



DINNER

MONDAY



ZUCCHINI ORZO SOUP

This soup is truly a powerhouse of flavor and nutrition! A great way to start your week with a hearty pot of veggies for meatless Monday.

Side dish ideas: [Garlic Cheese Bread](#), [No-Knead Olive Bread](#)

TUESDAY



BBQ BAKED CHICKEN BREAST

I love how simple this recipe is with just 2 ingredients! Make a few extra pieces or save leftovers to serve in a sandwich or with a salad!

Side dish ideas: [Air Fryer Broccoli](#), [Parmesan Roasted Potatoes](#)

WEDNESDAY



SHAVED BRUSSEL SPROUTS SALAD

Fresh, light and packed full of healthy ingredients, this salad is on the table in just 15 minutes! Add your fav protein, like leftover bbq chicken!

Protein ideas: [Crispy Chickpeas](#), [Baked Tofu](#), [Lemon Garlic Shrimp](#)

THURSDAY



MEAT STUFFED PITAS (arayas)

These spiced beefy pitas are a popular Lebanese street food made with 3 main ingredients, a blend of spices, & just 15 minutes to make!

Side dish ideas: [Tabbouleh](#) or [Shirazi salad](#), [Cilantro Yogurt Sauce](#)

FRIDAY



EGGPLANT PASTA CASSEROLE

This casserole is so comforting, with chunks of eggplant throughout a zesty marinara sauce, loaded with pasta, and covered in cheese.

TIP: Use up any leftover veggies you may have in the fridge and add or replace them in the recipe!

BREAKFAST

BREAKFAST TORTILLA WRAP



A fun way to stuff a tortilla in sections and fold it into a triangle for a quick, handheld breakfast!

SNACK/DESSERT

DATE CAKE



Tender, moist, and naturally sweetened. It's a mid-week desserts that's just so good!