



### DINNER

MONDAY



#### SOUTHWEST QUINOA SALAD

This meal is perfect for meatless days full of roasted sweet potatoes, corn, and black beans and it's packed with 28g of protein per serving.

**TIP:** Toast the quinoa before adding the liquid to bring out the natural nutty flavors for a really delicious dish.

TUESDAY



#### TACO STUFFED PEPPERS

A simple low-carb dinner option with all the low carb vibes and taste of a Taco Tuesday!

**TIP:** Skip the oven and make this like my [unstuffed pepper recipe](#) on the stove top but with taco flavors!

WEDNESDAY



#### TUNA MELT SANDWICH

A sandwich can be a great quick meal when you want something tasty but simple. Prepped in one bowl and the sandwiches cook in minutes!

**Side dish ideas:** [Air Fryer Fries](#), [Red Cabbage Slaw](#)

THURSDAY



#### GRILLED HARISSA CHICKEN

This chicken recipe is full of rich Mediterranean flavor, spicy, juicy, and so easy to make. Marinate and cook in about 30 minutes.

**Side dish ideas:** [Shirazi Salad](#), [Grilled Eggplant](#), [Lemon Rice](#)

FRIDAY



#### OVEN BAKED COD

Cod with green Beans and tomatoes that you can easily whip up in 15 minutes on a busy weeknight and customize with any seasonings!

**TIP:** When cooking fish, make sure you don't overcrowd the baking sheet. This will help the fish roast perfectly instead of steaming.

### BREAKFAST

#### APPLE OATMEAL CUPS



Individual oatmeal cups to take along with you (or send with the kiddos!).

### SNACK/DESSERT

#### GREEK YOGURT BROWNIES



Fudgy and full of flavor with added protein from the yogurt!