta is made with just a few pantry staples & Mediterranean ingredients and so full of flavor!

Protein ideas: [Pesto Grilled Chicken](#)

WEDNESDAY



SHRIMP LETTUCE WRAPS

Ready to serve in under 20 minutes with a spicy peanut dipping sauce! And you can use any extra ingredients for more [Asian style recipes](#).

Side dish ideas: [Asian Noodle Salad](#), [Cauliflower Fried Rice](#)

THURSDAY



CHICKEN PESTO PANINI

The best part about this sandwich is you don't need a panini press! It's also a great way to use any leftover chicken or customize it with whatever protein you have in the fridge!

Side dish ideas: [Grilled Sweet Potatoes](#), [Red Cabbage Slaw](#)

FRIDAY



NICOISE SALAD

Fresh, wholesome ingredients full of Mediterranean flavor. Prep the potatoes, green beans, eggs, and salad dressing ahead of time for easy assembly when ready to serve!

TIP: If you want a more traditional salad, try my [Tuna Niçoise!](#)

BREAKFAST

PANCAKE MUFFINS



These are so fun! Add your favorite fruit or chocolate chips for an easy grab & go breakfast.

SNACK/DESSERT

CREAM CHEESE FRUIT DIP



This cream cheese dip is perfect for fruit! Perfect as an afterschool snack!